DASS (Depression and Anxiety Stress Scale) Scoring

S (Stress)  Q1, 6, 8, 11, 12, 14, 18
A (Anxiety) Q2, 4, 7, 9, 15, 19, 20
D (Depression) Q3, 5, 10, 13, 16, 17, 21

1. Record circled number on the line provided in the Office Use Only columns next to the responses.
2. Add up the number in the first column of the Office Use Only. Record this number on the line next to A at the bottom of the form.
3. Add up the number in the second column of the Office Use Only. Record this number on the line next to D at the bottom of the form.
4. Add up the number in the third column of the Office Use Only. Record this number on the line next to S at the bottom of the form.
5. $S$ score x 2 = Stress
6. $A$ score x 2 = Anxiety
7. $D$ score x 2 = Depression
8. Range:

**Stress**
- Normal ...................... 0-10
- Mild .......................... 11-18
- Moderate .................... 19-26
- Severe ........................ 27-34
- Extremely severe ........... 35-42

**Anxiety**
- Normal ...................... 0-6
- Mild .......................... 7-9
- Moderate .................... 10-14
- Severe ........................ 15-19
- Extremely severe ........... 20-42

**Depression**
- Normal ...................... 0-9
- Mild .......................... 10-12
- Moderate .................... 13-20
- Severe ........................ 21-27
- Extremely severe ........... 28-42