



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