

# DASS

## Scoring Template

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Apply template to both sides of sheet and sum scores for each scale.  
For short (21-item) version, multiply sum by 2.

## Scoring Values

A **sum** of the scores for each of the seven questions completed by each participant, in each of the sub-scales, are then evaluated as per the severity-rating index below.

	<b>Depression</b>	<b>Anxiety</b>	<b>Stress</b>
<b>Normal</b>	0 – 9	0 - 7	0 – 14
<b>Mild</b>	10 – 13	8 – 9	15 – 18
<b>Moderate</b>	14 – 20	10 – 14	19 – 25
<b>Severe</b>	21 – 27	15 – 19	26 – 33
<b>Extremely Severe</b>	28+	20+	34 +

**Norms:** Normative data are available on a number of samples. From a sample of 2914 adults the means (and standard deviations) were 6.34 (6.97), 4.7 (4.91), and 10.11 (7.91) for the depression, anxiety, and stress scales, respectively. A clinical sample reported means (and standard deviations) of 10.65 (9.3), 10.90 (8.12), and 21.1 (11.15) for the three measures.