

DASS Questionnaire

Please read each statement and circle a number, 0, 1, 2, or 3, which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

S = _____ A = _____ D = _____

0 = It did not apply to me at all

1 = Applied to me to some degree or some of the time

2 = Applied to me a considerable degree, or a good part of the time

3 = Applied to me very much, or most of the time

I find it hard to wind down	S	0	1	2	3
I was aware of dryness of my mouth	A	0	1	2	3
I could not seem to experience any feeling at all	D	0	1	2	3
I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	A	0	1	2	3
I found it difficult to work up the initiative to do things	D	0	1	2	3
I tended to over-react to situations	S	0	1	2	3
I experienced trembling (e.g. hands)	A	0	1	2	3
I felt that I was using a lot of nervous energy	S	0	1	2	3
I was worried about situations in which I might panic and make a fool of myself	A	0	1	2	3
I felt that I had nothing to look forward to	D	0	1	2	3
I found myself getting agitated.	S	0	1	2	3
I found it difficult to relax	S	0	1	2	3
I felt down-hearted and blue	D	0	1	2	3
I was intolerant of anything that kept me from getting on with what I was doing	S	0	1	2	3
I felt I was close to panic	A	0	1	2	3
I was unable to become enthusiastic about anything	D	0	1	2	3
I felt I was not much of a person	D	0	1	2	3
I felt that I was rather touchy	S	0	1	2	3
I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	A	0	1	2	3
I felt scared without any good reason	A	0	1	2	3
I felt that life was meaningless	D	0	1	2	3