NovoPsych

Client Information

Client Name	John Blogs
Date of birth (age)	16 December 1996 (24)

Assessment Information

Assessment	Depression Anxiety Stress Scales - 10 (DASS-10)
Date administered	9 November 2021
Assessor	Dr Ben Buchanan'
Time taken	0 minutes 14 seconds

Results
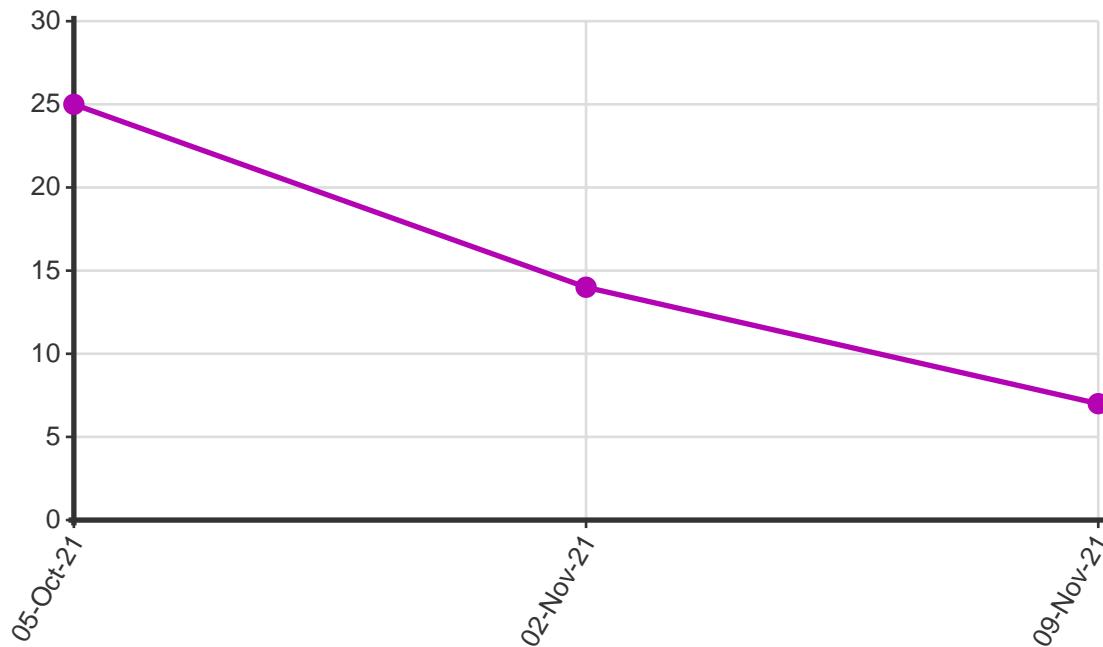
	Total Score	Severity	Normative Percentile (Community Sample)
Total Distress	7	Moderate	89.7
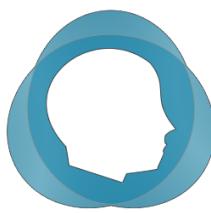
Interpretive Text

Responses indicate this person has moderate psychological distress.
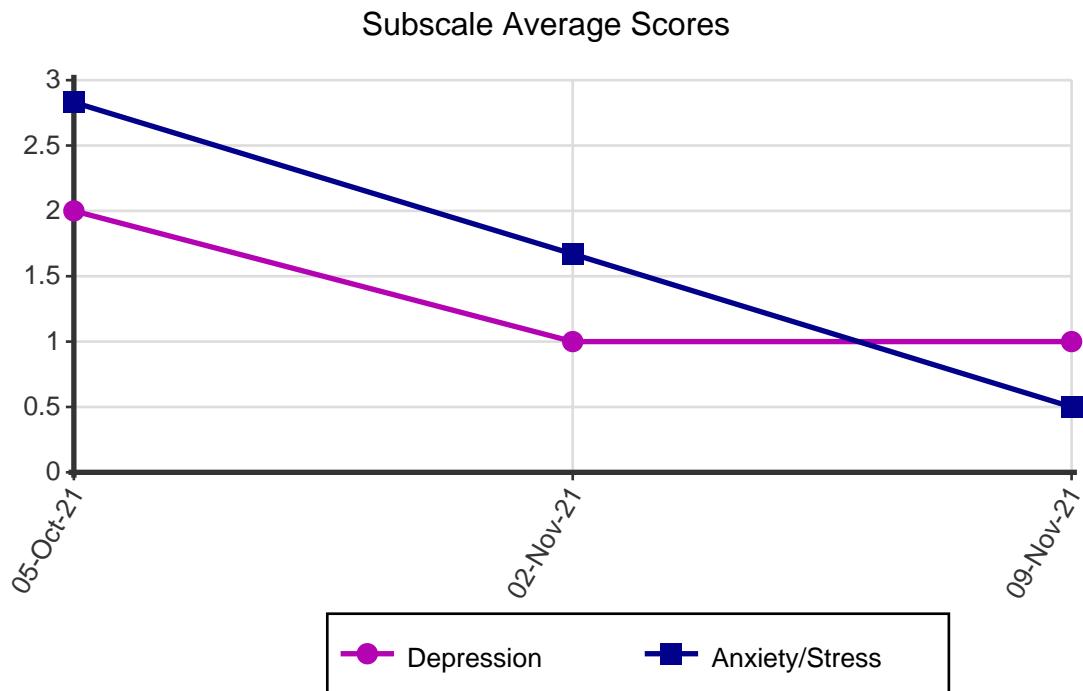
This person's distress has significantly improved since their first completion of the DASS-10.

Total Scores

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Subscale Average Scores

Legend:
● Depression   ■ Anxiety/Stress

Scoring and Interpretation Information

The total score represents overall distress (0 to 30), with higher scores indicating more severe or greater number of symptoms. Two subscales are presented:

- Anxiety-Stress: Items 1, 4, 6, 7, 8, 9 (raw score range = 0 to 18)
- Depression: Items 2, 3, 5, 10 (raw score range = 0 to 12)

In addition to the raw score being computed, average scores are calculated by dividing the raw score by the number of items, giving a sense of the general pattern of responding at the subscale level. Average scores are helpful for interpretation as they allow comparisons between total score and subscales.
0 = Not at all
1 = Some of the time
2 = Considerable degree
3= Very much
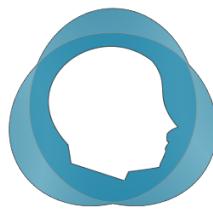
Overall scores can be classified into three severity groups:
- Mild/subclinical (raw score = 6 or less, average score 0.6 or less; which is equivalent to a percentile of 83 or less)

- Moderate (raw score between 7 and 12, average between 0.7 and 1.2; which is equivalent to a percentile of between 84 and 99.8)

- Severe (raw score 13 or more, average between 1.3 and 3; which is equivalent to a percentile of between of 99.9 or

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Scoring and Interpretation Information (cont.)

greater)

A normative percentile is computed based on a community sample (Halford & Frost, 2021), indicating how the respondent scored in relation to a typical pattern of responding for adults. For example, a percentile of 83 or less indicates the individual has less distress than 83 percent of the normal population, and puts them in the mild/subclinical category. In mental health settings it is typical to see people with percentiles in the 90s.
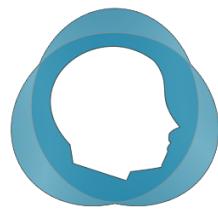
When administered more than once, average scores are graphed, showing the change in symptoms over time.

Based on reliable change calculations, interpretive text is provided describing the respondent's change in symptoms from first to last administrations, as either having experinced:

- deterioration (increase in scores by 5 or more)
- no reliable change (scores changed by 4 or less)
- reliable improvement (scores reduced by 5 or more)
- recovery (scored reduced by 5 or more and most recent score is 6 or less, putting the in the Mild/Subclinical range)

Client Responses

		Never	Sometimes	Often	Almost Always
1	I felt I was close to panic	0	**1**	2	3
2	I found it difficult to work up the initiative to do things	0	**1**	2	3
3	I felt down hearted and blue	0	**1**	2	3
4	I was intolerant of anything that kept me from getting on with what I was doing	**0**	1	2	3
5	I felt that I had nothing to look forward to	0	1	**2**	3
6	I felt scared without any good reason	0	**1**	2	3
7	I tended to over react to situations	**0**	1	2	3
8	I was worried about situations in which I might make a fool of myself	0	**1**	2	3
9	I found it difficult to relax	**0**	1	2	3

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Client Responses (cont.)

		Never	Sometimes	Often	Almost Always
10	I couldn't seem to experience any positive feelings at all	**0**	1	2	3