



Depression Anxiety Stress Scales - Long Form (DASS-42)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	29 Feb 2024
<i>Date of birth (age)</i>	14 Dec 1980 (43)	<i>Time taken</i>	34s
<i>Assessor</i>	Dr David Hegarty		

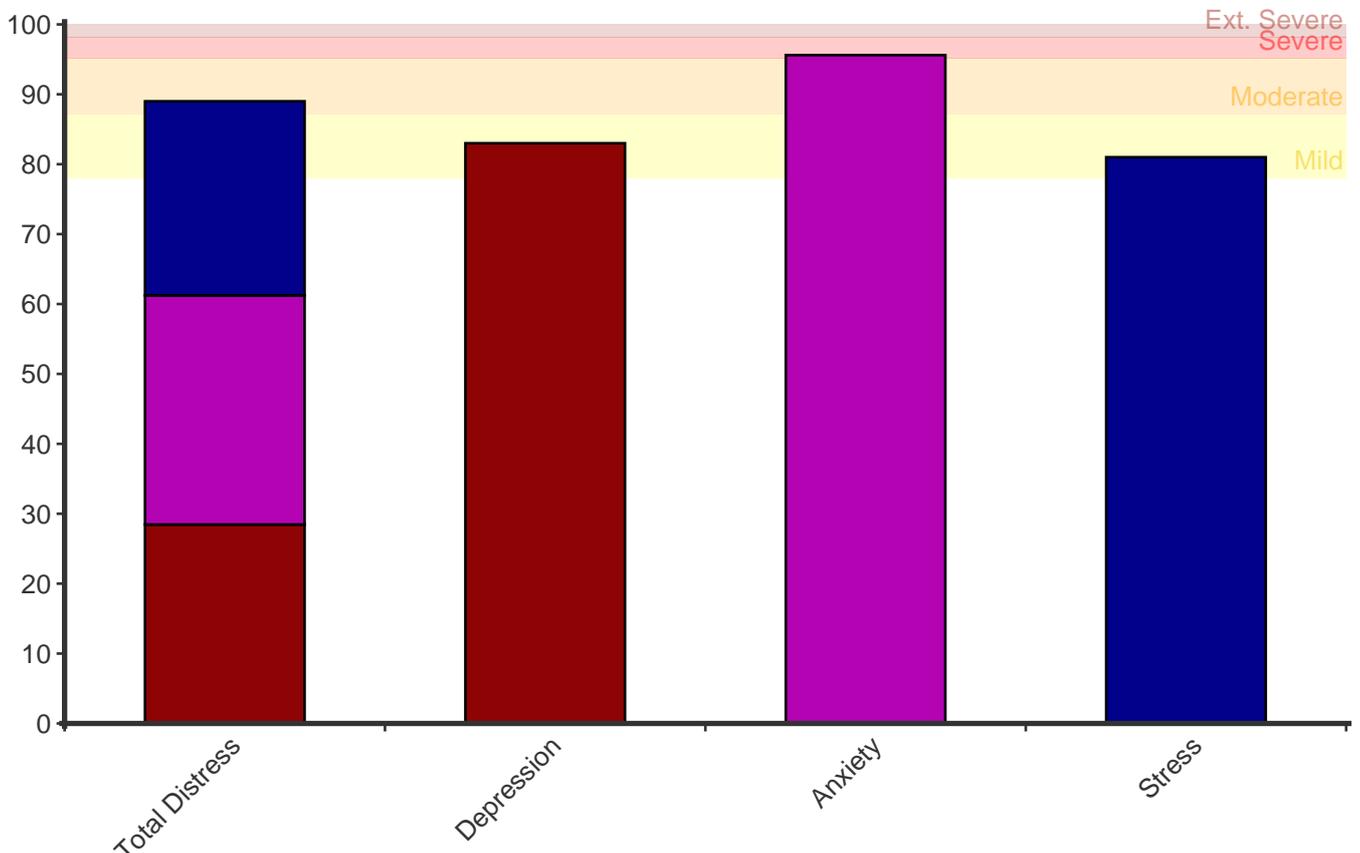
Results

	Raw Score	Percentile	Descriptor
Total Distress	41	89	Moderate
Depression	11	83	Mild
Anxiety	15	95.6	Severe
Stress	15	81	Mild

Interpretation

The client's DASS-42 scores indicate that they are experiencing a clinically significant degree of psychological distress in the moderate range. In comparison to the other subscales, the client is experiencing an elevated degree of anxiety. The Anxiety subscale is in the severe range. The Depression and Stress subscales are in the mild range.

DASS-42 Percentiles





Client Name | Generic Client

Scoring and Interpretation Information

For comprehensive information on the DASS-42, [see here](#).

Scores are presented as a total score (between 0 and 126) and a score for the three subscales (between 0 and 42). In addition, percentiles are computed based on a community sample (Henry & Crawford, 2005; Lovibond & Lovibond, 1995).

Scores for each subscale are categorised into five severity ranges: normal, mild, moderate, severe and extremely severe. The severity labels are used to describe the full range of scores in the population, so 'mild' for example means that the person is above the population mean but probably still below the typical severity of someone seeking help (i.e. it does not mean a mild level of disorder). The severity levels are determined by the DASS manual (Lovibond & Lovibond, 1995).

Each of the three DASS-42 scales contains 7 items:

- Depression (Items 3, 5, 10, 13, 16, 17, 21, 24, 26, 31, 34, 37, 38, 42)

Symptoms such as dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia.

- Anxiety (Items 2, 4, 7, 9, 15, 19, 20, 23, 25, 28, 30, 36, 40, 41)

Symptoms such as physiological arousal and fear components of anxiety. It assesses autonomic arousal typical of anxiety, such as trembling, sweating, feelings of panic, and the fear of losing control. The anxiety items are intended to measure the respondent's experience of anxious arousal, and are not focussed on the worry typical of Generalised Anxiety Disorder.

- Stress (Items 1, 6, 8, 11, 12, 14, 18, 22, 27, 29, 32, 33, 35, 39)

Chronic symptoms of non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive, and impatient. Stress items are focused on the respondent's state of tension and chronic general arousal, capturing how much the respondent feels overburdened or overwhelmed by life's stressors.

The primary difference between the stress and anxiety subscales lies in anxiety's focus on acute responses and stress's focus on chronic tension. Anxiety is more about the immediate, physiological response to perceived threats, involving fear and the body's fight-or-flight reaction. Stress, on the other hand, encompasses a broader, more sustained response to ongoing demands that exceed an individual's resources and coping mechanisms, leading to difficulties relaxing.

On first administration a bar graph is presented showing the percentiles for general psychological distress (the total score, labelled as 'Total Distress') and the three subscales.

When administered more than once, two graphs are produced showing change in symptoms over time. Firstly, the DASS-42 total score (indicative of general psychological distress) is plotted to show change over time. The use of raw score emphasise the visual representation of change for extremely severe levels of distress which might otherwise be obscured by little apparent change in percentile terms. The maximum and minimum values on the y-axis of this plot will change dependent upon the scores, so the y-axis might present as truncated to enhance the practitioner's ability to observe change in these scores.

The subscale percentiles are graphed over time, with the plot indicating the level of symptoms



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

compared to the general population. The y-axis for this plot may be truncated, dependent upon the scores for the client, to enhance the ability of the practitioner to observe changes. Given the dimensional nature of psychological distress it may be more useful to consider even small changes in symptoms over time, rather than focusing on categorical differences.

Client Responses

		Never	Sometimes	Often	Almost Always
1	I found myself getting upset by quite trivial things	0	1	2	3
2	I was aware of dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I just couldn't seem to get going	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I had a feeling of shakiness (eg, legs going to give way)	0	1	2	3
8	I found it difficult to relax	0	1	2	3
9	I found myself in situations that made me so anxious I was most relieved when they ended	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting upset rather easily	0	1	2	3
12	I felt that I was using a lot of nervous energy	0	1	2	3
13	I felt sad and depressed	0	1	2	3
14	I found myself getting impatient when I was delayed in any way (eg, lifts, traffic lights, being kept waiting)	0	1	2	3
15	I had a feeling of faintness	0	1	2	3
16	I felt that I had lost interest in just about everything	0	1	2	3



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Client Responses (cont.)

		Never	Sometimes	Often	Almost Always
17	I felt I wasn't worth much as a person	0	1	2	3
18	I felt that I was rather touchy	0	1	2	3
19	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion	0	1	2	3
20	I felt scared without any good reason	0	1	2	3
21	I felt that life wasn't worthwhile	0	1	2	3
22	I found it hard to wind down	0	1	2	3
23	I had difficulty in swallowing	0	1	2	3
24	I couldn't seem to get any enjoyment out of the things I did	0	1	2	3
25	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3
26	I felt down-hearted and blue	0	1	2	3
27	I found that I was very irritable	0	1	2	3
28	I felt I was close to panic	0	1	2	3
29	I found it hard to calm down after something upset me	0	1	2	3
30	I feared that I would be "thrown" by some trivial but unfamiliar task	0	1	2	3
31	I was unable to become enthusiastic about anything	0	1	2	3
32	I found it difficult to tolerate interruptions to what I was doing	0	1	2	3
33	I was in a state of nervous tension	0	1	2	3
34	I felt I was pretty worthless	0	1	2	3
35	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3



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Client Responses (cont.)

		Never	Sometimes	Often	Almost Always
36	I felt terrified	0	1	2	3
37	I could see nothing in the future to be hopeful about	0	1	2	3
38	I felt that life was meaningless	0	1	2	3
39	I found myself getting agitated	0	1	2	3
40	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41	I experienced trembling (eg, in the hands)	0	1	2	3
42	I found it difficult to work up the initiative to do things	0	1	2	3