Assessment powered by NovoPsych

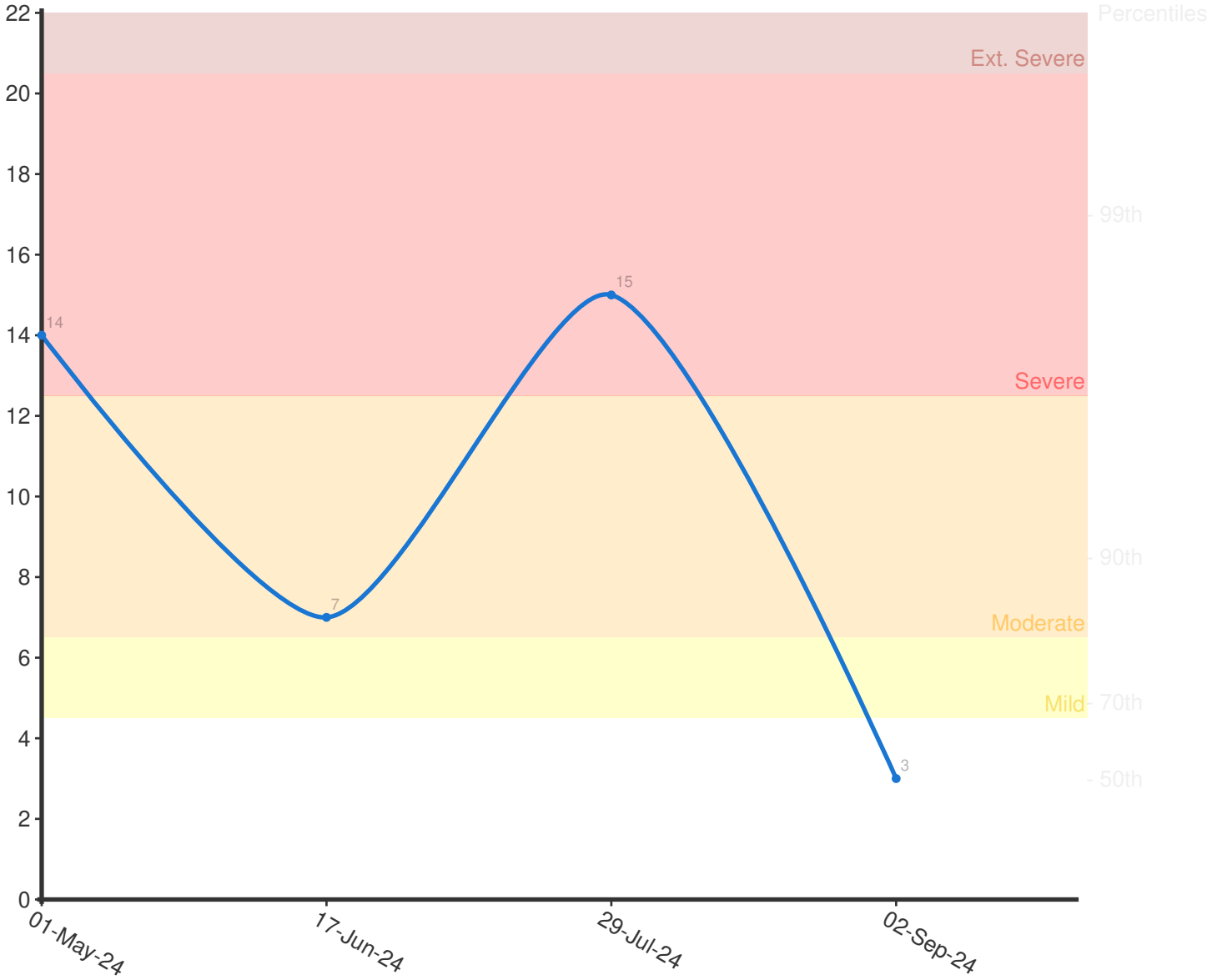
Depression Anxiety Stress Scales - 10 (DASS-10)

Client Name	Generic Child	*Date administered*	2 Sep 2024
Date of birth (age)	1 Jan 2013 (11)	*Time taken*	26s
Assessor	Dr David Hegarty		

Results

	Raw Score	Severity	Community Percentile
Total Distress	3	Subclinical	50

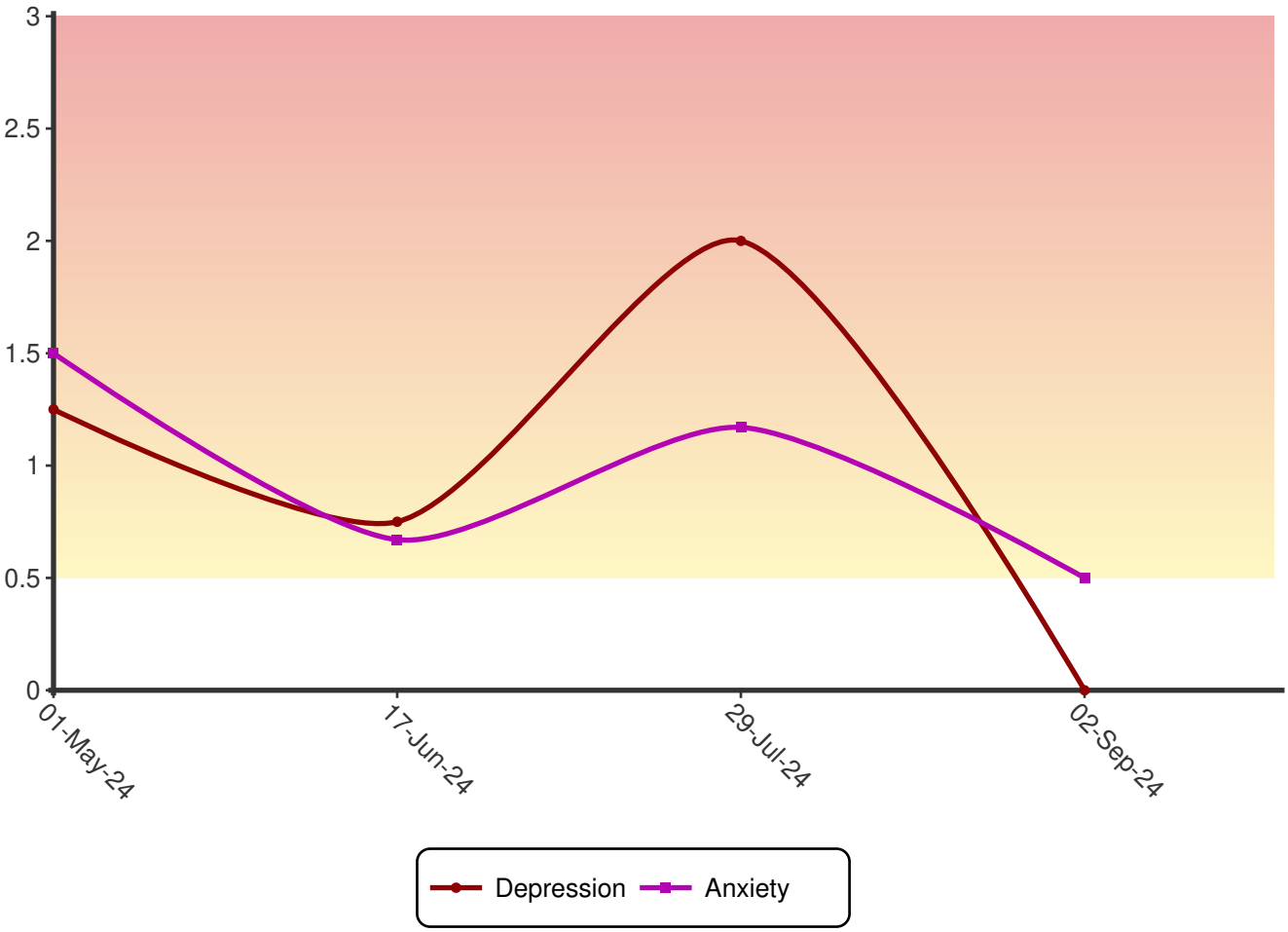
DASS-10 Score



Assessment powered by NovoPsych

Client Name	Generic Child

DASS-10 Symptom Average Scores



Interpretation

Compared to when first administered on 01 May 2024 and based upon the overall DASS-10 score, the client's psychological distress has improved significantly from a percentile score of 97.7 (Severe range) to a percentile of 50 (Subclinical range).

Note, the normative samples were updated on 02 September 2024, so percentile calculations before this date may vary slightly from current percentiles. To recalculate percentiles you can follow this guide.

The client's current DASS-10 score indicates that they are NOT experiencing a clinically significant degree of psychological distress.

Scoring and Interpretation Information

For comprehensive information on the DASS-21, see here.

The total score for questions 1-10 represents overall distress (0 to 30), with higher scores indicating more severe or greater number of symptoms. Two subscales are presented:

Client Name	Generic Child

Scoring and Interpretation Information (cont.)

- 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:
- subclinical (raw score 0-4, average score 0-0.4; equivalent to a percentile of 70 or less)
- mild (raw score 5-6, average score 0.5-0.6, percentile of 71-86)
- moderate (raw score 7-12, average score 0.7-1.2; percentile of 87-96)
- severe (raw score 13-20, average score 1.3-2.0; percentile of 97 - 99.6)
- extremely severe (raw score 21-30, average score 2.1-3; percentile of 99.7 and above)

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 more distress than 83 percent of the normal population, but this puts them in the mild 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 experienced:
- 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)

The last two questions are used by clinicians to determine whether the client has a potential substance use issue (Question 11) or whether the client has had suicidal ideation (Question 12). Both these items do not contribute towards the overall score or subscale scores, but are highlighted in the the Interpretive Text section if any problems are reported.

Client Responses

Client Name	Generic Child

		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 panic and make a fool of myself	**0**	**1**	**2**	**3**
9	I found it difficult to relax	**0**	**1**	**2**	**3**
10	I couldn't seem to experience any positive feelings at all	**0**	**1**	**2**	**3**
11	I felt annoyed by people that criticised my drinking or drug use (if not applicable, select "Never")	**0**	**1**	**2**	**3**
12	I have thoughts of ending my life	**0**	**1**	**2**	**3**