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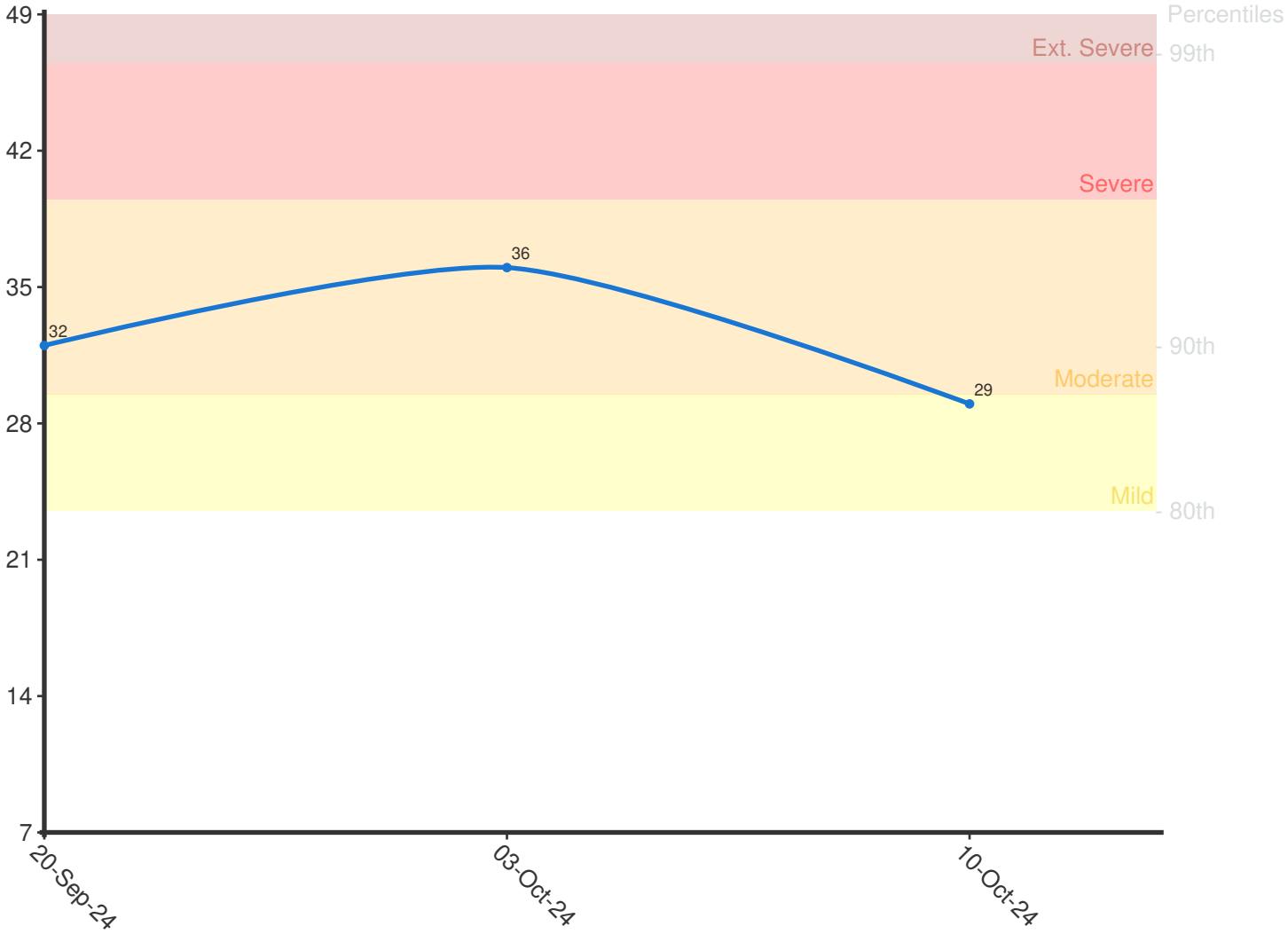
Depression Anxiety and Stress Scales - Youth version (DASS-Y)

Client Name	Generic Child	*Date administered*	10 Oct 2024
Date of birth (age)	1 Jan 2013 (11)	*Time taken*	26s
Assessor	Dr David Hegarty		

Results

	Raw Score	Percentile	Descriptor
Total Distress	29	87	Mild
Depression	8	87	Mild
Anxiety	5	78	Normal
Stress	16	95	Moderate

DASS-Y Score



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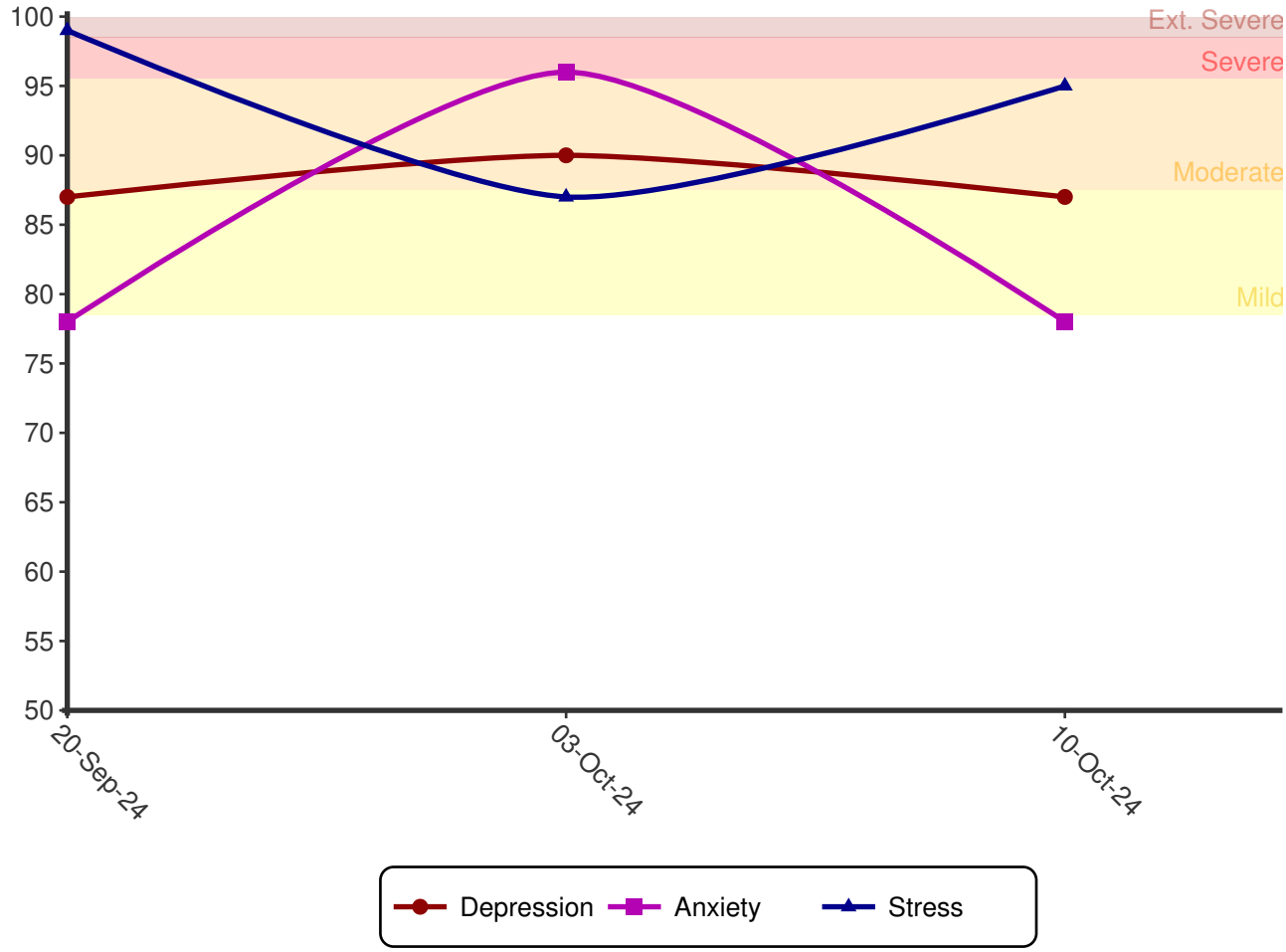
Client Name	Generic Child

DASS-Y Symptom Percentiles



Interpretation

The norms used were for male primary school aged children (between 7 and 12 years of age).

Compared to when first administered on 20 September 2024 and based upon the overall DASS-Y score, the client's psychological distress has improved slightly from a percentile score of 90 (Moderate range) to a percentile of 87 (Mild range). At the subscale level, depression has not significantly changed, anxiety has not significantly changed, and stress has improved significantly.

The client's current DASS-Y score indicates that they are experiencing a clinically significant degree of psychological distress in the mild range.

The client's Depression score is in the mild range. A Depression score in the mild range may mean the client is experiencing some feelings of sadness, pessimism, or mild self-deprecation. In particular, the following items contributed to the client's score on the Depression subscale:
- 16. I hated myself (Very true)
- 17. I felt like I was no good (Very true)

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Interpretation (cont.)

The client's Stress score is in the moderate range. A Stress score in the moderate range may mean the client is struggling with frequent feelings of being overwhelmed, noticeable irritability, and difficulty winding down. In particular, the following items contributed to the client's score on the Stress subscale:
- 1. I got upset about little things (Very true)
- 6. I found myself over-reacting to situations (Very true)
- 14. I got annoyed when people interrupted me (Very true)

The client's Anxiety score falls within the normal range, indicating no significant levels of anxiety based on this assessment.

Scoring and Interpretation Information

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

Scores are presented as a total score (between 0 and 63) and a score for the three subscales (between 0 and 21). In addition, percentiles are computed comparing results to age and gender related peers (Szabo & Lovibond, 2022).

Percentiles help contextualise scores in relation to age and gender relevant sample, whereby a percentile of 50 indicates the respondent scored at an average (and healthy) level compared to typical peers (shown by a dotted line on the graph). Higher percentiles indicate more symptoms, with a percentile above 90, for example, indicating clinically significant psychological distress with more reported symptoms than 90 percent of peers.

Each of the three DASS-Y scales contains 7 items:
- Depression: dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. (Items 3, 5, 10, 13, 16, 17, 21)
- Anxiety: autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. (Items 2, 4, 7, 9, 15, 19, 20)
- Stress: levels of chronic nonspecific arousal, difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. (Items 1, 6, 8, 11, 12, 14, 18)

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. The Anxiety subscale of the DASS-Y, therefore, should not be used as an indication of Generalised Anxiety Disorder, which is actually more in line with the Stress scale.

A graph is produced on first administration showing percentiles compared to age related peers. When the DASS-Y is administered on two or more occasions the graph demonstrates the change in symptoms over time. Given the dimensional nature of psychological distress it is useful to consider even small changes in symptoms over time.

Client Name	Generic Child

Client Responses

		Not true	A little true	Fairly true	Very true
1	I got upset about little things	0	1	2	**3**
2	I felt dizzy, like I was about to faint	0	1	**2**	3
3	I did not enjoy anything	**0**	1	2	3
4	I had trouble breathing (e.g. fast breathing), even though I wasn't exercising and I was not sick.	0	**1**	2	3
5	I hated my life	0	**1**	2	3
6	I found myself over-reacting to situations	0	1	2	**3**
7	My hands felt shaky	**0**	1	2	3
8	I was stressing about lots of things	0	**1**	2	3
9	I felt terrified	**0**	1	2	3
10	There was nothing nice I could look forward to	**0**	1	2	3
11	I was easily irritated	0	1	**2**	3
12	I found it difficult to relax	0	1	**2**	3
13	I could not stop feeling sad	**0**	1	2	3
14	I got annoyed when people interrupted me	0	1	2	**3**
15	I felt like I was about to panic	**0**	1	2	3
16	I hated myself	0	1	2	**3**
17	I felt like I was no good	0	1	2	**3**
18	I was easily annoyed	0	1	**2**	3
19	I could feel my heart beating really fast, even though I hadn't done any hard exercise	0	**1**	2	3

Client Name	Generic Child

Client Responses (cont.)

		Not true	A little true	Fairly true	Very true
20	I felt scared for no good reason	**0**	**1**	**2**	**3**
21	I felt that life was terrible	**0**	**1**	**2**	**3**