



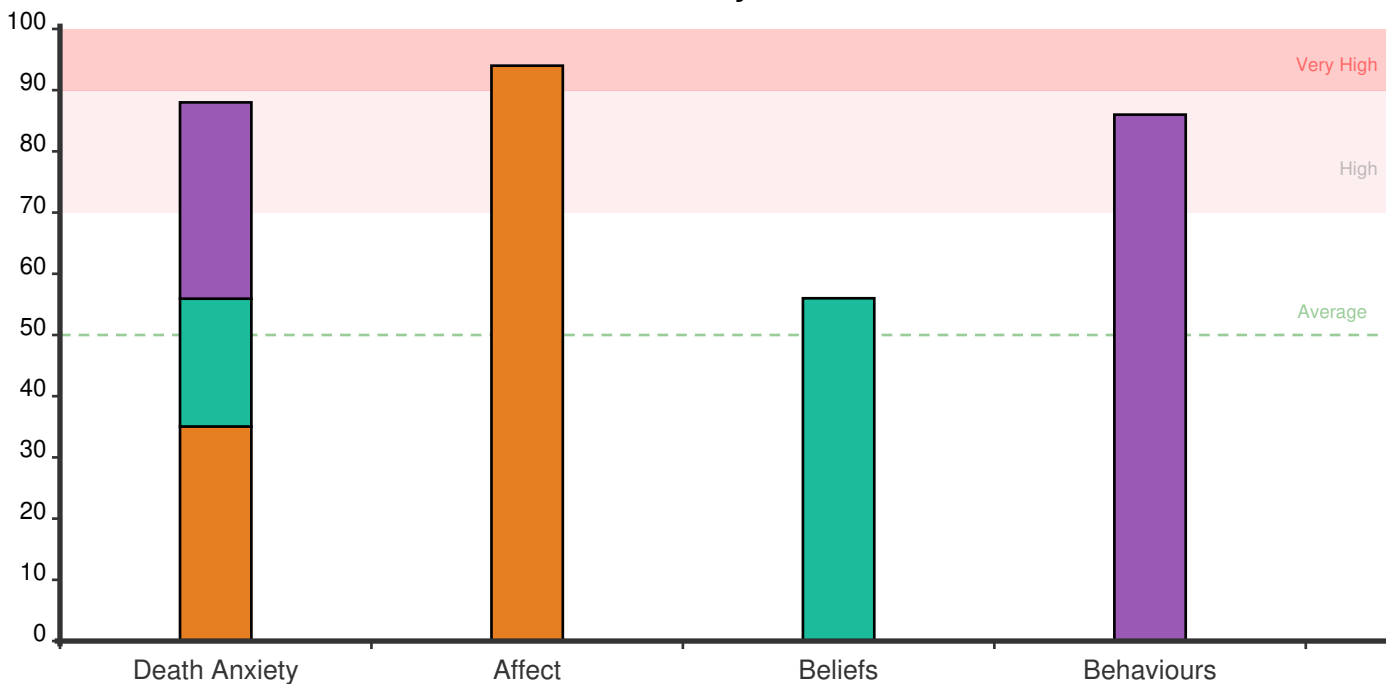
Death Anxiety Beliefs and Behaviours Scale (DABBS)

| | | | |
|----------------------------|------------------|--------------------------|------------|
| <i>Client Name</i> | Generic Client | <i>Date administered</i> | 1 Sep 2025 |
| <i>Date of birth (age)</i> | 14 Dec 2015 (9) | <i>Time taken</i> | 27s |
| <i>Assessor</i> | Dr David Hegarty | | |

Results

| | Raw Score | Community Percentile | Descriptor |
|---------------------|-----------|----------------------|--------------|
| Total Death Anxiety | 63 | 88 | High |
| Affect | 19 | 94 | Very High |
| Beliefs | 21 | 56 | Normal Range |
| Behaviours | 23 | 86 | High |

DABBS Community Percentiles



Interpretation

The Death Anxiety Beliefs and Behaviours Scale (DABBS) was administered on 01 September 2025. The client obtained a total score of 63 out of a possible 90, which falls at the 88th percentile compared to a community sample. This score falls within the 'High' range. A score of 55 or greater indicates clinically significant death anxiety, suggesting that the client's fears of death may warrant clinical attention.

Affect Subscale. The client scored 19 on the Affect subscale, which falls at the 94th percentile and is in the 'Very High' range. This indicates elevated emotional distress related to death, including intense feelings of fear, anxiety and terror about mortality. The client experiences significant subjective anxiety when confronted with death-related thoughts or reminders. In particular, the client endorsed the following items:



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- 1. *I feel anxious about death (Strongly agree)*
- 3. *I am scared of dying (Strongly agree)*
- 4. *Death frightens me (Strongly agree)*

Behaviours Subscale. The client scored 23 on the Behaviours subscale, which falls at the 86th percentile and is in the 'High' range. This indicates significant avoidance of death-related stimuli, including media, conversations, and thoughts about mortality. The client engages in maladaptive behavioural patterns to avoid confronting death-related content, which may maintain and reinforce their death anxiety. Given this subscale is more elevated than Beliefs, treatment could emphasise exposure-based interventions, such as graded exposure therapy targeting avoided death-related stimuli. This approach may help the client gradually confront rather than avoid mortality-related content. In particular, the client endorsed the following items:

- 12. *Watching or reading media stories about dying (Often avoid)*
- 13. *Thinking about being diagnosed with a terminal illness (Often avoid)*
- 15. *Thinking about a loved one dying (Often avoid)*

Scoring and Interpretation Information

For comprehensive information on the DABBS, [see here](#).

The DABBS produces a raw score, a corresponding percentile and a descriptor. A higher score indicates a higher level of death anxiety. There are three subscales and a total score:

- Total score (ranging from 18 - 90)
- Affect subscale (items 1-4; scores range from 4 - 20): measures the intensity of subjective anxiety relating to death or dying
- Beliefs (items 5-11; scores range from 7 to 35): measures the frequency an individual is troubled by maladaptive cognitions about death
- Behaviours (items 12-18; scores range from 7 to 35): measures maladaptive avoidance of death-related stimuli

A total score equal to or greater than 55 indicates that an individual's death anxiety is in the clinically elevated range, suggesting significant fears of death. However, scores below this cut-off (i.e., within the normal range) may still warrant clinical intervention, particularly if an individual is expressly seeking treatment for this fear.

Percentiles are also displayed for the total score and each of the subscales. This community percentile allows for a comparison between the client's score and a sample of non-clinical and university students (N = 553). A percentile of 50 indicates an average and typical level of death anxiety. As the total score of 55 equates to the 70th percentile, this percentile is used for the subscales to indicate a score within the 'High' (i.e., clinically elevated) range. A percentile of 90 is used to define the 'Very High' category.

Interpretation at the subscale level may also be clinically useful. For example, a high score on the Behaviours subscale relative to Beliefs may suggest that exposure-based interventions targeting avoidance may be most useful to consider. Conversely, a high score on the Beliefs subscale relative to the Behaviours subscale may indicate that treatments centering on addressing unhelpful thinking patterns may be beneficial.

On first administration of the DABBS, a stacked bar chart displaying percentile scores for the total score and subscales is presented with background shading indicating high and very high



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ranges. Multiple administrations of the DABBS will provide two plots. The first will plot the raw total score over time and the second will plot the subscale community percentiles over time.

When DABBS scores are available from multiple timepoints, changes in scores can provide valuable information about the effectiveness of interventions or changes in symptoms. Although DABBS does not have an established framework for interpreting change over time, we can use the established recommendation for comparative interpretation, changes of at least 0.5 standard deviations in scores being considered clinically meaningful (the minimally important difference) (Norman et al., 2003; Turner et al., 2010). These changes are categorised as 'significant reduction' (greater than or equal to 0.5 SD reduction in score), 'significant increase' (greater than or equal to 0.5 SD increase in score), or 'minimal change' (less than 0.5 SD or no change in score). If applicable, this interpretive text outlining change in scores is displayed first within the interpretive text section.

Client Responses

| | | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|----|--|------------------------|-------------------------|----------------------------|------------------------|-------------------------|
| 1 | I feel anxious about death | 1 | 2 | 3 | 4 | 5 |
| 2 | The fact that I will die someday is terrifying | 1 | 2 | 3 | 4 | 5 |
| 3 | I am scared of dying | 1 | 2 | 3 | 4 | 5 |
| 4 | Death frightens me | 1 | 2 | 3 | 4 | 5 |
| | | Never have the thought | Rarely have the thought | Sometimes have the thought | Often have the thought | Always have the thought |
| 5 | Below is a list of death-related thoughts, beliefs and attitudes that you may experience. Please indicate how frequently you are troubled by each thought. It would be terrible to not have time to experience everything I want to | 1 | 2 | 3 | 4 | 5 |
| 6 | It would be horrible to die alone | 1 | 2 | 3 | 4 | 5 |
| 7 | My death will be a painful experience | 1 | 2 | 3 | 4 | 5 |
| 8 | I couldn't cope with growing old without my loved ones | 1 | 2 | 3 | 4 | 5 |
| 9 | I will lose a loved one suddenly and it will destroy me | 1 | 2 | 3 | 4 | 5 |
| 10 | On my deathbed, I will not be able to face death as bravely as I should | 1 | 2 | 3 | 4 | 5 |
| 11 | I couldn't cope if someone I care for developed a fatal illness | 1 | 2 | 3 | 4 | 5 |



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| | | Never avoid | Rarely avoid | Sometimes avoid | Often avoid | Always avoid |
|----|---|-------------|--------------|-----------------|-------------|--------------|
| 12 | Below is a list of activities that some people may avoid. Please indicate how frequently you would avoid each of these situations. Watching or reading media stories about dying | 1 | 2 | 3 | 4 | 5 |
| 13 | Thinking about being diagnosed with a terminal illness | 1 | 2 | 3 | 4 | 5 |
| 14 | Reading a novel with a character who is dying | 1 | 2 | 3 | 4 | 5 |
| 15 | Thinking about a loved one dying | 1 | 2 | 3 | 4 | 5 |
| 16 | Watching a film or TV show with a character who is dying | 1 | 2 | 3 | 4 | 5 |
| 17 | Thinking about myself dying | 1 | 2 | 3 | 4 | 5 |
| 18 | Reading a memoir or essay by someone diagnosed with a terminal illness | 1 | 2 | 3 | 4 | 5 |



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Percentiles

| | Community Percentile | Clinical Percentile |
|---------------------|----------------------|---------------------|
| Total Death Anxiety | 88 | 69 |
| Affect | 94 | 83 |
| Beliefs | 56 | 43 |
| Behaviours | 86 | 74 |