

**Independence at Home  
Innerlinks Advantage  
DASS- 21(English)**

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Please read each statement and circle a number 0, 1, 2, or 3 that indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of the time
- 3 Applied to me very much, or most of the time

- 1. – I found it hard to wind down ..... 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 (e.g. excessively rapid breathing,  
breathlessness in the absence of physical exertion) ..... 0 1 2 3
- 5. – I found it difficult to work up the initiative to do things ..... 0 1 2 3
- 6. – I tended to over-react to situations..... 0 1 2 3
- 7. – I experienced trembling (e.g. in the hands)..... 0 1 2 3
- 8. – I felt that I was using a lot of nervous energy..... 0 1 2 3
- 9. – I was worried about situations in which I might panic and make  
a fool of myself ..... 0 1 2 3
- 10. – I felt that I had nothing to look forward to ..... 0 1 2 3
- 11. – I found myself getting agitated ..... 0 1 2 3
- 12. – I found it difficult to relax..... 0 1 2 3
- 13. – I felt down-hearted and blue..... 0 1 2 3
- 14. – I was intolerant of anything that kept me from getting on with  
what I was doing..... 0 1 2 3
- 15. – I felt I was close to panic..... 0 1 2 3
- 16. – I was unable to become enthusiastic about anything..... 0 1 2 3
- 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 was aware of the action of my heart in the absence of physical  
exertion (e.g. sense of heart rate increase, heart missing a beat) ..... 0 1 2 3
- 20. – I felt scared without any good reason..... 0 1 2 3
- 21. – I felt that life was meaningless..... 0 1 2 3

Depression Scale	Anxiety Scale	Stress Scale
3 -	2 -	1 -
5 -	4 -	6 -
10 -	7 -	8 -
13 -	9 -	11 -
16 -	15 -	12 -
17 -	19 -	14 -
21 -	20 -	18 -
Total Score: X2=	Total Score: X2=	Total Score: X2=

	Depression Scale	Anxiety Scale	Stress Scale
Normal	0 - 9	0 - 7	0 - 14
Mild	10 - 13	8 - 9	15 - 18
Moderate	14 - 20	10 - 14	19 - 25
Severe	21 - 27	15 - 19	26 - 33
Extremely Severe	28 - 42	20 - 42	34 - 42