



DASS

DEPRESSION ANXIETY & STRESS

Nearly 800 million people are affected by mental health disorders around the world. Of these, depression and anxiety are the most common, affecting around 300 million each.

Awareness is an important part of finding help, which is where assessment tools are important.

THE DASS ASSESSMENT

The Depression Anxiety Stress Scales (DASS-21) is a tool designed to help individuals like you measure the severity of symptoms related to depression, anxiety, and stress. It's a simple questionnaire that you fill out to provide insight into your emotional well-being and how you're feeling overall.



HOW DOES IT WORK?

The DASS-21 consists of 21 questions, each asking about different feelings or experiences you may have had over the past week. You'll rate how much each statement applies to you on a scale from 0 to 3, with 0 meaning "did not apply to me at all" and 3 meaning "applied to me very much, or most of the time."

WHAT DOES IT MEASURE?

Depression: This part of the assessment looks at feelings like sadness, hopelessness, lack of interest in things you used to enjoy, and low energy.

Anxiety: Here, you'll answer questions about nervousness, worrying, and feeling on edge or tense.

Stress: This section focuses on your ability to relax, how easily you become agitated or irritable, and how overwhelmed you may feel by life's demands.



WHAT DO THE SCORES MEAN?

Based on your responses, you'll receive scores for depression, anxiety, and stress. These scores can fall into different ranges:

Normal Range: Indicates that you're generally doing okay in that area.

Mild: Suggests that you're experiencing some symptoms, but they're not severe.

Moderate: Shows that your symptoms are more pronounced and may be affecting your daily life.

Severe: Indicates that you're experiencing significant symptoms that may require attention and support.

Extremely Severe: Shows that your symptoms are very intense and may be having a significant impact on your well-being.



WHY SHOULD YOU TAKE THE DASS-21?



Insight: It can help you better understand your feelings and emotions.

Communication: It provides a starting point for discussing your emotional health with a professional.

Support: It can guide you towards getting the help and support you need to feel better.

HOW TO USE THE RESULTS

Your DASS-21 scores can be a useful tool for understanding your emotional state, but they're just one piece of the puzzle. It's essential to discuss your results with a mental health professional who can provide personalised guidance and support tailored to your needs.

Remember, it's okay to reach out for help if you're struggling. Taking the DASS-21 is a positive step towards understanding your emotions and taking care of your mental health.

If you have any questions or concerns about the DASS-21 assessment or your results, don't hesitate to speak with your healthcare provider or a mental health professional.

Reference:

Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343.