**DASS21**

**SFF Code:**

**Date:**

|  |
| --- |
| Please read each statement and circle a number 0, 1, 2, or 3, which indicates how much the statement applied to you **OVER THE PAST WEEK**. There is no right or wrong answer. Do not spend too much time on any statement. |
|  | Not at all | Some-times | Frequently | Most of the time | **Office use only** |
| 1. I found it hard to wind down
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I was aware of dryness of my mouth
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I couldn’t seem to experience any positive feeling at all
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I found it difficult to work up the initiative to do things
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I tend to over-react to situations
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I experienced trembling (eg. in the hands)
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I felt that I was using a lot of nervous energy
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I was worried about situations in which I might panic and make a fool of myself
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I felt that I had nothing to look forward to
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I found myself getting agitated
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I found it difficult to relax
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I felt down-hearted and blue
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I was intolerant of anything that kept me from getting on with what I was doing
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. I felt I was close to panic
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I was unable to become enthusiastic about anything
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I felt I wasn’t worth much as a person
 | 0 | 1 | 2 | 3 |  | \_ |  |
| 1. I felt that I was rather touchy
 | 0 | 1 | 2 | 3 |  |  | \_ |
| 1. 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 | \_ |  |  |
| 1. I felt scared without good reason
 | 0 | 1 | 2 | 3 | \_ |  |  |
| 1. I felt that life was meaningless
 | 0 | 1 | 2 | 3 |  | \_ |  |
|  |  | X 2 = |  | **A** | \_ |  |  |
|  |  | X 2 = |  | **D** |  | \_ |  |
|  |  | X 2 = |  | **S** |  |  | \_ |