**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** |  |  | \_ |