**Scoring the DASS**

**(Depression, Anxiety, Stress Scale)**

**S (Stress)** Q1, 6, 8, 11, 12, 14, 18

**A (Anxiety)** Q2, 4, 7, 9, 15, 19, 20

**D (Depression)** Q3, 5, 10, 13, 16, 17, 21

1. Record circled number on the line provided in the Office Use Only columns next to the responses.
2. Add up the number in the first column of the Office Use Only. Record this number on the line next to A at the bottom of the form.
3. Add up the number in the second column of the Office Use Only. Record this number on the line next to D at the bottom of the form.
4. Add up the number in the third column of the Office Use Only. Record this number on the line next to S at the bottom of the form.
5. **Complete the S** score x 2 = Stress
6. **Complete the A** score x 2 = Anxiety
7. **Complete the D** score x 2 = Depression
8. Range:

**Stress**

Normal 0-10

Mild 11-18

Moderate 19-26

Severe 27-34

Extremely severe 35-42

**Anxiety**

Normal 0-6

Mild 7-9

Moderate 10-14

Severe 15-19

Extremely severe 20-42

**Depression**

Normal 0-9

Mild 10-12

Moderate 13-20

Severe 21-27

Extremely severe 28-42