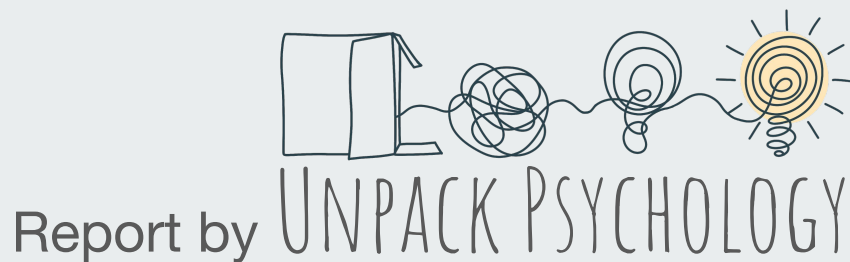


Depression, Anxiety, Stress Scale (DASS-21)

Example Report

Care of admin@unpackpsychology.com.au



About this report

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.

The DASS-21 measures symptoms of depression, anxiety, and stress over the past week and is not a tool for diagnosing mental illness in classification systems such as the DSM and ICD.

Disclaimer

This questionnaire is not a diagnostic tool and results are not monitored.

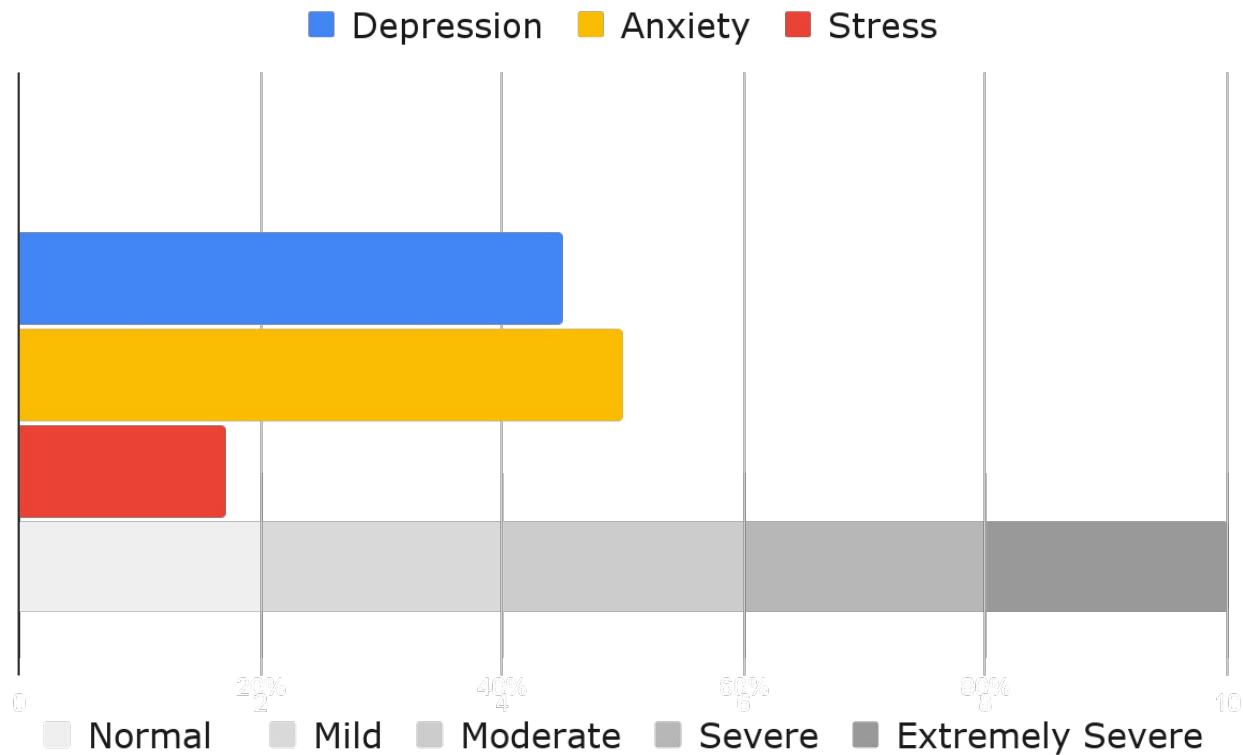
If you are experiencing distress, please follow this link for support services in your country:
https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines

For more information, see Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.) Sydney: Psychology Foundation.

Your results

DASS-21	Result	Severity
Depression	7	Moderate
Anxiety	6	Moderate
Stress	6	Normal

Your results



Interpretation table

	Depression	Anxiety	Stress
Normal	0 - 4	0 - 3	0 - 7
Mild	5 - 6	4 - 5	8 - 9
Moderate	7 - 10	6 - 7	10 - 12
Severe	11 - 13	8 - 9	13 - 16
Extremely severe	14 +	10 +	17 +