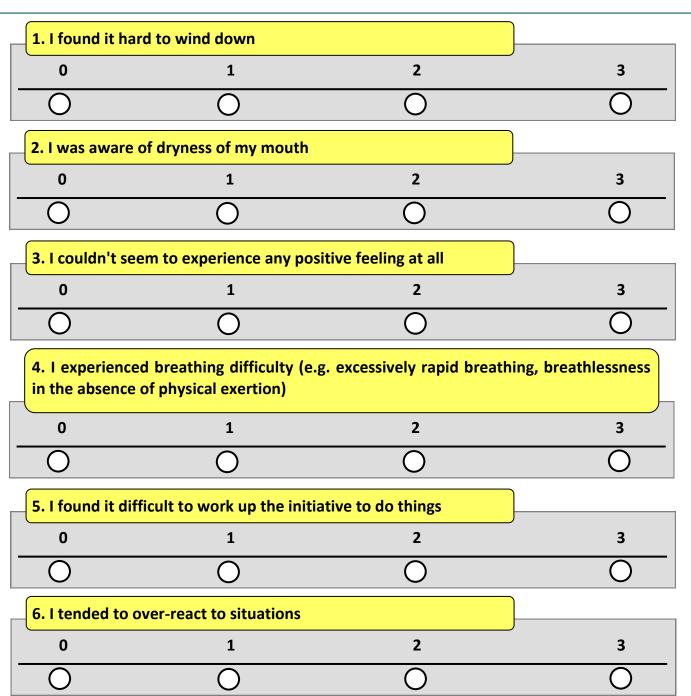
DASS-21

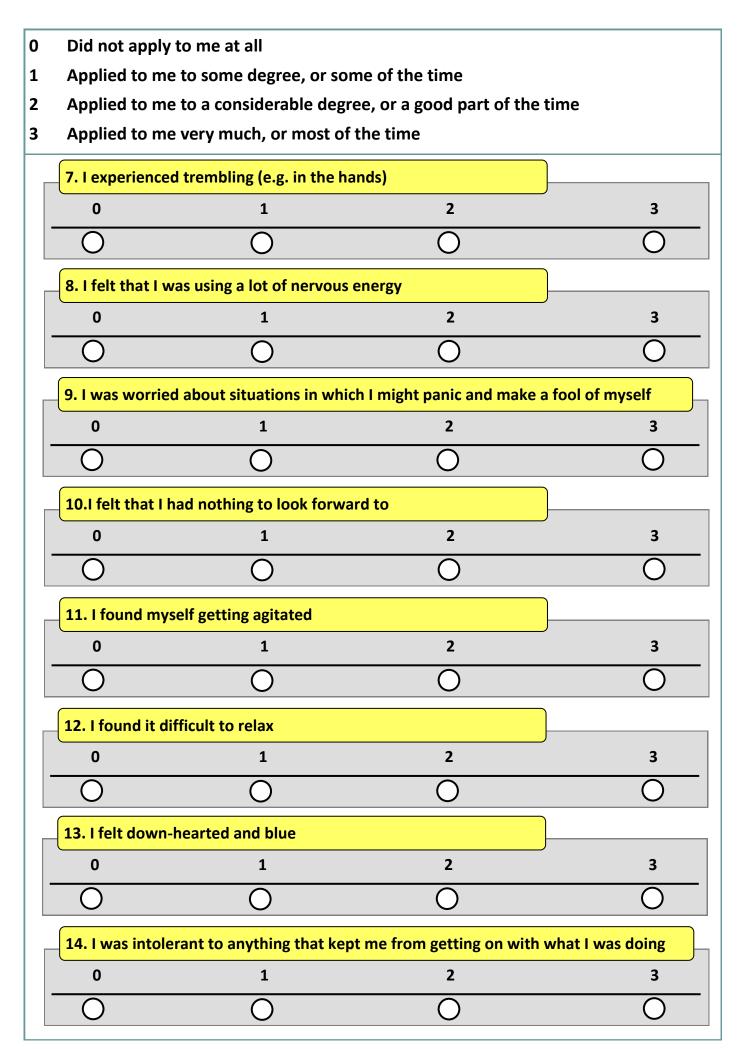
RESEARCHER – Please turn the response pack to the **Questionnaire 8** set of responses, and then read the following statement out loud to the respondent:

Please listen to each statement and select the response which indicates how much the statement applied to you **OVER THE PAST WEEK**. There are no right or wrong answers. Do not spend too much time on any statement.

The Rating Scale is as Follows

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of the time
- 3 Applied to me very much, or most of the time





- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of the time
- 3 Applied to me very much, or most of the time

15. I felt I was close to panic			
0	1	2	3
0	0	0	0

16. I was unable to become enthusiastic about anything			
0	1	2	3
0	0	0	0

_	17. I felt I wasn't worth much as a person			
	0	1	2	3
	0	0	0	0

18. I felt that I			
0	1	2	3
0	0	0	0

19. 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	
0	0	0	0	
20. I felt scared	without any good reaso	'n		
0	1	2	3	
0	0	0	0	
21. I felt that life was meaningless				
0	1	2	3	
0	0	0	0	