

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**

1. I found it hard to wind down

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. I was aware of dryness of my mouth

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. I couldn't seem to experience any positive feeling at all

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. I found it difficult to work up the initiative to do things

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. I tended to over-react to situations

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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7. I experienced trembling (e.g. in the hands)

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. I felt that I was using a lot of nervous energy

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. I was worried about situations in which I might panic and make a fool of myself

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. I felt that I had nothing to look forward to

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. I found myself getting agitated

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. I found it difficult to relax

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. I felt down-hearted and blue

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. I was intolerant to anything that kept me from getting on with what I was doing

0	1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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15. I felt I was close to panic

0

1

2

3

16. I was unable to become enthusiastic about anything

0

1

2

3

17. I felt I wasn't worth much as a person

0

1

2

3

18. I felt that I was rather touchy

0

1

2

3

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

20. I felt scared without any good reason

0

1

2

3

21. I felt that life was meaningless

0

1

2

3