

# DASS 10

Please read 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

Never - Did not apply to me at all

Sometimes - Applied to me to some degree, or some of the time

Often - Applied to me to a considerable degree, or a good part of time

Almost Always - Applied to me very much, or most of the time

Not at all	Some of the time	Considerable degree	Very Much
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I felt down hearted and blue

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I found it difficult to work up the initiative to do things

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I tended to over-react to situations

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I found it difficult to relax

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I couldn't seem to experience any positive feeling at all

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I felt scared without any good reason

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I was intolerant of anything that kept me from getting on with what I was doing

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I felt I was close to panic

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I felt that I had nothing to look forward to

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I was worried about situations in which I might panic and make a fool of myself

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I felt annoyed by people that criticise my drinking or drug use (if not applicable, mark 'not at all')

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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I have thoughts of ending my life

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### **Scoring**

Not at all = 0

Some of the time = 1

Considerable Degree = 2

Very Much = 3

**NOTE: The final two items are flags of risk and should NOT be included in final score**

### **Norms**

Community Sample

Mean = 3.01

Standard Deviation = 3.15

Community Clinical Sample

Mean = 12.90

Standard Deviation = 6.76

### **Clinical Cut-off**

Scores > 7 indicate Clinical Significant levels of distress

### **Reliable Change Index**

Change of more than 5 points is considered reliable.

### **Psychometric**

Internal Consistency: Cronbach's Alpha = 0.88

Discriminant Validity

Community Sample showed 13% scored above Clinical cutoff (consistent with expected base rates)

Clinical Sample showed 17% below Clinical cutoff