



# Emotional Health Assessment

## Depression Anxiety Stress Scales (DASS)

This assessment is based on a 21-question, self-report questionnaire called the Depression Anxiety Stress Scales. This test measures your levels of stress, anxiety and depression.

The DASS is not a diagnostic tool, i.e. does not diagnose conditions, but assesses the severity of symptoms of the three related emotional states of depression, anxiety and tension/stress as compared with the average population. So “mild”, for example, means that your score is above the population mean but still well below the typical severity for people seeking help (i.e. it does not mean a mild level of depression, for example).

This assessment highlights areas of risks or concerns and also allows you to monitor the progress you will make in time. It allows you to **screen for possible emotional health problems, assess the intensity of these symptoms and compare them at different times.**

We recommend you do the test initially to create a baseline, and then repeat the test after six weeks of practicing the Engagement Training, Attention Training and/or Relaxation Training. Three months later, you can repeat the test to monitor your improvements and the impact of the trainings.

The DASS-21 has been developed and published by Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales*. (2nd. Ed.) Sydney: Psychology Foundation.

Everybody experiences some feelings/thoughts of depression, anxiety and stress to some degree, but if you are experiencing them frequently and strongly, then you should consider seeking professional help.

Automated interpretations can be misleading and potentially dangerous. The test is offered to highlight potential problems and also to audit progress and the efficacy of interventions on your emotional health. **The automated DASS-21 should not be used to diagnose mental or emotional health problems. This can only be done by a qualified health professional.**

Should you score symptoms with moderate intensity and above, then interpretation of the DASS-21 should be carried out by individuals with appropriate training in psychological science, including emotion, psychopathology and assessment.

When the DASS-21 is administered to individuals who have sought professional help, or who are displaying high levels of distress, interpretation should be carried out by an appropriately qualified health professional such as a clinical psychologist or medical doctor.

The automated DASS-21 should not be used with children below the age of 14 years because it is likely that some children would not fully understand all of the terms used.



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**Should you suffer with symptoms of emotional and/or mental health problems, please consult with your health professional and/or therapist.**

**If the score of the test should show moderate or above intensity of symptoms for depression, anxiety and/or stress, then please consult with your health professional and/or therapist.**

DASS	Normal	Mild	Moderate	Severe	Extremely severe
Depression	0-9	10-13	14-20	21-27	28+
Anxiety	0-7	8-9	10-14	15-19	20+
Stress	0-14	15-18	19-25	26-33	34+