

DASS Outcomes

Please circle a number by each statement to indicate how much the statement has applied to you over the last week.

Name *your full name*

Email *a valid email*

The rating scale is as follows:

0 – did not apply to me at all

2 – applied to me to some degree, or some of the time

4 – applied to me to a considerable degree, or a good part of the time

6 – applied to me very much, or most of the time

1.	I found it hard to wind down	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
2.	I was aware of dryness of my mouth	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
3.	I couldn't seem to experience any positive feeling at all	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
4.	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
5.	I found it difficult to work up the initiative to do things	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
6.	I tended to over-react to situations	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
7.	I experienced trembling (eg, in the hands)	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
8.	I felt that I was using a lot of nervous energy	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
9.	I was worried about situations in which I might panic and make a fool of myself	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
10.	I felt that I had nothing to look forward to	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
11.	I found myself getting agitated	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
12.	I found it difficult to relax	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
13.	I felt down-hearted and blue	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
14.	I was intolerant of anything that kept me from getting on with what I was doing	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
15.	I felt I was close to panic	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
16.	I was unable to become enthusiastic about anything	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
17.	I felt I wasn't worth much as a person	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
18.	I felt that I was rather touchy	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
19.	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
20.	I felt scared without any good reason	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6
21.	I felt that life was meaningless	<input type="radio"/> 0	<input type="radio"/> 2	<input type="radio"/> 4	<input type="radio"/> 6