

Depression Anxiety Stress Scales-21 (DASS-21)

Category: Stress | Items: 21 | Time: ~5 min

Description / When to Use

21-item short form measuring depression, anxiety, and stress with three subscales.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 21 items in this scale. Estimated completion time: 5 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = Did not apply to me at all | 1 = Applied to me to some degree | 2 = Applied to me to a considerable degree | 3 = Applied to me very much

Scoring Guide

Sum each subscale (7 items) and multiply by 2. Scores: Depression 0-42, Anxiety 0-42, Stress 0-42.

Subscales:

- Depression: 7 items
- Anxiety: 7 items
- Stress: 7 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-9	Normal	None
10-13	Mild	Monitor
14-20	Moderate	Consider treatment
21-27	Severe	Active treatment
28-42	Extremely severe	Immediate treatment

Psychometric Properties

Cronbach's alpha: 0.88 | Test-retest reliability: 0.82

Validity: Discriminates between depression, anxiety, and stress constructs.

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Citation (APA Format)

Lovibond, S. H., & Lovibond, P. F. (1995). Manual for the Depression Anxiety Stress Scales. Psychology Foundation.

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