

Depression Anxiety Stress Scales-42 (DASS-42)

Category: Stress | Items: 42 | Time: ~10 min

Description / When to Use

Full 42-item version of DASS with 14 items per subscale for research.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 42 items in this scale. Estimated completion time: 10 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 (14 items). Depression range 0-42, Anxiety 0-42, Stress 0-42. Same severity categories.

Subscales:

- Depression: 14 items
- Anxiety: 14 items
- Stress: 14 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: 0.91 | Test-retest reliability: 0.84

Validity: Stronger factor structure than DASS-21; preferred for research.

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Citation (APA Format)

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