

DASS 21 Scoring and Interpretation

Add together the scores in each sub-scale – Depression, Anxiety and Stress

Before interpreting the scores, the summed numbers in each sub-scale need to be multiplied by 2 (this is because the DASS 21 is the short form of the scale).

The DASS is not a clinical instrument and cannot diagnose depression, anxiety or stress.

It will give an indication whether any of these issues are having a significant effect on the person's life at present. Should the person score highly on any of the issues, these will need further exploration through conversation and thought may need to be given to a referral to a specialist who could then conduct a clinical interview.

DASS Severity Ratings

(Multiply summed scores by 2)

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