

DASS₂₁

Scoring Template

This can be printed onto a transparency and placed over the completed DASS21 response sheet for easy scoring.

Apply template and sum scores for each scale. As this is the short (21-item) version, multiply the sum for each scale by 2.

A = Anxiety: x 2 =

D = Depression: x 2 =

S = Stress: x 2 =

1	S
2	A
3	D
4	A
5	D
6	S
7	A
8	S
9	A
10	D
11	S
12	S
13	D
14	S
15	A
16	D
17	D
18	S
19	A
20	A
21	D