

Depression and Anxiety Stress Scales (DASS)

David Fitzgerald, March 2018

For information about this scale see these links

<http://www2.psy.unsw.edu.au/groups/dass/>

<http://www.blackdoginstitute.org.au/docs/3.dass21withscoringinfo.pdf>

This scale was used in the sixth and seventh survey for the 1973-78 cohort and possibly in future surveys for this cohort.

Question:

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The seven questionnaire items are

- I was aware of dryness of my mouth
- I experienced breathing difficulty
- I experienced trembling (eg in the hands)
- I was worried about situations in which I might panic and make a fool of myself
- I felt I was close to panic
- 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)
- I felt scared without any good reason

The four responses are

- Did not apply to me at all
- Applied to me to some degree, or some of the time
- Applied to me to a considerable degree, or a good part of time
- Applied to me very much, or most of the time

SAS code for creating DASS in survey 6 of 1973-78 cohort.

```
array arrq86 (7) y6q86a y6q86b y6q86c y6q86d y6q86e y6q86f y6q86g ;
** The raw data has values 1,2,3,4 but needs to be 0 to 3. **;
do i = 1 to 7 ;
    arrq86(i) = arrq86(i) - 1 ;
end ;

if y6q86a > . and y6q86b > . and y6q86c > . and y6q86d > . and
y6q86e > . and y6q86f > . and y6q86g > . then y6DASS = 2*sum(of arrq86(*));
```