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| DASS 21 ***ID: Date:*** | | |
| 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 rating scale is as follows:*  0 Did not apply to me at all  1 Applied to me to some degree, or some of the time  2 Applied to me to a considerable degree, or a good part of time  3 Applied to me very much, or most of the time | | |
| 1 | I found it hard to wind down | 0 1 2 3 |
| 2 | I was aware of dryness of my mouth | 0 1 2 3 |
| 3 | I couldn't seem to experience any positive feeling at all | 0 1 2 3 |
| 4 | I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion) | 0 1 2 3 |
| 5 | I found it difficult to work up the initiative to do things | 0 1 2 3 |
| 6 | I tended to over-react to situations | 0 1 2 3 |
| 7 | I experienced trembling (eg, in the hands) | 0 1 2 3 |
| 8 | I felt that I was using a lot of nervous energy | 0 1 2 3 |
| 9 | I was worried about situations in which I might panic and make a fool of myself | 0 1 2 3 |
| 10 | I felt that I had nothing to look forward to | 0 1 2 3 |
| 11 | I found myself getting agitated | 0 1 2 3 |
| 12 | I found it difficult to relax | 0 1 2 3 |
| 13 | I felt down-hearted and blue | 0 1 2 3 |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing | 0 1 2 3 |
| 15 | I felt I was close to panic | 0 1 2 3 |
| 16 | I was unable to become enthusiastic about anything | 0 1 2 3 |
| 17 | I felt I wasn't worth much as a person | 0 1 2 3 |
| 18 | I felt that I was rather touchy | 0 1 2 3 |
| 19 | 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) | 0 1 2 3 |
| 20 | I felt scared without any good reason | 0 1 2 3 |
| 21 | I felt that life was meaningless | 0 1 2 3 |
| 22 | I thought about death or suicide | 0 1 2 3 |
| 23 | I wanted to kill myself | 0 1 2 3 |

ASRM Scale

Instructions:

1. On this questionnaire are groups of 5 statements; read each group of statements carefully.
2. Choose the one statement in each group that best describes the way you have been feeling **for the past week**.
3. Circle the number next to the statement you picked.
4. Please note: The word “occasionally” when used here means once or twice; “often” means several times or more; “frequently” means most of the time.

1] 0 I do not feel happier or more cheerful than usual.

1 I occasionally feel happier or more cheerful than usual.

2 I often feel happier or more cheerful than usual.

3 I feel happier or more cheerful than usual most of the time.

4 I feel happier or more cheerful than usual all of the time.

2] 0 I do not feel more self-confident than usual.

1 I occasionally feel more self-confident than usual.

2 I often feel more self-confident than usual.

3 I feel more self-confident than usual most of the time.

4 I feel extremely self-confident all of the time.

3] 0 I do not need less sleep than usual.

1 I occasionally need less sleep than usual.

2 I often need less sleep than usual.

3 I frequently need less sleep than usual.

4 I can go all day and night without any sleep and still not feel tired.

4] 0 I do not talk more than usual.

1 I occasionally talk more than usual.

2 I often talk more than usual.

3 I frequently talk more than usual.

4 I talk constantly and cannot be interrupted.

5] 0 I have not been more active (either socially, sexually, at work, home, or school) than usual.

1 I have occasionally been more active than usual.

2 I have often been more active than usual.

3 I have frequently been more active than usual.

4 I am constantly active or on the go all the time.