

Weekly Webinar

DASS21.. It's not a self-diagnose tool!

12.07.2023 | Via Zoom

Speaker,
Amalia Madihie PhD. KB. PA.
Universiti Malaysia Sarawak
mamalia@unimas.my
Facebook: Amalia Madihie



Depression Anxiety Stress Scale-21 (DASS21)

Author: Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales*. (2nd. Ed.) Sydney: Psychology Foundation.

Malay Language Version: Ramli Musa, Mohd Ariff Fadzil, & Zaini Zain. (2007). Translation, validation and psychometric properties of Bahasa Malaysia version of the Depression Anxiety and Stress Scales (DASS). *ASEAN Journal of Psychiatry*, 8(2), 82-89.

Method: Back-to-back translation

Background of DASS21

- This Questionnaire is a short version (21 item) of a 42-item self report instrument designed **to measure three related negative emotional states**: depression, anxiety and tension/stress
- Item Coding: Individuals read each statement and circle a number 0, 1, 2 or 3 that indicates how much the statement applied to him/her **over the past week**

- This scale is suitable for clinical settings **to assist** in diagnosis and outcome monitoring, as well as **non-clinical settings** as a mental health screener
- The DASS is based on a **dimensional** rather than a categorical conception of psychological disorders, and **scores emphasize** the degree to which **someone is experiencing symptoms** rather than having diagnostic cutoff points.

Items

- Each of the three DASS-21 scales contains 7 items.
- Depression: dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. (Items 3, 5, 10, 13, 16, 17, 21)
- Anxiety: autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. (Items 2, 4, 7, 9, 15, 19, 20)
- Stress: levels of chronic nonspecific arousal, difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. (Items 1, 6, 8, 11, 12, 14, 18)

Treat Our Mental Health as Our Physical Health

Thank you

