



# Depression, Anxiety and Stress Scale - 21 Items

## Assessment Report

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This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.

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# About the report

## Demographics

Table 1

ID Number	4UubWjStwsYyHDXHI9DftOFJx2D3
First name	Demo
Age	20
Gender	Male
Marital status	Single
Education	Master's degree
Occupation	Manager
State	NJ
Country	USA
Assessment	DASS21
Date of initiation	9/11/2022
Date of report	9/11/2022
Practitioner	Psychology Team
Referrer	

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## Disclaimer

A psychological test is an objective procedure for sampling and quantifying human behaviour to make an inference about a particular psychological construct using standardised stimuli, and methods of administration and scoring. Psychological tests are often used in an attempt to capture the effects of hypothetical constructs. As in other scientific disciplines, psychology employs constructs that are not directly observable; rather their effects can only be inferred. As such, we need to be aware that sometimes a gap exists between what Behavioural & Mental Health Professionals intend to measure using a psychological test and what the test actually measures.

This report was created by qualified Behavioural & Mental Health Professionals and the conclusions/recommendations provided therein are part of a standard model. This report DOES NOT qualify as an assessment of the specific attributes of the concerned individual and SHOULD NOT be construed to be a final or comprehensive report. This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.

For complete interpretation, this report must be supplemented with full medical examination to rule out the possibilities of a medical, disease or organic cause for the individual's symptoms. The client is encouraged to reach out to the practitioner to get a better understanding of the report.

## Assessment procedure

The assessment was conducted remotely via PsyPack's web-based platform. It must be noted here that there are potential limitations of all assessment processes conducted via telepsychology. Please consult with a qualified Behavioural & Mental Health Professional.

# Assessment description

## Title

Depression, Anxiety and Stress Scale - 21 Items

## Definition

The Depression, Anxiety and Stress Scale - 21 Items (DASS21) is short version of the Depression, Anxiety and Stress Scale (DASS). The DASS is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress.

The DASS was constructed not merely as another set of scales to measure conventionally defined emotional states, but to further the process of defining, understanding, and measuring the ubiquitous and clinically significant emotional states usually described as depression, anxiety and stress. The DASS should thus meet the requirements of both researchers and scientist-professional clinicians.

## Purpose of evaluation

The purpose of the evaluation is to:

- to clarify the locus of emotional disturbance, as part of the broader task of clinical assessment and
- to assess the severity of the core symptoms of depression, anxiety and stress

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

License - The DASS questionnaire is public domain, and so permission is not needed to use it. The DASS questionnaires and scoring key may be downloaded from the DASS website and copied without restriction.

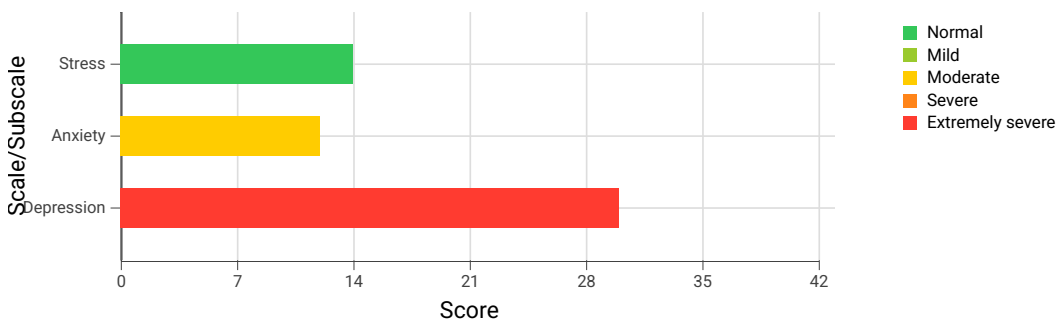
# Results of evaluation

- The summary statistics for the client's responses are tabulated in Table 3

Table 3

Scale	Score	Z-Score	Percentile	DASS severity rating
Depression	30	3.39	98-100	Extremely severe
Anxiety	12	1.49	87-95	Moderate
Stress	14	0.49	0-78	Normal

- Graph 1 represents the client's score on the DASS scales.



Graph 1: DASS Score

DASS severity ratings

Table 3

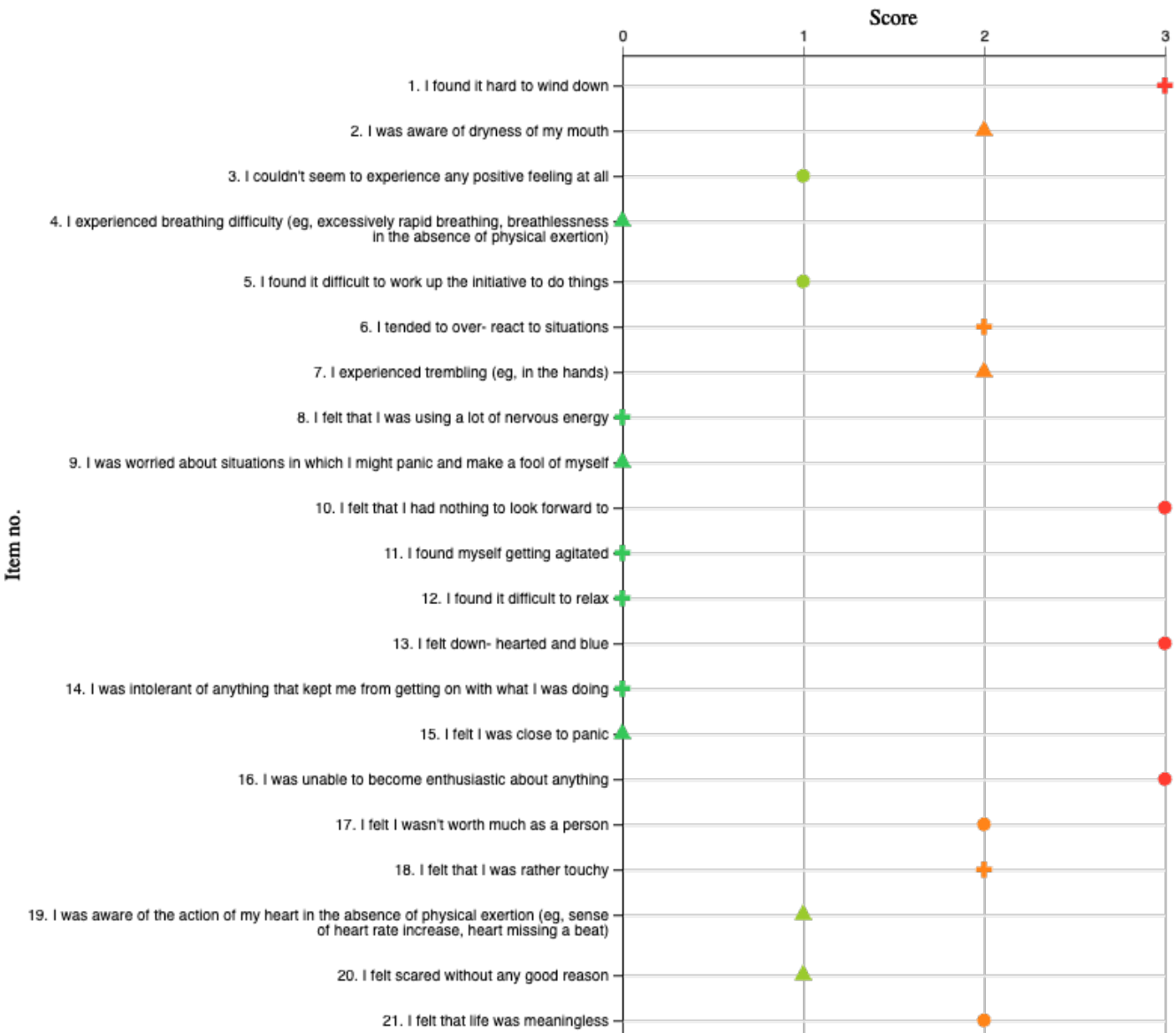
	Z-Score	Percentile	Depression	Anxiety	Stress
Normal	<0.5	0-78	0-9	0-7	0-14
Mild	0.5-1.0	78-87	10-13	8-9	15-18
Moderate	1.0-2.0	87-95	14-20	10-14	19-25
Severe	2.0-3.0	95-98	21-27	15-19	26-33
Extremely severe	>3.0	98-100	28+	20+	34+

The conversion of Z scores to percentiles in the table is not exact because the frequency distributions for the three DASS scales are not identical; in particular, the Stress scale is less skewed than the other two scales.

# Response sheet / Score sheet

- Graph 2 represents the client's score on individual items.

- 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
- Applied to me very much, or most of the time
- Depression
- ▲ Anxiety
- + Stress



Graph 2: Item no. v/s Score

## Recommendations

- Clinical judgement dictates appropriate course of action.

### Do-it-yourself (DIY)

Having symptoms of depression/stress/anxiety is different than having a mental disorder. These results do not mean that you have a mental disorder, but it may be time to start a conversation with someone you trust to explore what is going on and how things can get better.

- Pause. Breathe. Reflect.

Take some slow breaths: in through your nose, then slowly breathe out.

Slow breathing is one of the best ways to lower stress, because it signals to your brain to relax your body.

Notice how you are feeling and what you are thinking, without judgment. Instead of responding or reacting to those thoughts or feelings, note them, and then let them go.

- Connect with others

Talking to people you trust can help. Keep in regular contact with people close to you. Tell them how you are feeling and share any concerns.

- Keep to a healthy routine

Get up and go to bed at similar times every day.

Keep up with personal hygiene.

Eat healthy meals at regular times.

Exercise regularly. Just doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help.

Allocate time for working and time for resting.

Make time for doing things you enjoy.

Take regular breaks from on-screen activities.

Don't use alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.

- Be kind to yourself and others

Don't expect too much of yourself on difficult days. Accept that some days you may be more productive than others.

Helping others can be good for you too. If you are able to, offer support to people in your community who may need it.

- Reach out for help if you need it

Don't hesitate to seek professional help if you think you need it. A good place to start is your local health worker. Help-lines can also be a source of support.

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medical advice, diagnosis, or treatment, and DOES NOT constitute medical or other professional advice. This report is intended for a qualified Behavioural & Mental Health Professional for use in their evaluation as a potentially useful resource to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis.



## Psychoeducation

- Psychological distress is characterized by symptoms of anxiety, depression and worry.
- Psychological stress is a very common condition that can happen to anybody.
- The occurrence of psychological distress does not mean that the person is weak or lazy.
- Negative attitudes of others (e.g. "You should be stronger", "Pull yourself together") may be because psychological distress is not a visible condition, unlike a fracture or a wound. There is also the misconception that people with psychological distress can easily control their symptoms by sheer willpower.
- Psychological distress is treatable, with talking therapies or medication or a combination of these.
- For people with depression, thoughts of self-harm or suicide are common. If they notice these thoughts, they should not act on them, but should tell a trusted person and seek help immediately.

## Practitioner's notes

Use this section to add your own analysis and recommendations.

### Subjective

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### Objective

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### Assessment

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### Plan

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