

DASS Profile Sheet

Name _____

Date _____

Age _____

Sex _____

Z Score		Depression	Anxiety	Stress		Percentile	
4.0		35 34 33 32 31 30 29 28 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0	-42 -42 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0	41 40 39 38 37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0	41 40 38 37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0	99.5 99 98 -- 95 -- 87 -- 78 -- 60 -- 15	Extremely severe Severe Moderate Mild Normal
3.0	--						
2.0	--						
1.0	--						
0.0	--						
-1.0		Depression	Anxiety	Stress			

For each scale, draw a horizontal line through the score obtained for that scale, and fill in the dotted lines below to form a bar graph. The heights of the bars are in Z score units and may be compared with each other and with the Note that conversion to percentiles on the right hand axis is approximate only.