

Stress Assessment Questionnaire

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 – NEVER
- 1: Applied to me to some Degree, or some of the time – SOMETIMES
- 2: Applied to me to a considerable degree, or a food part of the time – OFTEN
- 3: Applied to me very much, or all of the time – ALMOST ALWAYS

		<i>Never</i>	<i>Sometimes</i>	<i>Often</i>	<i>Almost Always</i>
1.	I found it hard to wind down.	0	1	2	3
2.	I tended to over-react to situations.	0	1	2	3
3.	I felt that I was using a lot of nervous energy.	0	1	2	3
4.	I found myself agitated.	0	1	2	3
5.	I found it hard to relax.	0	1	2	3
6.	I was intolerant of anything that kept me from getting on with what I was doing.	0	1	2	3
7.	I felt I was rather touchy.	0	1	2	3
TOTAL					

Add all of your scores together X 2 = *

*Use this score to find your level of severity on the table below.

Score	Severity
0-14	Normal
15-18	Mild
19-25	Moderate
26-33	Severe
34+	Extremely Severe

(Extract from DASS21)

Please contact PeopleSense (08) 9388 9000

A Healthcare Professional will be able to score and interpret your results with you.