

DASS Profile Sheet

Name _____ Date _____

Age _____ Sex _____

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

* When using the DASS21 double each of the scores before graphing the results