

# DASS-21-Y



**Youth Focused**



**Item Count:** 21 items



**Completion Time:** 10 min



**Self-Report**

## General Info

The DASS-21-Y measures the emotional states of depression, anxiety, and stress for children aged 7 to 17. Each subscale has 7 questions that assess symptoms related to depression, anxiety, and stress.

The descriptive classifications are provided as a guideline. These results are not clinical diagnoses. Please see the provided resources for more information about the measure development.

## Permission for Use

We do not own the copyright properties of this measure and cannot grant permission for its use.

## Depression Anxiety Stress Scales- 21 Youth

Scores for this measure are created by adding each participant response for each subscale below. Participant responses are rated:

- 0** Not true
- 1** A little true
- 2** Fairly true
- 3** Very true

**Anxiety:** Item 2 + Item 4 + Item 7 + Item 9 + Item 15 + Item 19 + Item 20

**Depression:** Item 3 + Item 5 + Item 10 + Item 13 + Item 16 + Item 17 + Item 21

**Stress:** Item 1 + Item 6 + Item 8 + Item 11 + Item 12 + Item 14 + Item 18

Description	Subscales		
	Depression	Anxiety	Stress
Non-Clinical	0-4	0-3	0-7
Mild	5-6	4-5	8-9
Moderate	7-10	6-7	10-12
Severe	11-13	8-9	13-16
Extremely Severe	14+	10+	17+

## For More Information

- Szabo, M., & Lovibond, P. F. (2022). Development and Psychometric Properties of the DASS-Youth (DASS-Y): An Extension of the Depression Anxiety Stress Scales (DASS) to Adolescents and Children. *Frontiers in Psychology*, 13, 766890.