

Outcome Measure	Depression Anxiety and Stress Scale (DASS) & (DASS-21)
Sensitivity to Change	Yes
Population	Adult
Domain	Psychological Status
Type of Measure	Self-report scale
ICF-Code/s	d1
Description	<p>The DASS is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress.</p> <p>Each of the three DASS scales contains 14 items, divided into subscales of 2-5 items with similar content. The Depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia. The Anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The Stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive and impatient.</p> <p>Subjects are asked to use 4-point severity/frequency scales to rate the extent to which they have experienced each state over the past week. Scores for Depression, Anxiety and Stress are calculated by summing the scores for the relevant items.</p> <p>In addition to the basic 42-item questionnaire, a short version, the DASS-21, is available with 7 items per scale.</p> <p>In a TBI cohort the factor structure of the full version of the DASS was found to be largely consistent with the designated scales, with the exception of four items that cross-loaded weakly on multiple factors. However, the factor structure of the DASS21 did not correspond as closely to the designated depression, anxiety and stress scales, with the three factors not reflecting the same division into depression, anxiety and stress. The differences in item loadings in the DASS21, which appeared to be due to the fact that many of the highest loading items on the full DASS were not included items in the DASS21. These results indicate that it may be preferable to use the full DASS, rather than the DASS21, with individuals with TBI (Wong, Dahm & Ponsford, 2013).</p>
Properties	<p><i>Internal consistency</i> for each scale for the DASS:</p> <ul style="list-style-type: none"> - Depression 0.91; Anxiety 0.84; Stress 0.90. <p><i>Inter-rater reliability</i> (ICC)</p> <p><i>Test-retest reliability</i> (ICC) = .99</p> <p><i>Convergent/divergent validity</i> – Correlates highly with similar measures:</p> <ul style="list-style-type: none"> (1) DASS Anxiety with BAI, $r = .81$ (2) DASS Depression with BDI, $r = .74$

	<p>Lower correlations with dissimilar constructs:</p> <p>(1) DASS Anxiety with BDI, $r = .58$</p> <p>(2) DASS Depression with BAI, $r = .54$</p> <p>In a TBI cohort Dahm et al (2013) found large and significant correlations between corresponding HADS and DASS scales (both $r=.76$, $p<.001$). Correlations with discriminant measures were also large and significant, with $r=.70$ ($p<.001$) between DASS-D and HADS-A, and $r=.59$ ($p<.001$) between DASS-A and HADS-D. Correlations between each of the DASS scales were large and significant, with $r=.68$ ($p<.001$) between DASS-D and DASS-A, $r=.84$ ($p<.001$) between DASS-D and DASS-S, and $r=.76$ ($p<.001$) between DASS-A and DASS-S. Each of the DASS21 scales was highly correlated with its full scale equivalent ($r>.95$, $p<.001$).</p>
Advantages	In a TBI population, Validity of the DASS depression scale benefited from items reflecting symptoms of devaluation of life, self-deprecation, and hopelessness that are not present on the HADS.
Disadvantages	Somewhat lengthy and contains items overlapping with symptoms of TBI
Additional Information	
Reviewers	Jennie Ponsford

References

Wong, D., Dahm, J., & Ponsford, J. (2013). Factor structure of the Depression Anxiety Stress Scales in individuals with traumatic brain injury. *Brain Injury*, Early online, 1-6. doi: 10.3109/02699052.2013.823662..