

# DASS<sub>23</sub> Subscale Items Key

Depression items

Anxiety items

Stress items

**Suicide items**

- |    |   |
|----|---|
| 1  | I found it hard to wind down  |
| 2  | I was aware of dryness of my mouth  |
| 3  | I couldn't seem to experience any positive feeling at all   |
| 4  | I experienced breathing difficulty (e. g., excessively rapid breathing, breathlessness in the absence of physical exertion)           |
| 5  | I found it difficult to work up the initiative to do things   |
| 6  | I tended to over-react to situations  |
| 7  | I experienced trembling (e. g., in the hands)   |
| 8  | I felt that I was using a lot of nervous energy   |
| 9  | I was worried about situations in which I might panic and make a fool of myself   |
| 10 | I felt that I had nothing to look forward to  |
| 11 | I found myself getting agitated   |
| 12 | I found it difficult to relax   |
| 13 | I felt down-hearted and blue  |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing   |
| 15 | I felt I was close to panic   |
| 16 | I was unable to become enthusiastic about anything  |
| 17 | I felt I wasn't worth much as a person  |
| 18 | I felt that I was rather touchy   |
| 19 | I was aware of the action of my heart in the absence of physical exertion (e. g., sense of heart rate increase, heart missing a beat) |
| 20 | I felt scared without any good reason   |
| 21 | I felt that life was meaningless  |
| 22 | <b>I thought about death or suicide</b>   |
| 23 | <b>I wanted to kill myself</b>  |