



Depression Anxiety Stress Scales Score Sheet

Patient Name _____ Date _____

Enter each score from the questionnaire into the first two columns. Add up each row and enter the score into the available box (D, A or S). Add up each of the D, A and S columns.

The total for each column is the score for that trait: D = Depression A = Anxiety S = Stress

Use the ratings table below to assess the meaning of each score.

Q	Score	Q	Score	All D Scores	All A Scores	All S Scores
1		22				
2		23				
3		24				
4		25				
5		26				
6		27				
7		28				
8		29				
9		30				
10		31				
11		32				
12		33				
13		34				
14		35				
15		36				
16		37				
17		38				
18		39				
19		40				
20		41				
21		42				
				Total for D	Total for A	Total for S

Interpretation:

	Depression (D)	Anxiety (A)	Stress (S)
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	>28	>20	>34