



## Depression Anxiety Stress Scales - 10 (DASS-10)

### Instructions:

Please read each statement and select the statement that indicates how much each item has applied to you over the PAST WEEK. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0 - Did not apply to me at all

1 - Applied to me to some degree, or some of the time

2 - Applied to me to a considerable degree, or a good part of time

3 - Applied to me very much, or most of the time

		Never	Sometimes	Often	Almost Always
1	I felt I was close to panic	0	1	2	3
2	I found it difficult to work up the initiative to do things	0	1	2	3
3	I felt down hearted and blue	0	1	2	3
4	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
5	I felt that I had nothing to look forward to	0	1	2	3
6	I felt scared without any good reason	0	1	2	3
7	I tended to over react to situations	0	1	2	3
8	I was worried about situations in which I might make a fool of myself	0	1	2	3
9	I found it difficult to relax	0	1	2	3
10	I couldn't seem to experience any positive feelings at all	0	1	2	3

### Developer Reference:

Halford, W. K., & Frost, A. D. J. (2021). Depression Anxiety Stress Scale-10: A Brief Measure for Routine Psychotherapy Outcome and Progress Assessment. Behaviour Change: Journal of the Australian Behaviour Modification Association, 1–14.  
<https://doi.org/10.1017/bec.2021.12>

# Manual For The Depression Anxiety Stress Scales

**Robert King,Chris Lloyd,Tom  
Meehan,Frank Deane,David Kavanagh**



## **Manual For The Depression Anxiety Stress Scales:**

**Manual for the Depression Anxiety Stress Scales** S. H. Lovibond, Peter F. Lovibond, 1996 Clinical Assessment and Diagnosis in Social Work Practice Jacqueline Corcoran, Joseph Walsh, 2006-02-09 Guides social workers in developing competence in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders DSM IV TR system of diagnosis and assists them in staying attuned during client assessment to social work values and principles Provided by publisher

**Manual of Psychosocial Rehabilitation** Robert King, Chris Lloyd, Tom Meehan, Frank Deane, David Kavanagh, 2012-08-06 Psychosocial Rehabilitation is a comprehensive ready reference for mental health practitioners and students providing practical advice on the full range of interventions for psychosocial rehabilitation It contextualises the interventions described and provides pointers to enable the reader to explore the theory and research This manual recognises the wide ranging impact of mental illness and its ramifications on daily life and promotes a recovery model of psychosocial rehabilitation and aims to empower clinicians to engage their clients in tailored rehabilitation plans The book is divided into five key sections Section 1 looks at assessment covering tools available in the public domain instruments scoring systems norms and applications for diagnosis and measurement of symptoms cognitive functioning impairment and recovery Section 2 covers the full range of therapeutic interventions and offers advice on training and supervision requirements and evaluation of process impact and outcome Section 3 provides manuals and programs for interventions effectively provided as group activities Section 4 explains how to design a full programme that integrates therapeutic interventions with group programmes as well as services provided by other agencies The final section looks at peer support and self help providing manuals and resources that support programmes and interventions not requiring professional or practitioner direction

**Practitioner's Guide to Empirically Based Measures of Anxiety** Martin M. Antony, Susan M. Orsillo, Elizabeth Roemer, 2006-04-10 This volume provides a single resource that contains information on almost all of the measures that have demonstrated usefulness in measuring the presence and severity of anxiety and related disorders It includes reviews of more than 200 instruments for measuring anxiety related constructs in adults These measures are summarized in quick view grids which clinicians will find invaluable Seventy five of the most popular instruments are reprinted and a glossary of frequently used terms is provided

**A Compendium of Psychosocial Measures** Dale Johnson, 2009-09-22 Dale Johnson brings a rare and unique assortment of skills to this enterprise he has personally been immersed in the world of severe mental illness for many years and adds a compendium of appropriate tools for the research community Harriet P Lefley PhD University of Miami School of Medicine From the Foreword This book discusses the rationale for the selection of psychosocial measures used to assess adults with serious mental illnesses The chapters examine the use and efficiency of various measurement tools that intend to evaluate diagnostic and functional specificity life stressors supportive resources quality of life and more The text also analyzes external factors that are vital to

clients clinical progress and continuing community tenure such as continuity of care housing resources and family measures  
Key Features Presents the purpose of each measurement tool the description psychometric properties reliability validity and usage guidelines in template format Includes measurement tools for functional assessment community living social problem solving and coping agency performance evaluation and more Contains research on treatment adherence consumer satisfaction with mental health services and feelings of empowerment Evaluates the functioning and productivity of treatment and rehabilitation centers This is the ideal tool for clinicians psychiatrists rehabilitation professionals and other mental health professionals working with the mentally ill in hospital or community health settings     **The Evidence-based**

**Parenting Practitioner's Handbook** Kirsten Asmussen,2012-05-23 The Evidence based Parenting Practitioner s Handbook provides a comprehensive overview of the knowledge necessary to effectively deliver evidence based parenting interventions within community and health settings Using clear examples of how this knowledge can inform frontline work with parents this practical handbook includes an overview of the policy context underpinning evidence based parenting work in the US UK Australia and Norway a discussion of how a robust evidence base is established and the ways in which practitioners can access information about good quality research an overview of how research in the field of child development has contributed to the development of evidence based parenting interventions an overview of how theories and research in the field of therapeutic practice have contributed to the development of evidence based parenting interventions what research evidence suggests about the role of the practitioner in the delivery of evidence based support outcome focused methods for establishing the evidence base of new parenting interventions outcome focused methods for commissioning evidence based parenting services Emphasizing the ways in which practitioners can evaluate and translate messages from research into applied work with parents and families The Evidence based Parenting Practitioner s Handbook is suitable for all those involved in the delivery of evidence based parenting support including frontline practitioners service managers parenting commissioners heads of children s services and policy makers     **Student's Guide to Psychological Practice: From**

**Theory to Therapy** Darko Pozder,2025-03-11 Darko Pozder is an Australian mental health professional who has had medical and psychological education Darko has completed extensive research and working experience at the Schizophrenia Fellowship of NSW Darko s main professional and research interest include psychopathology and neuropsychology of mild traumatic brain injury MTBI and chronic traumatic encephalopathy His book Without Stigma About the Stigma of the Mental Illness was published in 2018 and its second edition Without Stigma About the Stigma and the Identity of the Mental Illness appeared in early 2019 and has received nomination for 2020 NSW ACT Regional Achievement and Community Awards from Local health districts of NSW His books Pathophysiology of Psyche a novel La Vie De Camille Isa and The Ethnicity of Neurons were published in early 2021 2022 and 2023 respectively     Handbook of Cognitive Behavioral Therapy by Disorder Colin R. Martin,Vinood B. Patel,Victor R Preedy,2022-12-05 Pregnancy childbirth childhood adolescence and aging

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authoritative researchers and practitioners in the various specialty subjects addressed within the work **Handbook of Vocational Rehabilitation and Disability Evaluation** Reuben Escorpizo, Sören Brage, Debra Homa, Gerold Stucki, 2014-12-01 This book presents the state of the art in the application and implementation of the WHO's International Classification of Functioning Disability and Health (ICF) in the areas of vocational rehabilitation as a primary topic and disability evaluation as a secondary topic. Application of the ICF and implementation strategies toward a holistic and comprehensive approach to work disability and vocational rehabilitation programs are presented along with clinical cases and exercises. The ICF as a topic in health and disability has been gaining momentum since its approval by the World Health Assembly in 2001 and great progress has been made since then. However, the integration of the ICF in the realm of vocational rehabilitation has been lacking despite the fact that work and employment are a major area in people's lives, particularly those who have work disability. This book will advance the professional practice of vocational rehabilitation, rehabilitation counseling, occupational medicine, and allied health science.

**Measuring Health** Ian McDowell, 2006 Worldwide economic constraints on health care systems have highlighted the importance of evidence-based medicine and evidence-based health policy. The resulting clinical trials and health services research studies require instruments to monitor the outcomes of care and the output of the health system. However, the overabundance of competing measurement scales can make choosing a measure difficult at best. *Measuring Health* provides in-depth reviews of over 100 of the leading health measurement tools and serves as a guide for choosing among them. *Now* in its third edition, this book provides a critical overview of the field of health measurement with a technical introduction and discussion of the history and future directions for the field. This latest edition updates the information on each of the measures previously reviewed and includes a complete new chapter on anxiety measurement to accompany the one on depression. It has also added new instruments to those previously reviewed in each of the chapters in the book. Chapters cover measurements of physical disability, social health, psychological well-being, anxiety, depression, mental status, testing, pain, general health status, and quality of life. Each chapter presents a tabular comparison of the quality of the instruments reviewed, followed by a detailed description of each method, covering its purpose and conceptual basis, its reliability and validity, and where possible, shows a copy of the actual scale. To ensure accuracy of the information, each review has been approved by the original author of each instrument or by an acknowledged expert.

**Handbook of Psychotherapy Case Formulation** Tracy D. Eells, 2022-03-23 Now in a significantly revised third edition featuring 60% new material, this is the authoritative clinical reference and course text on a crucial psychotherapy skill. Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment. Following a standard format, chapters cover the historical background of each case formulation approach, its conceptual framework, and evidence-based multicultural considerations, steps in implementation, application to treatment planning and practice, and training resources. Rich case material includes examples of completed

formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on specific approaches for personality disorders suicidality and panic disorder Expanded case examples now go beyond crafting the initial formulation to show how it shapes the entire course of therapy Prior edition chapters are all updated or rewritten to reflect 15 years of advances in research clinical practice and training

**Clinical Handbook of Eating Disorders** Timothy D. Brewerton, 2004-04-27 Emphasizing that accurate diagnosis is the foundation for effective treatment regimens this reference reviews the most current research on the assessment epidemiology etiology risk factors neurodevelopment course of illness and various empirically based evaluation and treatment approaches relating to eating disorders studying disordered eating *Handbook of Medical Neuropsychology* Carol L. Armstrong, Lisa A. Morrow, 2019-09-03 This ambitious and important second edition of the Handbook of Medical Neuropsychology takes an in depth approach to the medical conditions and methods of neurorehabilitation Comprehensive in scope and highly detailed in its coverage the second edition like the first characterizes the effects of disease and the impact of interventions in the current state of advanced medicine at a level appropriate both for researchers and for clinicians Featuring the most up to date information and quantitative research on cognitive neuroscience of autism HIV AIDS cancer head injury respiratory diseases endocrine diseases early birth injury dementia and other disorders the book handles theory historical background practical considerations and controversial areas with evidence based disease indicators clinical expertise and real world insight It seeks to critique diagnostic and assessment tools specific to disorders The new chapters in this inclusive second edition reflect the changes in prominent problems found in the clinic and provide worthy insights for research investigation in their review of Substance use disorders Nutrition in neurocognition and mental health Hypothyroidism and Hashimoto's thyroiditis Traumatic brain injury in very early childhood Cognitive functioning in asthma The role of mindfulness in neurorehabilitation The Handbook of Medical Neuropsychology 2nd Edition continues to be an essential resource for the neuropsychology clinician researcher practitioner or graduate student It will be stimulating and relevant reading for years to come

**Handbook on the Neuropsychology of Traumatic Brain Injury** Mark Sherer, Angelle M. Sander, 2014-05-17 This book collects and synthesizes the latest thinking on the condition in its variety of cognitive and behavioral presentations matched by a variety of clinical responses Acknowledging the continuum of injury and the multi stage nature of recovery expert contributors review salient research data and offer clinical guidelines for the neuropsychologist working with TBI patients detailing key areas of impairment brief and comprehensive assessment methods and proven rehabilitation strategies Taken together these chapters provide a framework for best serving a wide range of TBI patients including children elders and patients in multidisciplinary settings and model treatment that is evidence based and relevant A sample of the topics featured in the Handbook Bedside evaluations in TBI Outcome assessment in TBI Collaborating with family caregivers in the rehabilitation of persons with TBI Behavioral assessment of

acute neurobehavioral syndromes to inform treatment Pediatric TBI assessment outcomes intervention Special issues with mild TBI in veterans and active duty service members Expanding professional knowledge on a topic that continues to grow in importance the Handbook on the Neuropsychology of Traumatic Brain Injury is a premier resource not only for neuropsychologists but also for other professionals in cognitive care and trainees entering the field     *The Elements of Applied Psychological Practice in Australia* Nadine Pelling, Lorelle Burton, 2017-03-16 The Elements of Applied Psychological Practice in Australia is a comprehensive and applied review of material required for basic psychological practice in Australia This book is the first of its kind to offer a one step resource to success in the Australian National Psychology Examination Nadine Pelling and Lorelle Burton have provided you with everything you need and more most notably A comprehensive review of applied areas and all assessments noted as important by the Psychology Board of Australia Study skills and tips including making a study plan and how to manage your time 100 sample Multiple Choice Questions MCQ with answers and explanations For anyone looking to take the Australian National Psychology Examination this detailed concise and extremely easy to read book is an absolute must have Beginning level and experienced psychologists will also find the comprehensive coverage of applied practice areas a useful reference for their client related work and its value as a resource comes alive with its succinct presentation of client based psychological assessment and the ethics of applied practice and interventions This book will also be of interest to teachers of psychology and international psychologists and scholars who may be interested in how psychology is practiced in Australia     Clinical Handbook of Psychological Disorders, Fifth Edition David H. Barlow, 2014-02-27 This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults Showcasing evidence based psychotherapy models the volume addresses the most pressing question asked by students and practitioners How do I do it Leading authorities present state of the art information on each clinical problem explain the conceptual and empirical bases of their respective approaches and show what the techniques look like in action Extended case examples with session transcripts illustrate each component of treatment New to This Edition Incorporates treatment innovations the latest empirical findings and changes to diagnostic criteria in DSM 5 Chapter on acceptance based treatment of generalized anxiety disorder Chapter on comorbid depression and substance abuse demonstrating a transdiagnostic approach Chapter on sleep disorders See also Handbook of Assessment and Treatment Planning for Psychological Disorders Third Edition edited by Martin M Antony and David H Barlow and Clinical Handbook of Psychological Disorders in Children and Adolescents edited by Christopher A Flessner and John C Piacentini     **Ebook: SPSS Survival Manual: A Step by Step Guide to Data Analysis using IBM SPSS** Julie Pallant, 2020-04-01 The SPSS Survival Manual throws a lifeline to students and researchers grappling with this powerful data analysis software In her bestselling guide Julie Pallant takes you through the entire research process helping you choose the right data analysis technique for your project This edition has been updated to include up to SPSS version 26 From the



formulation of research questions to the design of the study and analysis of data to reporting the results Julie discusses basic and advanced statistical techniques She outlines each technique clearly with step by step procedures for performing the analysis a detailed guide to interpreting data output and an example of how to present the results in a report For both beginners and experienced users in Psychology Sociology Health Sciences Medicine Education Business and related disciplines the SPSS Survival Manual is an essential text It is illustrated throughout with screen grabs examples of output and tips and is also further supported by a website with sample data and guidelines on report writing This seventh edition is fully revised and updated to accommodate changes to IBM SPSS procedures

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