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HEALTHCARE

## Client Information

| | |
|---|---|
| *Client Name* | Dummy Client |
| *Date of birth (age)* | 1 January 2000 (24) |

## Assessment Information

| | |
|---|---|
| *Assessment* | Depression Anxiety Stress Scale (DASS-10) |
| *Date administered* | 10 February 2024 |
| *Assessor* | Mr Jimmy Whispers |
| *Time taken* | 0 minutes 11 seconds |

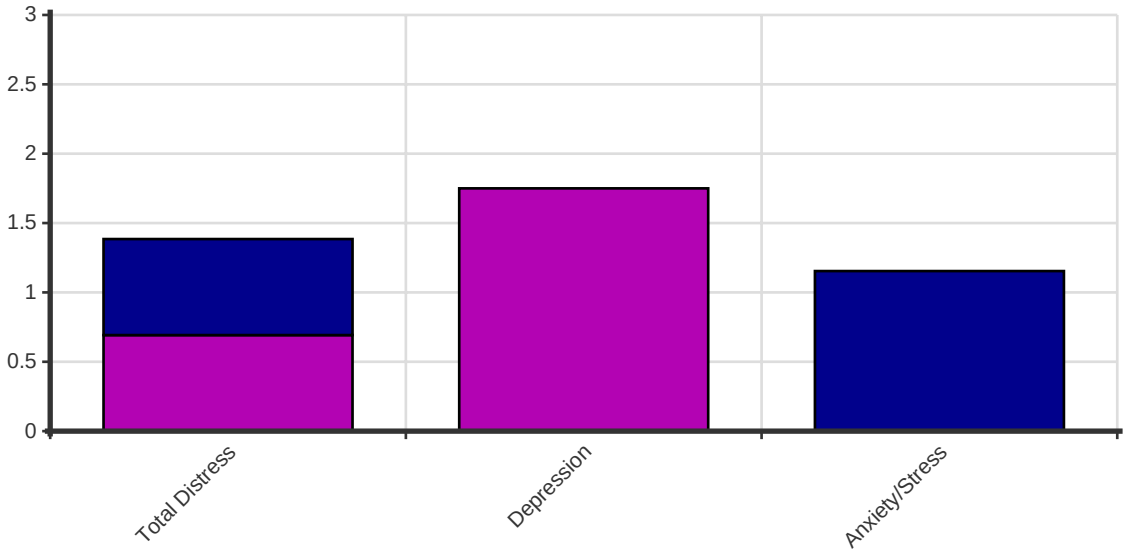
## Results

| | Raw Score | Severity | Scaled Score (0 to 10) |
|---|---|---|---|
| Total Distress | 14 | Severe | 99.9 |

## Interpretive Text

Responses indicate this client has severe psychological distress. This client has indicated potential substance use issues (Question 11).

### Average Scores




## Scoring and Interpretation Information

The total score represents overall distress (0 to 30), with higher scores indicating more severe distress or a greater number of symptoms. Two subscales are presented:

Anxiety-Stress: Items 1, 4, 6, 7, 8, 9 (raw score range = 0 to 18)
Depression: Items 2, 3, 5, 10 (raw score range = 0 to 12)
Overall scores can be classified into three severity groups:

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## Scoring and Interpretation Information (cont.)

Mild/subclinical (raw score = 6 or less, average score 0.6 or less; which is equivalent to a percentile of 83 or less)
Moderate (raw score between 7 and 12, average between 0.7 and 1.2; which is equivalent to a percentile of between 84 and 99.8)
Severe (raw score 13 or more, average between 1.3 and 3; which is equivalent to a percentile of between of 99.9 or greater)
A normative percentile is computed based on a community sample (Halford & Frost, 2021), indicating how the respondent scored in relation to a typical pattern of responding for adults. For example, a percentile of 83 or less indicates the individual has less distress than 83 percent of the normal population, and puts them in the mild/subclinical category. In mental health settings it is typical to see people with percentiles in the 90s.

In addition to the raw score being computed, average scores are calculated by dividing the raw score by the number of items, giving a sense of the general pattern of responding at the subscale level. Average scores are helpful for interpretation as they allow comparisons between total score and subscales. When administered more than once, average scores are graphed, showing the change in symptoms over time.

Based on reliable change calculations, interpretive text is provided describing the respondent's change in symptoms from first to last administrations, as either having experinced:

deterioration (increase in scores by 5 or more)
no reliable change (scores changed by 4 or less)
reliable improvement (scores reduced by 5 or more)
recovery (scores reduced by 5 or more and most recent score is 6 or less, putting the in the Mild/Subclinical range)

## Client Responses

| | | 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** |

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## Client Responses (cont.)

| | | Never | Sometimes | Often | Almost Always |
|---|---|---|---|---|---|
| 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 panic and 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** |
| 11 | I felt annoyed by people that criticised my drinking or drug use (if not applicable, mark "not at all") | **0** | **1** | **2** | **3** |
| 12 | I have thoughts of ending my life | **0** | **1** | **2** | **3** |