



Depression and Anxiety Self-Report Scale (DASRS)

Instructions: Please rate how you have felt in the past week, including today, by circling a number from 0 to 3 for each statement. This is a self-report measure designed for tracking purposes, not a formal diagnostic tool.

- **0** = Not at all
- **1** = A little bit
- **2** = Quite a bit
- **3** = Extremely

Depression Subscale

1. I felt down, depressed, or hopeless.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
2. I had little interest or pleasure in doing things.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
3. I felt tired or had little energy.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
4. I felt like a failure or that I had let myself or my family down.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
5. I had trouble concentrating on things, such as reading or watching television.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely

Anxiety Subscale

6. I felt nervous, anxious, or on edge.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
7. I was unable to stop or control my worrying.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
8. I worried too much about different things.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
9. I felt restless or couldn't sit still.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely
10. I felt afraid, as if something awful might happen.
(0) Not at all (1) A little bit (2) Quite a bit
(3) Extremely

Scoring

- **Depression Score:** Sum of items 1-5
(Range: 0-15) _____
- **Anxiety Score:** Sum of items 6-10 (Range:
0-15) _____