



## Depression Anxiety Stress Scales (DASS 21)

I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a '3' on a 1-10 pain scale, with 10 being the worst pain imaginable:

- ☐ Yes  
☐ No

I can remember falling onto my tailbone, lower back, or buttocks (even in childhood):

- ☐ Yes  
☐ No

I often or occasionally have to get up to urinate two or more times at night:

- ☐ Yes  
☐ No

I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out:

- ☐ Yes  
☐ No

I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica:

- ☐ Yes  
☐ No

I sometimes experience one or more of the following bowel symptoms: loss of bowel control, feeling unable to completely empty my bowels, straining or pain with a bowel movement, difficulty initiating a bowel movement:

- ☐ Yes  
☐ No

I sometimes experience pain or discomfort with sexual activity or intercourse:

- ☐ Yes  
☐ No



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Please read each statement and indicate how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

I find it hard to wind down (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I was aware of dryness of my mouth (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I could not seem to experience any feeling at all (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time



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I found it difficult to work up the initiative to do things (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I tended to over-react to situations (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I experienced trembling (e.g. hands) (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I felt that I was using a lot of nervous energy (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time



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I was worried about situations in which I might panic and make a fool of myself (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I felt that I had nothing to look forward to (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I found myself getting agitated (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I found it difficult to relax (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time



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I felt down-hearted and blue (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I was intolerant of anything that kept me from getting on with what I was doing (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I felt I was close to panic (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I was unable to become enthusiastic about anything (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time



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I felt I was not much of a person (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I felt that I was rather touchy (S)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

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) (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time

I felt that life was meaningless (D)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time



## Depression Anxiety Stress Scales (DASS 21)

I felt scared without any good reason (A)

- ☐ 0 - It did not apply to me at all
- ☐ 1 - Applied to me to some degree or some of the time
- ☐ 2 - Applied to me a considerable degree, or a good part of the time
- ☐ 3 - Applied to me very much, or most of the time