



Assessment Report

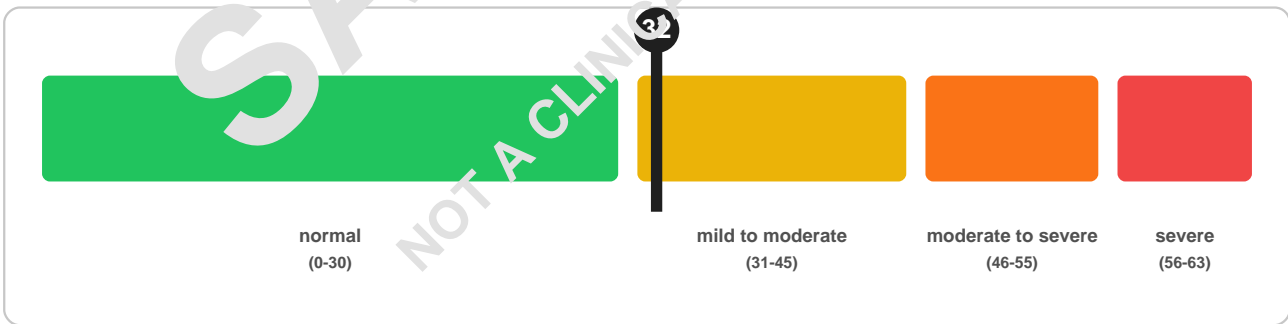
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

DASS-21 — Depression Anxiety Stress Scales (21-item)

A 21-item self-report measure of depression, anxiety, and stress with three 7-item subscales

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 32, mild to moderate, as per the DASS-21 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The DASS-21 is a 21-item self-report measure of three related negative emotional states: depression (low positive affect, hopelessness), anxiety (autonomic arousal, situational anxiety), and stress (nervous tension, irritability). It provides separate scores for each subscale, enabling clinicians to distinguish between these commonly comorbid conditions. It is not a diagnostic tool but a dimensional severity measure.

Origins & Development

Developed by Peter Lovibond and Sydney Lovibond at the University of New South Wales (UNSW), published in 1995. Derived from the original 42-item DASS through factor analysis, retaining 7 items per subscale. The scale was designed to maximise discrimination between depression, anxiety, and stress -- constructs that are often conflated in other measures. Raw scores are doubled to enable comparison with DASS-42 norms. Validated extensively with strong psychometric properties (Cronbach alpha 0.82-0.93 across subscales).

Australian Context

The DASS is an Australian-developed instrument and is the most widely used mental health outcome measure in Australian clinical psychology. UNSW maintains the scale and its norms. It is recommended by the Australian Psychological Society (APS) and routinely used in Australian Medicare-funded psychology sessions. Australian normative data is available from Crawford et al. (2011).

Subscales

Depression: Measures dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest or involvement, anhedonia, and



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inertia. Distinct from clinical depression diagnosis but captures core affective features.

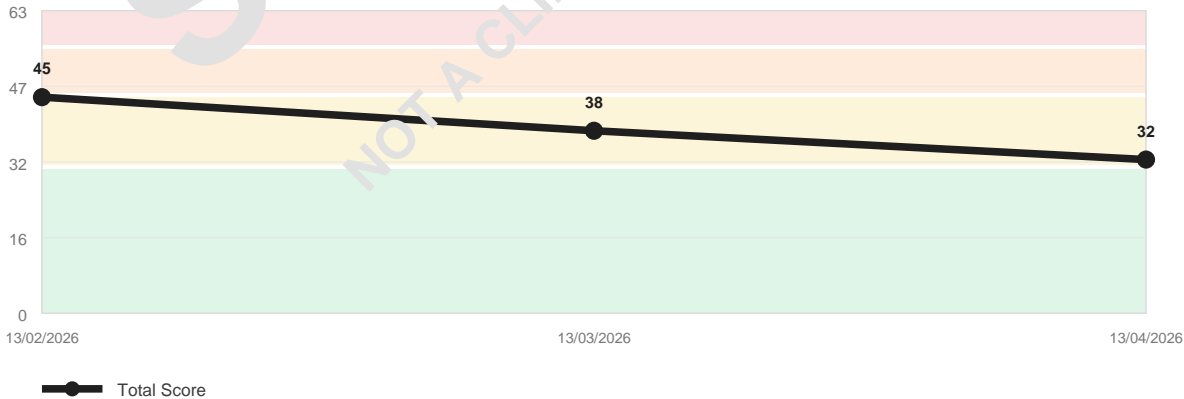
Anxiety: Measures autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. Emphasises physical and acute anxiety symptoms over cognitive worry.

Stress: Measures nervous arousal, difficulty relaxing, irritability, agitation, impatience, and being easily upset or over-reactive. Captures non-specific arousal that is distinct from both depression and anxiety.

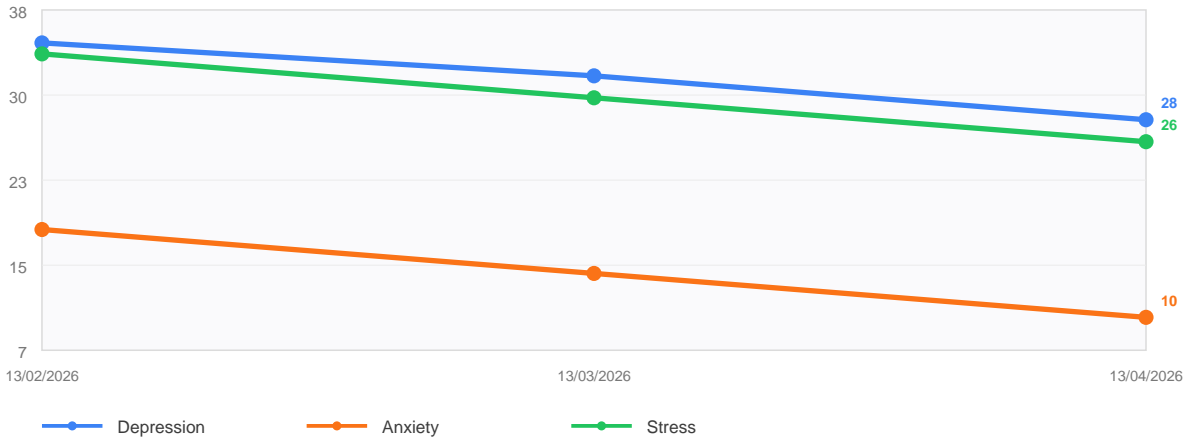
SCORE HISTORY

Date	Score	Severity
13/02/2026	45	mild to moderate
13/03/2026	38	mild to moderate
13/04/2026	32	mild to moderate

SCORE TRAJECTORY



SUBSCALE TRAJECTORY





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DEPRESSION SUBSCALE — Score: 28

Score Range	Severity
0–9	Normal
10–13	Mild
14–20	Moderate
21–27	Severe
28–42	Extremely Severe

ANXIETY SUBSCALE — Score: 10

Score Range	Severity
0–7	Normal
8–9	Mild
10–14	Moderate
15–19	Severe
20–42	Extremely Severe

STRESS SUBSCALE — Score: 26

Score Range	Severity
0–14	Normal
15–18	Mild
19–25	Moderate
26–33	Severe
34–42	Extremely Severe

RESPONSE DETAILS

Item-level responses not reproduced

The authors of this assessment do not permit public reproduction of the instrument’s items. The item-by-item response table has therefore been omitted from this sample report. Practitioners administering this assessment inside Grounded Scribe see the full item-level breakdown in their in-app report.

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES



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1. Lovibond SH, Lovibond PF. Depression Anxiety Stress Scales. 2nd ed. Sydney: Psychology Foundation of Australia; 1995.
2. Antony MM, Bieling PJ, Cox BJ, Enns MW, Swinson RP. Psychometric properties of the 42-item and 21-item versions of the Depression Anxiety Stress Scales in clinical groups and a community sample. *Psychol Assess*. 1998;10(2):176-181.
3. Henry JD, Crawford JR. The short-form version of the Depression Anxiety Stress Scales (DASS-21): construct validity and normative data in a large non-clinical sample. *Br J Clin Psychol*. 2005;74(2):227-239.
4. Crawford JR, Cayley C, Lovibond PF, Wilson PH, Hartley C. Percentile norms and accompanying interval estimates from an Australian general adult population sample for self-report mood and anxiety scales (BAI, BAI-21, BAI-21-RSD, CES-D, DASS, DASS-21, STAI-X, STAI-Y, SRDS, and SRAS). *Aust Psychol*. 2011;46(1):3-14. doi:10.1111/j.1742-7442.2010.00003.x.

ACKNOWLEDGEMENT & LICENSING

The DASS is available for clinical and research use. Scores must not be made available to respondents. Results fed back to clinician only. Scales may not be modified or sold for profit.

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