



Assessment Report

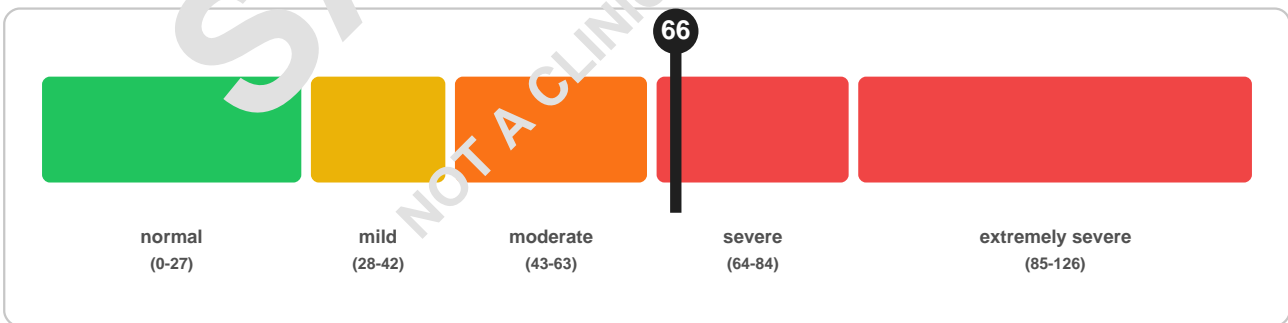
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

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

DASS-42 — Depression Anxiety Stress Scales (42-item Full Form)

The full 42-item self-report measure of depression, anxiety, and stress with three 14-item subscales. Provides more detailed assessment than the DASS-21.

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 66, severe, as per the DASS-42 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The DASS-42 is the original 42-item version of the Depression Anxiety Stress Scales, providing detailed measurement across three subscales (14 items each): depression, anxiety, and stress. The additional items provide more granular severity measurement compared to the DASS-21, particularly useful in research contexts or when tracking subtle clinical change.

Origins & Development

Developed by Peter Lovibond and Sydney Lovibond at UNSW, published in 1995. The original instrument from which the DASS-21 was derived. Constructed through iterative factor analysis to create maximally distinct depression, anxiety, and stress factors. The 42-item version provides the most reliable subscale scores and is preferred for research applications.

Australian Context

As with the DASS-21, this is an Australian-developed instrument maintained by UNSW. It is used in Australian research settings where the additional reliability of 14 items per subscale is valuable. The extended format provides more granular severity measurement, particularly useful when tracking subtle clinical change over time.

Subscales

Depression: Measures dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest, anhedonia, and inertia (14 items).

Anxiety: Measures autonomic arousal, skeletal muscle effects, situational anxiety, and subjective anxious affect (14 items).



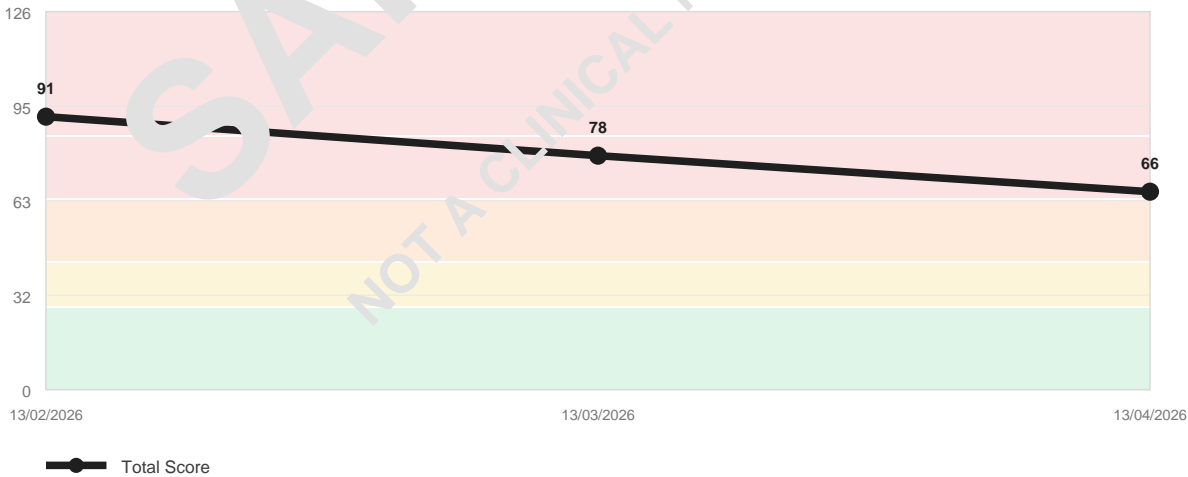
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Stress: Measures nervous arousal, difficulty relaxing, irritability, agitation, impatience, and over-reactivity (14 items).

SCORE HISTORY

Date	Score	Severity
13/02/2026	91	extreme/severe
13/03/2026	78	severe
13/04/2026	66	severe

SCORE TRAJECTORY



SUBSCALE TRAJECTORY





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DEPRESSION SUBSCALE — Score: 31

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

ANXIETY SUBSCALE — Score: 8

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. Crawford JR, Henry JD. The Depression Anxiety Stress Scales (DASS) normative data and latent structure in a large non-clinical sample. *Br J Clin Psychol*. 2003;42(2):111-131.
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 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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