



Assessment Report

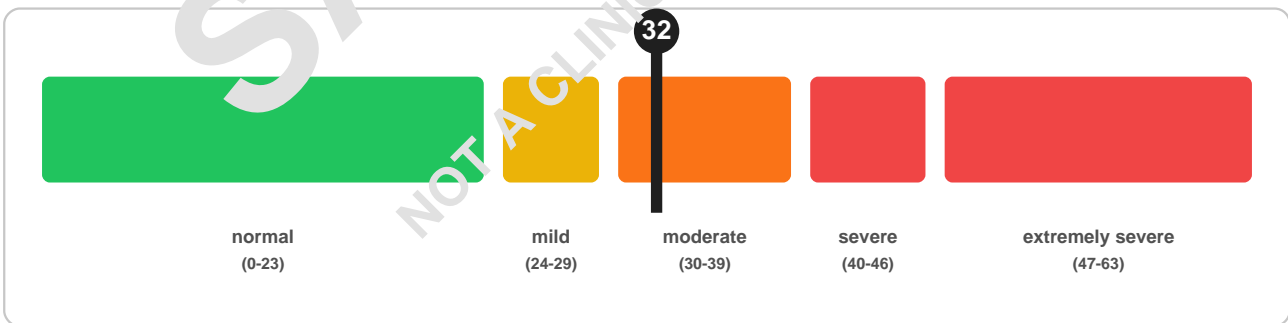
Practice: Mindful Psychology  
 Practitioner: Dr Sarah Johnson  
 Client: Alex Carter  
 Date: 26/04/2026

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

### DASS-Y — Depression Anxiety Stress Scales — Youth Version

A 21-item youth adaptation (ages 7-17) of the DASS measuring depression, anxiety, and stress with simplified language for younger respondents.

#### RESULTS



Interpreted with Australian community norms — see References

#### INTERPRETATION

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

#### ABOUT THIS ASSESSMENT

##### Clinical Purpose

The DASS-Youth (DASS-Y) is a 21-item adaptation of the DASS-21 specifically designed for children and adolescents aged 7-17. It measures the same three constructs (depression, anxiety, stress) using simplified, age-appropriate language while maintaining the theoretical structure and psychometric rigour of the adult version.

##### Origins & Development

Developed by Patrick et al. at Griffith University (Australia), published in 2010. Items were adapted from the DASS-21 through consultation with developmental psychologists and pilot testing with young people. Unlike the adult DASS-21, raw scores are NOT doubled — the DASS-Y uses its own severity cutoffs derived from youth normative samples.

##### Australian Context

An Australian-developed instrument specifically designed for the Australian youth mental health context. Used in Australian headspace centres, school-based mental health programs, and CAMHS. Its Australian origins mean normative data is directly relevant to the local population. It fills an important gap as most youth mental health measures (SDQ, RCADS) were not developed in Australia.

##### Subscales

Depression: Youth-adapted items measuring sadness, hopelessness, loss of interest, and self-worth difficulties (7 items).

Anxiety: Youth-adapted items measuring worry, physical anxiety symptoms, and fear responses (7 items).



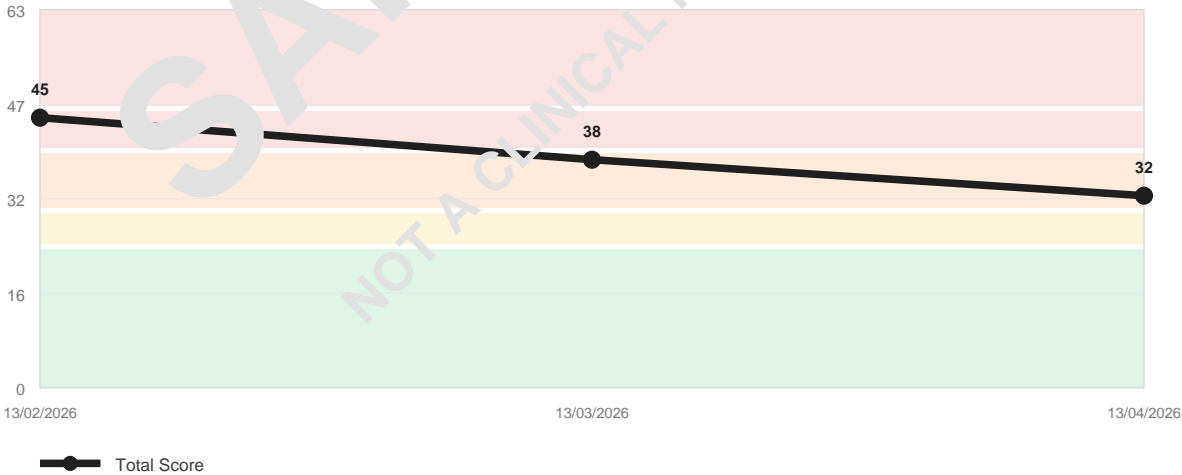
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Stress: Youth-adapted items measuring tension, irritability, difficulty relaxing, and overreaction (7 items).

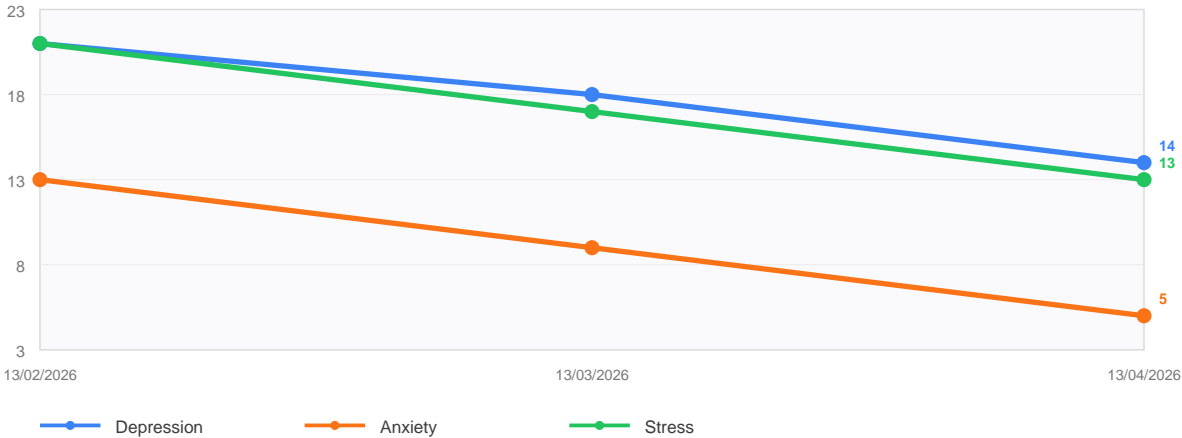
SCORE HISTORY

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

SCORE TRAJECTORY



SUBSCALE TRAJECTORY





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DEPRESSION SUBSCALE — Score: 14

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

ANXIETY SUBSCALE — Score: 13

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

STRESS SUBSCALE — Score: 13

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



## Assessment Report

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1. Szabó M, Lovibond PF. Development and Psychometric Properties of the DASS-Youth (DASS-Y): An Extension of the Depression Anxiety Stress Scales (DASS) to Adolescents and Children. *Front Psychol*. 2022;13:766890. doi:10.3389/fpsyg.2022.766890.
2. Lovibond SH, Lovibond PF. *Depression Anxiety Stress Scales*. 2nd ed. Sydney: Psychology Foundation of Australia; 1995.

## ACKNOWLEDGEMENT & LICENSING

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The DASS-Y 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. DASS-Y scores use youth-specific cutoffs and cannot be compared to adult DASS-21 or DASS-42 scores.

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