

DASS Score Sheet

	Depression (D)	Anxiety (A)	Stress (S)
Normal	0 – 9	0 – 7	0 – 14
Mild	10 – 13	8 – 9	15 – 18
Moderate	14 – 20	10 – 14	19 – 25
Severe	21 – 27	15 – 19	26 – 33
Extremely Severe	28+	20+	34 +
Suggested natural medicines	Ginseng & Rhodiola Formula	Rehmannia & Schisandra Formula	5-HTP, Theanine & Targeted B Vitamin Formula

