

Appendix 1. The scoring guide for Depression Anxiety and Stress Scale 21 (DASS-21)

DASS-21 Scoring	Depression	Anxiety	Stress
Normal	0-4	0-3	0-7
Mild	5-6	4-5	8-9
Moderate	7-10	6-7	10-12
Severe	11-13	8-9	13-16
Extremely Severe	14+	10+	17+