

## Urdu Translation of the Depression Anxiety Stress Scale (DASS-42)

*This Urdu Translation & Adaptation of DASS-42 was carried out by Huma Zafar as a part of her Ph.D. dissertation titled “Dysfunctional Separation-individuation and Low Autonomy in Adolescents: Manifestations and Management of Psychological Stress” under the supervision of Dr. Muhammad Tahir Khalily.*

<b>Authors</b>	Huma Zafar & Muhammad Tahir Khalily
<b>Language</b>	Urdu
<b>Origin</b>	Lovibond, S. H., & Lovibond, P. F. (1995). <i>Manual for the Depression Anxiety Stress Scales</i> (2nd. ed.). Sydney: Psychology Foundation.
<b>Purpose</b>	The Urdu version of DASS is a set of 42 items; three self-report scales designed to measure the negative emotional states of depression, anxiety and stress.
<b>Population</b>	Adolescents between the age range 12-18 years.
<b>Administration &amp; Scoring</b>	DASS is a Likert-type self-administered scale. Scoring: Responses are made on a 4-point severity/frequency scales to rate the extent to which the respondents have experienced each state <i>over the past week. The rating scale is as follows:</i> 0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree, or a good part of time 3 Applied to me very much, or most of the time Scores for depression, anxiety and stress are calculated by summing the scores for the relevant items.
<b>Description</b>	The items are in the same order as the English DASS. DASS is suitable for screening adolescents for depression, anxiety and stress.
<b>Reliability &amp; Validity</b>	The translation of DASS in Urdu language comprised of four steps. Step I (Translation of the scale from English version into Urdu language). Step II (Committee approach). Step III (Back translation). Step IV (Finalization of the scale in Urdu language). Following psychometric properties were carried out in order to determine the reliability and validity of DASS in Urdu language: ➤ Cronbach’s Alpha Coefficient / Alpha reliability coefficient ➤ Item total correlation ➤ Inter-scale correlation ➤ Test-retest reliability ➤ Convergent, Discriminant and Cross language validities
<b>Contact</b>	Huma Zafar Department of Psychology, International Islamic University, Islamabad (Pakistan). E-mail: humaalvi_gem@yahoo.com Tel:(Cell) +923005529042.