

DAS-SF1

The sentences below describe people's attitudes. Circle the number which best describes how much each sentence describes your attitude. Your answer should describe the way you think most of the time.

| | Totally Agree | Agree | Disagree | Totally Disagree |
|---|----------------------|--------------|-----------------|-------------------------|
| 1. If I don't set the highest standards for myself, I am likely to end up a second-rate person. | 1 | 2 | 3 | 4 |
| 2. My value as a person depends greatly on what others think of me. | 1 | 2 | 3 | 4 |
| 3. People will probably think less of me if I make a mistake. | 1 | 2 | 3 | 4 |
| 4. I am nothing if a person I love doesn't love me. | 1 | 2 | 3 | 4 |
| 5. If other people know what you are really like, they will think less of you. | 1 | 2 | 3 | 4 |
| 6. If I fail at my work, then I am a failure as a person. | 1 | 2 | 3 | 4 |
| 7. My happiness depends more on other people than it does me. | 1 | 2 | 3 | 4 |
| 8. I cannot be happy unless most people I know admire me. | 1 | 2 | 3 | 4 |
| 9. It is best to give up your own interests in order to please other people. | 1 | 2 | 3 | 4 |

DAS-SF2

The sentences below describe people's attitudes. Circle the number which best describes how much each sentence describes your attitude. Your answer should describe the way you think most of the time.

| | | Totally Agree | Agree | Disagree | Totally Disagree |
|----|---|--------------------------|--------------|-----------------|-----------------------------|
| 1. | If I am to be a worthwhile person, I must be truly outstanding in at least one major respect. | 1 | 2 | 3 | 4 |
| 2. | If you don't have other people to lean on, you are bound to be sad. | 1 | 2 | 3 | 4 |
| 3. | I do not need the approval of other people in order to be happy. | 1 | 2 | 3 | 4 |
| 4. | If you cannot do something well, there is little point in doing it at all. | 1 | 2 | 3 | 4 |
| 5. | If I do not do well all the time, people will not respect me. | 1 | 2 | 3 | 4 |
| 6. | If others dislike you, you cannot be happy. | 1 | 2 | 3 | 4 |
| 7. | People who have good ideas are more worthy than those who do not. | 1 | 2 | 3 | 4 |
| 8. | If I do not do as well as other people, it means I am an inferior human being. | 1 | 2 | 3 | 4 |
| 9. | If I fail partly, it is as bad as being a complete failure. | 1 | 2 | 3 | 4 |

Scoring

Items should be scored so that total score reflects greater dysfunctional attitudes. This means that most items will be reverse coded. Subtracting 5 from an item score will reverse score that item.

DAS-SF1 Total = (5-DAS1) + (5-DAS2) + (5-DAS3) + (5-DAS4) + (5-DAS5) + (5-DAS6) + (5-DAS7) + (5-DAS8) + (5-DAS9)

DAS-SF2 Total = (5-DAS1) + (5-DAS2) + (DAS3) + (5-DAS4) + (5-DAS5) + (5-DAS6) + (5-DAS7) + (5-DAS8) + (5-DAS9)