



# DASS-10

## OUTCOME MEASURES AT MY PSYCH CLINIC

### What is DASS-10 and why is it used at My Psych Clinic?

The DASS-10 or the Depression, Anxiety and Stress Scale, is a 12-question survey that our psychologists at My Psych Clinic use to keep track of your ongoing progress, and use to evaluate the effectiveness of treatment.

### How is my data collected and what is it used for?

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#### COMPLETING THE DASS-10 PROGRESS SURVEY

You will receive the link for your survey via email one day prior to your scheduled appointment with your psychologist.

Please complete this before your session.



\* YOUR PSYCHOLOGIST ONLY REVIEWS THE DASS-10 AT YOUR APPOINTMENT. IF YOU FEEL YOU ARE IN DANGER OR NEED IMMEDIATE SUPPORT PLEASE CALL EMERGENCY SERVICES ON 000 OR LIFELINE ON 13 11 14

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#### PSYCHOLOGIST REVIEWS \*

Your Psychologist can see your results and will discuss with you what they mean. You can ask your Psychologist about your results at any time throughout treatment.



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#### MORE SESSIONS

At every session, you will be asked to complete the DASS-10. Over time, your collection of results will help you & your Psychologist understand how your scores are progressing as hoped. Your therapist will work with you to explain options for achieving your goals.



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#### PSYCHOLOGIST EFFECTIVENESS

Our Psychologists run some calculations on the average improvement of all their clients, which gives them an indication of how effective their treatment is overall. This can help guide them to continue doing the things that work and find new ways of being even more effective!

