

The DASS42 PLUS



Dr Regan Potangaroa, School of Architecture and Landscape Architecture ScALA, Unitec, Auckland, New Zealand.
Aditi Ghosh, CARE (India) based in the Andaman Nicobar Islands



The “Problem”

- **Making sense of all the data**
- **NGO’s and UN Agencies survey and collect a lot of information for a variety of reasons related to health, livelihoods, demographics, assets, food security, nutritional status and education (and many others)**
- **This often forms the “baseline”**



The Bigger Picture...

- **Outcomes Rather than Outputs**

Also aligns with ideas of:

- **Build back Better Approach**
- **The Need for Accountability (both to donors and beneficiaries)**
- **Quality of Programs**
- **“Do No Harm” Principle**



An example of the advice from such surveys...

- "...Another major finding of the survey is that recovery organizations need to plan their efforts with holistic goals in mind. This is to say that although the specific needs of different communities and livelihood groups differ, planners need to consider the consequences of interventions among one group with those of another..."
- Unfortunately this usually becomes the metric by which programs are measured and planned.



What we "did"

- Earlier work reported at I-Rec 2006 on the use of "Quality of Life" measures and specifically the DASS42)
- This approach outlined in the paper sought to bolt the DASS42 onto those surveys done by CARE (India) in the Andaman Nicobar Islands (ANI), India



What is the DASS42?

- It is a "set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress" and was "constructed not merely as another set of scales to measure conventionally defined emotional states, but to further the process of defining, understanding, and measuring the ubiquitous and clinically significant emotional states usually described as depression, anxiety and stress" (Lovibond, 1995), (DASS, 2006).



DASS42 scales

The characteristics of high scores on each DASS scale are:

- **Depression scale:** self-disparaging, dispirited, gloomy, blue, convinced that life has no meaning or value, pessimistic about the future, unable to experience enjoyment or satisfaction, unable to become interested or involved, slow, lacking in initiative.
- **Anxiety scale:** apprehensive, panicky, trembly, shaky, aware of dryness of the mouth, breathing difficulties, pounding of the heart, sweatiness of the palms, worried about performance and possible loss of control.
- **Stress scale:** over-aroused, tense, unable to relax, touchy, easily upset, irritable, easily startled, nervy, jumpy, fidgety, intolerant of interruption or delay.



The Severity table of the DASS42

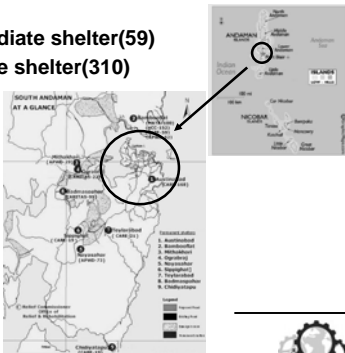
	<u>Normal</u>	<u>Mild</u>	<u>Moderate</u>	<u>Severe</u>	<u>Extremely Severe</u>
Depression	0-9	10-13	14-20	21-27	28+
Anxiety	0-7	8-9	10-14	15-19	20+
Stress	0-14	15-18	19-25	26-33	34+



Area covered/surveyed population in ANI.

- Bambooflat intermediate shelter(59)
- Brijganj Intermediate shelter(310)
- Burmanallah(38)
- Chidiyatapu(31)
- Chouldari (50)
- Dairyfirm(108)

Male	296
Female	300
Total	596



The PLUS aspect....

- **Health issues;** blood pressure and sugar intake were mentioned.
- **Low to minimal self esteem** expressed as the family not caring for them, an inability on their part to contribute to the family's restoration and their perceived drain on my resources the family did have.
- **Alcoholism (related to the son and family bread winner)** and the deep impact that was having on those over 50 years of age who presumably were unable to cope.
- **Economic** expressed as low or no income and the inability of the family involved to restore the house asset they had previously