Abstract:

Introduction: Purpose: The purposes were to: (1) investigate the dimensionality of the DASS-21 in young adult college students; (2) examine its internal consistency reliability; and (3) evaluate
the construct validity of the DASS-21. Significance: The DASS-21 is frequently used in non-clinical research to measure depression, anxiety, and stress in young adults. However, the psychometric properties, including its dimensionality, have not been investigated in non-clinical samples.

**Method(s):** Method: In a cross-sectional study, 508 undergraduate students aged 18-24 completed mailed surveys which included the DASS-21 (Lovibond & Lovibond, 1995). Coping strategies and life-satisfaction were assessed using the Brief COPE Inventory (Carver, 1997) and an adapted version of the Brief Students’ Multidimensional Life Satisfaction Scale (Huebner, 1994). Exploratory factor analysis (EFA) was used to investigate the dimensionality of the DASS-21. The construct validity was evaluated based on the Transactional Model of Coping (TMC; Lazarus & Folkman, 1984) and the Quality of Life Model of Life-Satisfaction (QLM; Campbell et al., 1976).

**Results:** Findings: EFA indicated that three factors had eigenvalues greater than one: the first factor explained 48% of variance whereas the other two factors explained a relatively little of the variance (6.4% and 5.6%). The scree plot showed a sharp drop-off in eigenvalues after the first factor, indicating that the DASS-21 is a unidimensional measure. Cronbach’s alpha for the scale was .94. Evidence of construct validity was supported by a positive correlation between DASS-21 and maladaptive coping ($\beta = .60$, $P < .0001$) and a negative correlation between the DASS-21 and life satisfaction ($\beta = -.30$, $P < .001$). The DASS-21 and adaptive coping were not significantly related.

**Discussion & Conclusions:** Discussion: The DASS-21 demonstrated evidence of reliability and construct validity in this sample of young adult college students. The finding that the scale was unidimensional in this sample calls into question the use of the DASS-21 subscales.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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