## DAS Dimensional Apathy Scale (Self)

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex</th>
<th>Marital Status</th>
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**Years of Education**

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Choose the answer on how you have felt, behaved or thought, based on the rate of occurrence in the last month: (Circle the statement that applies)

1. I need a bit of encouragement to get things started
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

2. I contact my friends
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

3. I express my emotions
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

4. I think of new things to do during the day
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

5. I am concerned about how my family feel
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

6. I find myself staring in to space
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

7. Before I do something I think about how others would feel about it
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

8. I plan my days activities in advance
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

9. When I receive bad news I feel bad about it
   - Almost always
   - Often
   - Occasionally
   - Hardly Ever

10. I am able to focus on a task until it is finished
    - Almost always
    - Often
    - Occasionally
    - Hardly Ever

11. I lack motivation
    - Almost always
    - Often
    - Occasionally
    - Hardly Ever

12. I struggle to empathise with other people
    - Almost always
    - Often
    - Occasionally
    - Hardly Ever

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13. I set goals for myself
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

14. I try new things
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

15. I am unconcerned about how others feel about my behaviour
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

16. I act on things I have thought about during the day
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

17. When doing a demanding task, I have difficulty working out what I have to do
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

18. I keep myself busy
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

19. I get easily confused when doing several things at once
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

20. I become emotional easily when watching something happy or sad on TV
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

21. I find it difficult to keep my mind on things
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

22. I am spontaneous
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

23. I am easily distracted
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

24. I feel indifferent to what is going on around me
   ◊ Almost always
   ◊ Often
   ◊ Occasionally
   ◊ Hardly Ever

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