Abstract

The high rate of anxiety disorders, depression and stress detected in Chilean university students requires a standardized instrument of diagnosis, enabling timely intervention for these disturbances. The aim of this study was to determine the psychometric properties of the Abbreviated Scales of Depression, Anxiety and Stress (DASS-21) for Chilean university students, thus validating the scale. The sample consisted of 484 students of Universidad Austral de Chile selected through random sampling using a cross-sectional correlation design. Construct validity was verified by exploratory factor analysis which yielded a three-factor structure, explaining 49.99% of total variance. Concurrent and divergent validity was verified by the BAI, BDI-II and SCL-90. Adequate reliability and internal consistency of DASS-21 was found using Cronbach’s Alpha.

Keywords

DASS - 21, validation, university students.