



## Deenz Alexithymia Scale (DAS) Questionnaire

### Instructions

Deenz Alexithymia Scale (DAS) contains 21 items rated on a 7-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Slightly Disagree (2)	Neutral (3)	Slightly Agree (4)	Agree (5)	Strongly Agree (6)
1	Sometimes I feel off, but I can't pinpoint why.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I often have trouble telling if I'm sad, mad, or just tired.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	When things go wrong, I'm not sure how it makes me feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Even when I'm happy, I struggle to express it in words.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	When I'm upset, I don't know how to tell someone what's going on.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I often feel lost for words when trying to describe how I feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I'm more interested in solving problems than discussing emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I prefer conversations about facts and details rather than emotions and feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Slightly Disagree (2)	Neutral (3)	Slightly Agree (4)	Agree (5)	Strongly Agree (6)
9	I find it easier to talk about what I've seen or done rather than how I've felt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	When I try to imagine a future scenario, my mind goes blank.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	When someone describes a scene, I have trouble visualizing it in my mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	When I try to imagine a happy memory, the details are fuzzy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	When others are excited, I don't feel the same level of excitement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Even in sad situations, I don't feel very upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I have difficulty feeling genuine affection for others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I'm not very good at noticing when I'm feeling happy or sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I often don't realize when my mood changes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I find it hard to identify the signs that I'm getting upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I have trouble finding the right words when I'm angry.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I tend to use generic terms like "good" or "bad" to describe how I feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I find it challenging to describe subtle emotional experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Scoring Instructions

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Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

## Dimension Scoring Keys

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Dimension	Items	Number of Items
Difficulty Identifying Feelings (DIF)	1, 2, 3	3
Difficulty Describing Feelings (DDF)	4, 5, 6	3
Externally Oriented Thinking (EOT)	7, 8, 9	3
Limited Imaginative Processes (LIP)	10, 11, 12	3
Restricted Emotional Experience (REE)	13, 14, 15	3
Poor Emotional Awareness (PEA)	16, 17, 18	3
Impoverished Emotional Vocabulary (IEV)	19, 20, 21	3

## Raw Score Ranges

Scale	Items	Possible Range
Difficulty Identifying Feelings (DIF)	3	0–18
Difficulty Describing Feelings (DDF)	3	0–18
Externally Oriented Thinking (EOT)	3	0–18
Limited Imaginative Processes (LIP)	3	0–18
Restricted Emotional Experience (REE)	3	0–18
Poor Emotional Awareness (PEA)	3	0–18
Impoverished Emotional Vocabulary (IEV)	3	0–18
<b>Overall Score</b>	<b>21</b>	<b>0–126</b>

## Source

Deenz Alexithymia Scale (DAS-21)

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Alexithymia Scale \(DAS\)](#)