

Subjective Units of Distress

We want to know how upset or bothered you are feeling at this moment. Please let us know how you are feeling right now by circling the number below that best matches how you feel right now.

1 = Very calm, not upset 2 = calm

3 = somewhat calm

4 = neither calm nor upset

5 = somewhat upset

6 = upset

7 = very upset.

Very calm, not upset 1 2 3 4 5 6 7 Very upset, not calm