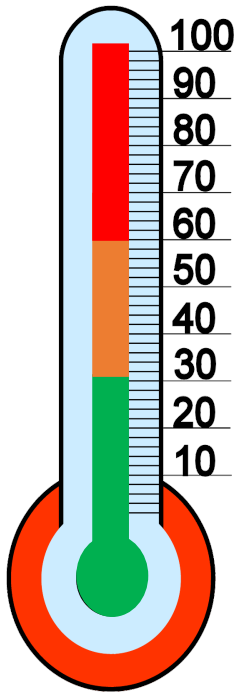


The Distress Thermometer – Subjective Units of Distress Scale (SUDS)

How distressed do you feel?



100	10	Highest anxiety / distress that you have ever felt.
90	9	Extremely anxious / distressed.
80	8	Very anxious / distressed; can't concentrate. Physiological signs present.
70	7	Quite anxious / distressed; interfering with functioning. Physiological signs may be present.
60	6	Moderate – to – strong anxiety or distress.
50	5	Moderate anxiety / distress; uncomfortable, but can continue to function.
40	4	Mild-to-moderate anxiety or distress.
30	3	Mild anxiety / distress; no interference with functioning.
20	2	Minimal anxiety / distress.
10	1	Alert and awake; concentrating well.
	0	No distress; totally relaxed.

The Validity of Cognition Scale

How true does it feel to you?

