

SUBJECTIVE UNITS OF DISTRESS

10 IMPEDED FUNCTIONING 7 5 4 3 2 NORMAL FUNCTIONING

- 10 HIGHEST DISTURBANCE POSSIBLE
- 9 EXTREMELY DISTRESSED
- 8 VERY DISTRESSED
- 7 QUITE DISTRESSED
- 6 MODERATE TO STRONG DISTRESS
- 5 MILD TO MODERATE ANXIETY
- 4 MILD ANXIETY OR DISTRESS
- 3 MINIMAL ANXIETY
- 2 ALERT, NORMAL
- 1 NONE/NEUTRAL