

Subjective Units of Distress Scale

- 10 Highest distress/fear/anxiety/discomfort ever felt
- 9 Extremely anxious/distressed
- 8 Very anxious/distressed, can't concentrate
- 7 Quite anxious/distressed, interfering with performance
- 6 Moderate anxiety/distress, uncomfortable but can't continue to perform
- 5 Moderate anxiety/distress, uncomfortable but can continue to perform
- 4 Mild anxiety/distress, minimal interference with performing
- 3 Mild anxiety/distress, no interference with performing
- 2 Minimal anxiety/distress
- 1 Alert and awake, concentrating well
- 0 Totally relaxed