

North Yorkshire and York

Community and Mental Health Services

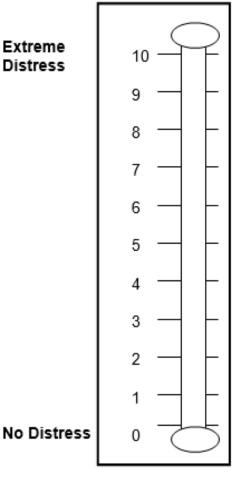
Distress Thermometer 1

Patient's name: _	
Hospital number:	
Date:	

Instructions for using the Distress Thermometer

Firstly, please circle the number from zero to ten that best describes how much distress you have felt in the past week, including today.

Extreme Distress



Secondly, please tick any of the following that have been a cause of distress for you in the past week, including today.

Drastical Drablama	
Practical Problems	
Housing	
Insurance / finance	
Work / school □	
Transport □	
Child care □	
Family Problems	
Relationship with partner	
Relationship with children	
Coping with elderly relatives	
and/or dependants	
Emotional Problems	
Worry □	
Sadness	
Depression □	
Nervousness / anxiety □	
<u>Anger</u> □	
Loss of enjoyment	
Concerns about the	

way I look

Spiritual / Religious

Concerns

Physical Problems	
Bathing / dressing	
Breathing	
Constipation	
Diarrhoea	
<u>Eating</u>	
Hair loss	
Indigestion	
Memory /	
concentration	
Mouth sores	
Nausea	
Pain / discomfort /	
soreness	
Sexual relations	
Skin itchy / dry	
Sleep	
Tingling in hands / feet	
Menopausal	
symptoms <u>e.g.</u> hot	
flushes	
Weight loss / gain	



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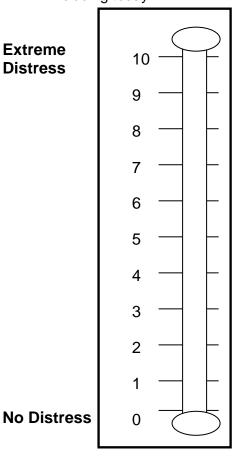
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Insurance / finance	Breathing
Work / school □	Constipation
<u>Transport</u>	Diarrhoea
Child care	Eating
	Hair loss
Family Problems	<u>Indigestion</u>
Relationship with partner	Memory /
Relationship with children	concentration
Coping with elderly relatives	Mouth sores
and/or dependants	Nausea
Emotional Problems	Pain / discomfort /
Worry	soreness
Sadness	Sexual relations
Depression	Skin itchy / dry
Nervousness / anxiety □	Sleep
Anger	Tingling in hands /
Loss of enjoyment	feet
Concerns about the	Menopausal
way I look	symptoms e.g. hot
	flushes
Spiritual / Religious	Weight loss / gain

Feed	bac	k
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 In general, <u>how satisfied</u> have you been with the care you have received from the psycho-oncology service? (Please circle one number) 											
	0	1	2	3	4	5	6	7	8	9	10
	t at all tisfied										Extremely satisfied
2) What have you found most helpful?											
3) \	What c	ould b	e <u>impro</u>	oved?							

Concerns