

## The Robertson Emotional Distress Scale

Name:	Date:
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Circle response based on your experience over the preceding four weeks.

Strongly Disagree	Disagree Moderately	Mildly Disagree	Mildly Agree	Agree Moderately	Strongly Agree
0	1	2	3	4	5

**I often feel quite anxious**

0	1	2	3	4	5
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**I often feel quite depressed**

0	1	2	3	4	5
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**I often feel quite irritable or angry**

0	1	2	3	4	5
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**I no longer enjoy activities I previously found pleasurable**

0	1	2	3	4	5
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**I have low self-esteem or self-confidence**

0	1	2	3	4	5
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**I generally feel physically tense**

0	1	2	3	4	5
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**I often feel agitated or restless**

0	1	2	3	4	5
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**I often feel physically tired or fatigued**

0	1	2	3	4	5
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**I have problems concentrating**

0	1	2	3	4	5
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**I have problems sleeping**

0	1	2	3	4	5
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Overall Emotional Distress Score: [    ]

In addition to the total score, a 3 or more on any individual question may be significant.

0-20 Normal	21-30 Mild	31-40 Moderate	41-50 Severe
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