

The Subjective Units of Distress (SUD) Scale

The subjective units of distress – or SUD – scale is a convenient way of communicating to other people how much distress you are experiencing at any given time. There are eleven points on the scale, ranging from zero (absolutely complete relaxation) up to ten (extreme distress).

Numeric Rating	Description
Zero	Complete relaxation. Deep sleep, no distress at all.
One	Awake but very relaxed; dozing off. Your mind wanders and drifts, similar to what you might feel just prior to falling asleep.
Two	Relaxing at the beach, relaxing at home in front of a warm fire on a wintry day, or walking peacefully in the woods.
Three	The amount of tension and stress needed to keep your attention from wandering, to keep your head erect, and so on. This tension and stress is not experienced as unpleasant; it is "normal."
Four	Mild distress such as mild feelings of bodily tension, mild worry, mild apprehension, mild fear, or mild anxiety. Somewhat unpleasant but easily tolerated.
Five	Mild to moderate distress. Distinctly unpleasant but insufficient to produce many bodily symptoms.
Six	Moderate distress. Very unpleasant feelings of fear, anxiety, anger, worry, apprehension, and/or substantial bodily tension such as a headache or upset stomach. Distinctly unpleasant but tolerable sensations; you're still able to think clearly. What most people would describe as a "bad day," but your ability to work, drive, converse, and so on is not impeded.
Seven	Moderately high distress that makes concentration hard. Fairly intense bodily distress.
Eight	High distress. High levels of fear, anxiety, worry, apprehension, and/or bodily tension. These feelings cannot be tolerated very long. Thinking and problem-solving is impaired. Bodily distress is substantial. Ability to work, drive, converse, and so on is difficult.
Nine	High to extreme distress. Thinking is substantially impaired.
Ten:	Extreme distress, panic- and/or terror-stricken, extreme bodily tension. The maximum amount of fear, anxiety, and/or apprehension you can possibly imagine.

Subjective Units Distress Scale Manual

Jacqueline Garrick, Mary Beth Williams

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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