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DISTRESS SURVEY*

Please use the following scale to rate your answers:

Not at all = 0 A little bit = 1 Moderately = 2 Quite a bit = 3 Extremely = 4

How Much are you Distressed By?

1.	Loss of sexual interest or pleasure	0	1	2	3	4
2.	Feeling low in energy or slowed down	0	1	2	3	4
3.	Thoughts of ending your life	0	1	2	3	4
4.	Cry easily	0	1	2	3	4
5.	Feelings of being trapped or caught	0	1	2	3	4
6.	Blaming yourself for things	0	1	2	3	4
7.	Feeling lonely	0	1	2	3	4
8.	Feeling blue or sad	0	1	2	3	4
9.	Worrying too much about things	0	1	2	3	4
10.	Feeling no interest in things	0	1	2	3	4
11.	Feeling hopeless about the future	0	1	2	3	4
12.	Feeling everything is an effort	0	1	2	3	4
13.	Feelings of worthlessness	0	1	2	3	4
14.	Nervousness or shakiness inside	0	1	2	3	4
15.	Trembling	0	1	2	3	4
16.	Suddenly scared for no reason	0	1	2	3	4
17.	Feeling fearful	0	1	2	3	4
18.	Heart pounding or racing	0	1	2	3	4
19.	Feeling tense or keyed up	0	1	2	3	4
20.	Spells of terror or panic	0	1	2	3	4
21.	Feeling so restless you couldn't sit still	0	1	2	3	4
22.	The feeling that something bad is going to happen	0	1	2	3	4
23.	Thoughts or images of a frightening nature	0	1	2	3	4
24.	Feeling empty inside	0	1	2	3	4

* adapted by Crane Counseling from VA Tech distress survey research