

# THE ROBERTSON EMOTIONAL DISTRESS (RED) SCALE™

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

<b>Name:</b>	<b>Date:</b>
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Strongly Disagree	Disagree Moderately	Mildly Disagree	Mildly Agree	Agree Moderately	Strongly Agree
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I often feel quite anxious.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I often feel quite depressed.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I often feel quite irritable or angry.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I no longer enjoy activities I previously found pleasurable.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I have low self-esteem or self-confidence.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I generally feel physically tense.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I often feel agitated or restless.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I often feel physically tired or fatigued.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I have problems concentrating.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>I have problems sleeping.</b>					
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

<b>Overall Emotional Distress Score: [   ]</b>					
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In addition to the total score, a three of more on any individual question may be significant.

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