



Distress Level Rating Scale

Student Form

* Required

My distress level getting ready in the morning was... *

2- Some 3- Stronger 4- A Lot

1 2 3 4 5

None The Worse

My distress level in the car was...

2- Some 3- Stronger 4- A Lot

1 2 3 4 5

None The Worse

My distress level during period one was...

2- Some 3- Stronger 4- A Lot

1 2 3 4 5

None The Worse

My distress level during period two was...

1 2 3 4 5

None The Worse

My distress level during period three was...

1 2 3 4 5

None The Worse

My distress level during period four was...

1 2 3 4 5

None The Worse

Submit