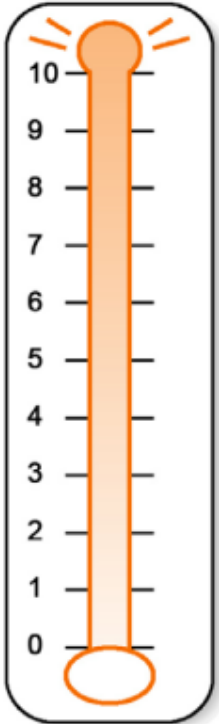
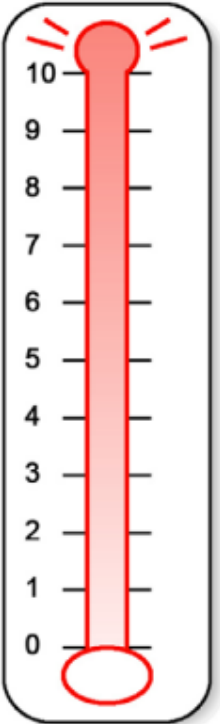
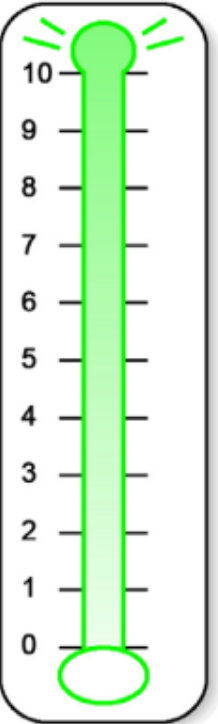
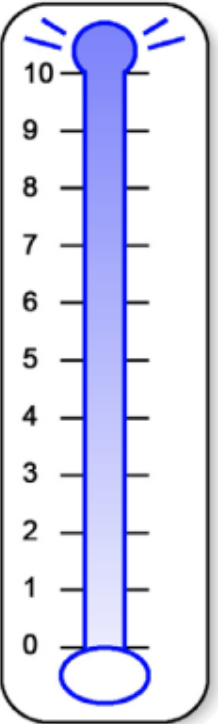
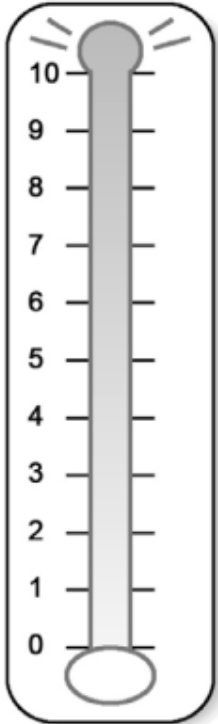


Emotion Thermometers

Instructions

In the first four columns, please mark the number (0-10) that best describes how much emotional upset you have been experiencing in the past week, including today. In the final column please indicate how much you need help for these concerns.

	1. Not feeling myself	2. Tense or anxious	3. Sad or depressed	4. Frustrated or angry	5. Need of help	
Extreme						Desperately
None						Can manage by myself

The Emotion Thermometers tool was created by Prof Alex J Mitchell and is an adapted version of the American Distress Thermometer (DT) which was developed in 1988 and validated for evaluation of distress in cancer patients. The original Emotion Thermometers has: 1. Distress, 2. Anxiety, 3. Depression, 4. Anger, 5 Help. This version is a slight adaptation specifically designed to be more user friendly for a residential aged care population.