

Brief Screening Measure of Emotional Distress in Children

Answers to all of the questions are based on the child's level functioning during the past week. Each item is scored from zero to two using the following scale: does not apply (0 points), applies somewhat (1 point), or certainly applies (2 points).

During the past week

- 0 Does not apply
- 1 Applies somewhat
- 2 Certainly applies

1) Did the child appear worried about many things?	0	1	2
2) Did the child appear miserable, unhappy, tearful, or depressed?	0	1	2
3) Did the child show little enjoyment in things?	0	1	2
4) Did the child have tears about doing some things?	0	1	2
5) Has the child been irritable and quarrelsome?	0	1	2
6) Has the child been complaining of aches and pains?	0	1	2
7) Has the child been withdrawn and quiet?	0	1	2
8) Did the child appear forgetful and show poor concentration?	0	1	2

Total: _____

Cut-Off Scores (range of possible scores 0-16)

- 0-2 No Psychological Distress
- 3-5 Mild Psychological Distress
- 6-8 Moderate Psychological Distress
- 9-16 Severe Psychological Distress

Note. Children displaying severe psychological distress are likely to meet DSM-5 criteria for a mental disorder and should be referred to a licensed mental health care provider.