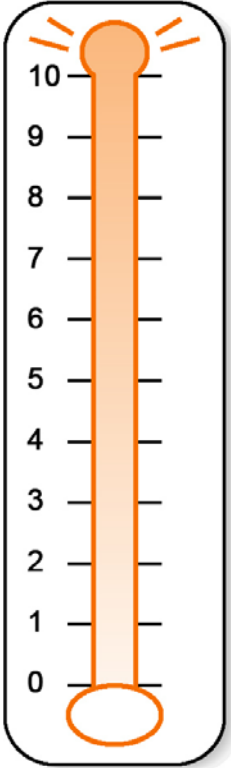
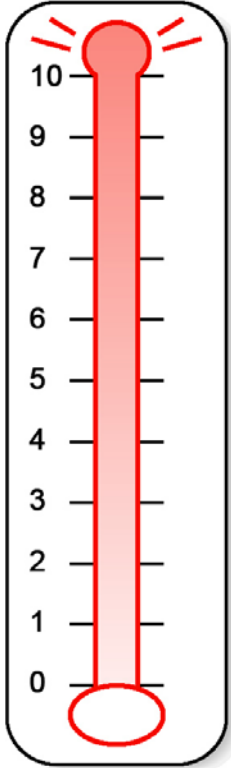
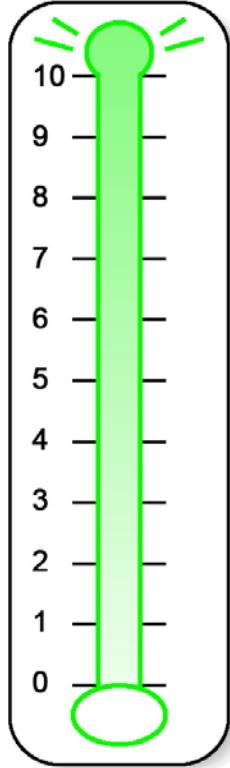
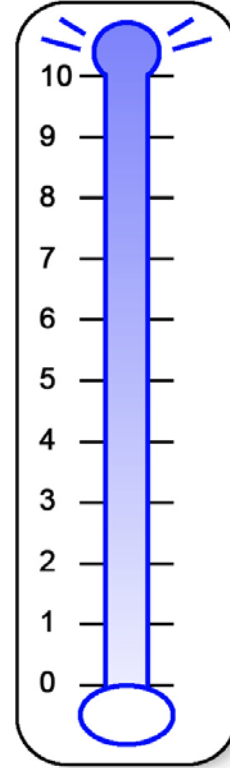
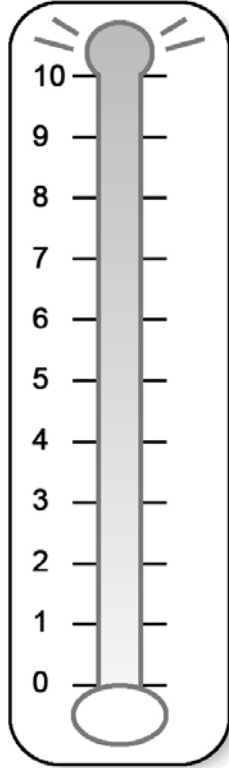


Emotion Thermometers 5 items

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. Distress	2. Anxiety	3. Depression	4. Anger	5. Help	
Extreme						Desperately
None						Can manage by myself