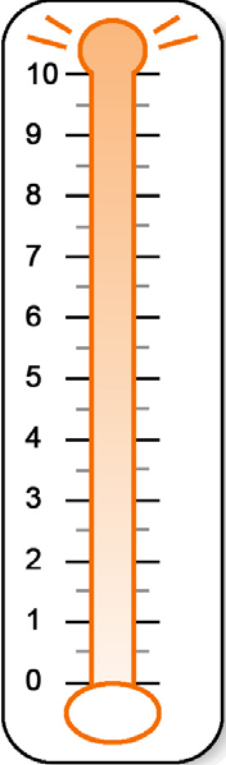
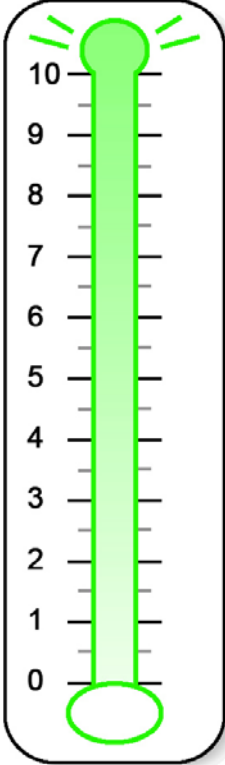
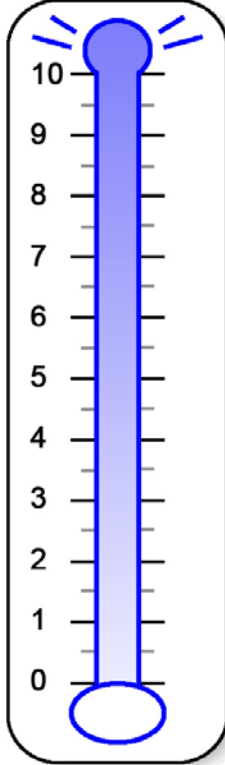
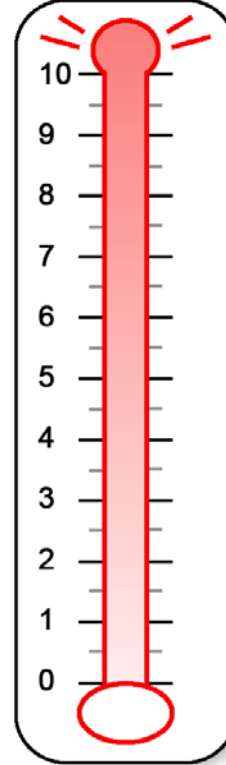
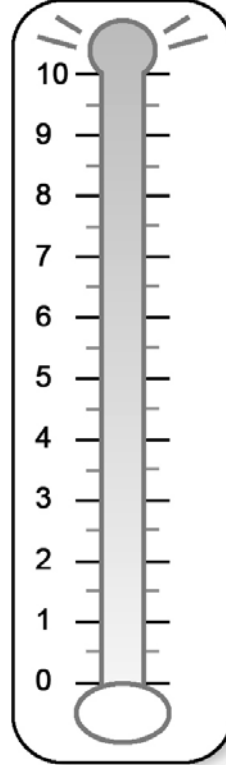


# Emotion Thermometers 5 items

## 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 last column please indicate how much you need help for these concerns.

|         | 1. Distress  | 2. Anxiety   | 3. Depression   | 4. Anger   | 5. Need Help   |                      |
|---------|--|--|---|--|--|----------------------|
| Extreme |  |  |  |  |  | Desperately          |
| None    |  |  |   |  |  | Can manage by myself |