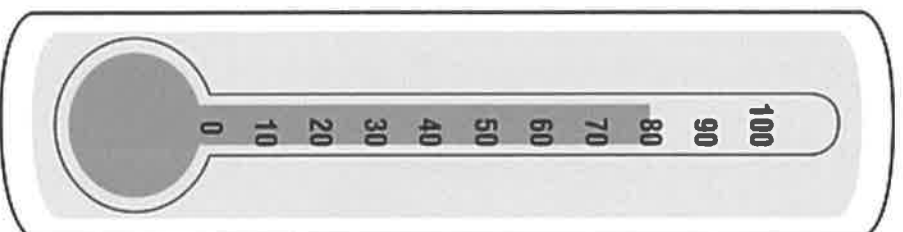


## SUDS: The Subjective Units of Distress Scale



- 100** – Highest anxiety/distress that you have ever felt
- 90** – Extremely anxious/distressed
- 80** – Very anxious/distressed; can't concentrate. Physiological signs present.
- 70** – Quite anxious/distressed; interfering with functioning. Physiological signs may be present.
- 60** – Moderate-to-strong anxiety or distress
- 50** – Moderate anxiety/distress; uncomfortable, but can continue to function
- 40** – Mild-to-moderate anxiety or distress
- 30** – Mild anxiety/distress; no interference with functioning
- 20** – Minimal anxiety/distress
- 10** – Alert and awake; concentrating well
- 0** – No distress; totally relaxed

**Note:** "SUDS" stands for "**Subjective Units of Distress Scale.**" Physiological signs may include, for example, sweating, shaking, increased heart rate or respiration, gastrointestinal distress.

**Chapter:** SUDS: The Subjective Units of Distress Scale

**From:** Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE): Patient Workbook