

Physical Symptoms of Distress Inventory

Below is a list of physical symptoms people can experience when stressed. Think about a specific upsetting event. If you experience any of the sensations below, circle the number (0, 1, 2, or 3) that best describes the intensity of the sensation.

		None	Mild	Moderate	Severe
1	Jittery feeling	0	1	2	3
2	Queasy feeling	0	1	2	3
3	Lump in throat	0	1	2	3
4	Tight throat	0	1	2	3
5	Choking feeling	0	1	2	3
6	Tight jaw	0	1	2	3
7	Pain in head	0	1	2	3
8	Dizzy feeling	0	1	2	3
9	Lightheaded or faint	0	1	2	3
10	Face flushed	0	1	2	3
11	Pressure in head	0	1	2	3
12	Heavy feeling in shoulders	0	1	2	3
13	Chest tight	0	1	2	3
14	Pressure in chest	0	1	2	3
15	Heavy feeling in chest	0	1	2	3
16	Breathing restricted	0	1	2	3
17	Rapid heart rate	0	1	2	3
18	Butterflies in stomach	0	1	2	3
19	Knot in stomach	0	1	2	3
20	Squeezing/tight in stomach	0	1	2	3
21	Pressure in stomach	0	1	2	3
22	Stomach pain	0	1	2	3
23	Hollow feeling	0	1	2	3
24	Burning/indigestion	0	1	2	3
25	Heavy feeling in stomach	0	1	2	3
26	Shaky arms/hands	0	1	2	3
27	Shaky legs/feet	0	1	2	3
28	Trembling feeling	0	1	2	3
29	Hot feeling	0	1	2	3
30	Numb or tingling feeling	0	1	2	3
31	Tense	0	1	2	3
32	Hot/cold sweats	0	1	2	3
33	Electric feeling	0	1	2	3
Score	Sum Each Column				

Add the total for each column to get the complete score: _____