

Resource Title	A Subjective Units of Distress Scale (SUDS) (also called a Subjective Units of Disturbance Scale)
What is it?	A scale for measuring the subjective intensity of disturbance or distress currently experienced by an individual. The individual self-assesses where they are on the scale.
Purpose(s)	The SUDS may be used as a benchmark for a professional or observer to evaluate the progress of treatment. It has been used in cognitive-behavioral treatments for anxiety disorders and for research purposes.
Intended Implementer(s)	Has been used by clinicians and therapist and can be easily modified to be implemented by teachers and other educators
Applicable Population(s) / Grade Levels	The SUDS can be modified to fit students from elementary age students to adults.
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