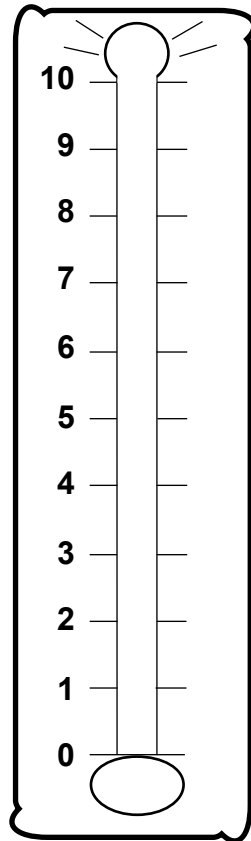


### NCCN DISTRESS THERMOMETER

Distress is an unpleasant experience of a mental, physical, social, or spiritual nature. It can affect the way you think, feel, or act. Distress may make it harder to cope with having cancer, its symptoms, or its treatment.

**Instructions:** Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week, including today.

Extreme distress



No distress

### PROBLEM LIST

Have you had concerns about any of the items below in the past week, including today? (Mark all that apply)

#### Physical Concerns

- Pain
- Sleep
- Fatigue
- Tobacco use
- Substance use
- Memory or concentration
- Sexual health
- Changes in eating
- Loss or change of physical abilities

#### Emotional Concerns

- Worry or anxiety
- Sadness or depression
- Loss of interest or enjoyment
- Grief or loss
- Fear
- Loneliness
- Anger
- Changes in appearance
- Feelings of worthlessness or being a burden

#### Social Concerns

- Relationship with spouse or partner
- Relationship with children
- Relationship with family members
- Relationship with friends or coworkers
- Communication with health care team
- Ability to have children
- Prejudice or discrimination

#### Practical Concerns

- Taking care of myself
- Taking care of others
- Safety
- Work
- School
- Housing/Utilities
- Finances
- Insurance
- Transportation
- Child care
- Having enough food
- Access to medicine
- Treatment decisions

#### Spiritual or Religious Concerns

- Sense of meaning or purpose
- Changes in faith or beliefs
- Death, dying, or afterlife
- Conflict between beliefs and cancer treatments
- Relationship with the sacred
- Ritual or dietary needs

#### Other Concerns:

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**Note:** All recommendations are category 2A unless otherwise indicated.