

<b>Resource Title</b>	<b>A Subjective Units of Distress Scale (SUDS)</b> <b>(also called a Subjective Units of Disturbance Scale)</b>
<b>What is it?</b>	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.
<b>Purpose(s)</b>	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.
<b>Intended Implementer(s)</b>	Has been used by clinicians and therapist and can be easily modified to be implemented by teachers and other educators
<b>Applicable Population(s) / Grade Levels</b>	The SUDS can be modified to fit students from elementary age students to adults.
<b>Source of Products or Websites</b>	<a href="https://www.msu.edu/course/sw/850/stocks/pack/slfanch.pdf">https://www.msu.edu/course/sw/850/stocks/pack/slfanch.pdf</a> <a href="http://www.therapylifecentre.co.uk/tft-for-children">http://www.therapylifecentre.co.uk/tft-for-children</a> <a href="http://atease.dva.gov.au/professionals/files/2012/12/SUDS.pdf">http://atease.dva.gov.au/professionals/files/2012/12/SUDS.pdf</a> <a href="http://rhartshorne.com/spring-2013/tpuglies/final-project/SUDscale.pdf">http://rhartshorne.com/spring-2013/tpuglies/final-project/SUDscale.pdf</a>