

## Psychological Distress Inventory – Revised (PDI-R)

INSTRUCTIONS: Below are some questions. Your answers will help us to understand how you have been feeling over the past week. Please read carefully one question at a time and choose the answer that best describes your situation **over the past week**.

ATTENTION: please try to answer all questions as accurately as possible. THERE ARE NO RIGHT OR WRONG ANSWERS

| 1          | 2            | 3        | 4           | 5         |
|------------|--------------|----------|-------------|-----------|
| NOT AT ALL | A LITTLE BIT | SOMEWHAT | QUITE A BIT | VERY MUCH |

**Over the past week:**

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1 | Have you experienced moments of anxiety or inner tension?             | 1 | 2 | 3 | 4 | 5 |
| 2 | Have you experienced moments of dejection or depression?              | 1 | 2 | 3 | 4 | 5 |
| 3 | Have you felt worthless?  | 1 | 2 | 3 | 4 | 5 |
| 4 | Have you felt a lack willpower?                                       | 1 | 2 | 3 | 4 | 5 |
| 5 | Do you think that your desire to speak with others has diminished?    | 1 | 2 | 3 | 4 | 5 |
| 6 | Have you felt more alone?   | 1 | 2 | 3 | 4 | 5 |
| 7 | Has your interest in the world around you diminished?                 | 1 | 2 | 3 | 4 | 5 |
| 8 | Has the illness negatively influenced your relationships with others? | 1 | 2 | 3 | 4 | 5 |