

Instrument Title: Brief Family Distress Scale

Instrument Author: Jonathan A. Weiss; Yona Lunsky

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### **Brief Family Distress Scale**

Jonathan Weiss, Ph.D., & Yona Lunsky, Ph.D.

**On a scale of 1 to 10, please where you and your family currently are right now, in terms of crisis by picking one of the following statements:**

**1** Everything is fine, my family and I are not in crisis at all

**2** Everything is fine, but sometimes we have our difficulties

**3** Things are sometimes stressful, but we can deal with problems if they arise

**4** Things are often stressful, but we are managing to deal with problems when they arise

**5** Things are very stressful, but we are getting by with a lot of effort

**6** We have to work extremely hard every moment of every day to avoid having a crisis

**7** We won't be able to handle things soon. If one more thing goes wrong - we will be in crisis

**8** We are currently in crisis, but are dealing with it ourselves

**9** We are currently in crisis, and have asked for help from crisis services (Emergency room, hospital, community crisis supports)

**10** We are currently in crisis, and it could not get any worse

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