



Brief Emotional Distress Scale for Youth (BEDSY)

Instructions:

Here is a list of ways that you could feel. Please select the response that best describes your feelings over the last 4 weeks. There are no right or wrong answers.

		Never	Sometimes	Often	Always
1	I feel really sad	0	1	2	3
2	I feel nervous	0	1	2	3
3	I feel really alone	0	1	2	3
4	I worry that something bad will happen to me	0	1	2	3
5	I feel like there is nothing to look forward to	0	1	2	3
6	I feel afraid	0	1	2	3
7	I just don't enjoy things anymore	0	1	2	3
8	All of a sudden, I feel really scared for no reason at all	0	1	2	3

Developer Reference:

Spence, S. H., & Rapee, R. M. (2022). The development and preliminary validation of a brief scale of emotional distress in young people using combined classical test theory and item response theory approaches: The Brief Emotional Distress Scale for Youth (BEDSY). *Journal of Anxiety Disorders*, 85, 102495–102495. <https://doi.org/10.1016/j.janxdis.2021.102495>

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