

PERCEIVED EMOTIONAL DISTRESS INVENTORY

Name: _____ Age: _____ Sex: _____ Date: _____

Directions: Please read each statement and circle the number (0-1-2-3) which best describes the way you have been feeling during the past week, including today. Do not spend too much time on any one statement but give the answer which describes your **present feelings**.

During the past month, including today....

	<u>Not at all</u>	<u>Sometimes</u>	<u>Often</u>	<u>Very Much So</u>
1- I get easily irritated	0	1	2	3
2- I feel strained	0	1	2	3
3- I feel distant from my friends	0	1	2	3
4- I am angrier than I am willing to admit	0	1	2	3
5- I feel nervous	0	1	2	3
6- I feel confused and restless	0	1	2	3
7- I feel overwhelmed by "simple difficulties"	0	1	2	3
8- I am not enjoying the things I usually do for fun	0	1	2	3
9- I "boil inside", but I try not to show it	0	1	2	3
10- I feel angry	0	1	2	3
11- I feel sad	0	1	2	3
12- I feel like a failure	0	1	2	3

SCORING INFORMATION FOR THE REVISED PERCEIVED EMOTIONAL DISTRESS INVENTORY

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The revised Perceived Emotional Distress Inventory (PEDI) is a 12-item self-report screening scale designed to reflect the presence and severity of emotional distress and general mood disturbance. The measure assesses anxiety, anger, depression and hopelessness making distinctions regarding the expression and suppression of angry feelings.

In responding to each PEDI item, subjects report to what extent they had experienced each emotional distress-related symptoms, during the past month, “including today”, by rating themselves on a 4-point scale ranging from 0 to 3: *Not at all (0); Sometimes (1); Often (2); Very much so (3)*.

A Global Severity Index raw scores (GSI) is determined simply by **summing the ratings for each individual item** that comprises the PEDI. The total score for the inventory ranges from 0 to 36 points. Higher scores correspond to higher levels of perceived emotional distress.

The PEDI is not a diagnostic measure, therefore there are no cut-offs scores. Since the instrument has been developed for research purposes only, our intention was to make comparisons between the subjects in the study samples. Statistically, the PEDI items should be treated as *ordinal variables*.