

Ratings of Distress and Disablement

Two ratings for each anxiety domain, 0 to 8

0

Not at all

1

2

Mildly

3

4

Moderately

5

6

Strongly

7

8

Extremely

DOMAIN	DISTRESS (0–8)	DISABLEMENT (0–8)
Social Anxiety		
Post-traumatic stress disorder		
Panic disorder/agoraphobia		
Generalized anxiety disorder		
Obsessions and compulsions		
Specific phobias		

What the two columns mean (addition). Distress is how much the problem upsets you; disablement is how much it stops you doing what matters. The two often diverge, and in ACT the second is the one treatment aims at first.

DSM-5-TR note (addition). The six domains are kept as printed in 2005. Since DSM-5, post-traumatic stress disorder sits in the trauma- and stressor-related disorders chapter and obsessions and compulsions in the obsessive-compulsive and related disorders chapter, not among the anxiety disorders; DSM-5-TR (2022) and ICD-11 keep that arrangement. The ratings work the same way; only the chapter headings moved.

The domain I most want to work on, and why