Person—distress status in past week, distress thermometer code N[N]

Identifying and definitional attributes

Metadata item type:	Data Element
Short name:	Distress status in past week
Synonymous names:	Distress thermometer
METEOR identifier:	483594
Registration status:	• Health, Standard 04/02/2015
Definition:	The level of distress experienced by the person in the past week, as represented by a code.
Data Element Concept:	Person—distress status in past week

Value domain attributes

Representational attributes

Representation class:	Code
Data type:	Number
Format:	N[N]
Maximum character length:	2

Collection and usage attributes

Guide for use:	Using a visual distress thermometer (see the Collection methods section below for an example), ask the person to indicate the level of distress that they have experienced in the past week on a scale from 0-10, where 0 indicates 'No distress' and 10 indicates 'Extreme distress'.
	Valid values are 0 to 10.

Collection methods: Using the image below as a reference, patients are given the instruction "Circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today" and are given the opportunity to circle a number on the paper or an electronic distress thermometer.

Instructions: First please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.
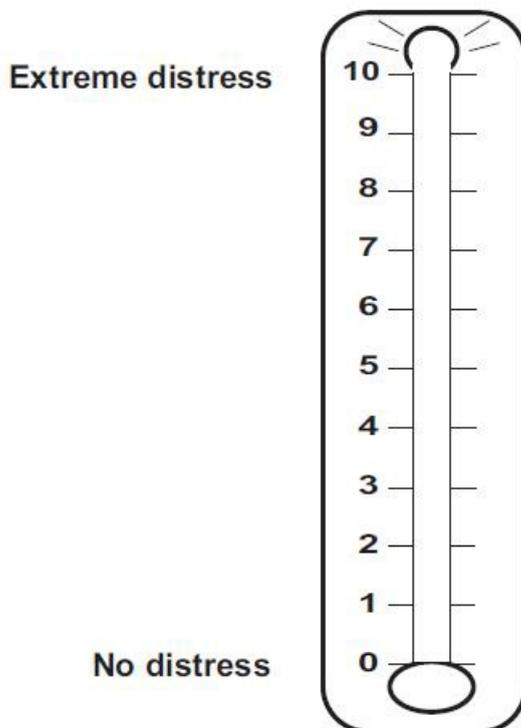
Comments: The distress thermometer has been found to have reasonable sensitivity and specificity for general distress, depression and anxiety (Mitchell, 2007) and to be comparable, as a screening tool, with longer measures of psychological symptoms (Mitchell, 2010). It should be noted that while the distress thermometer is valuable as a screening tool, it is not a replacement for careful clinical assessment and management.

Reproduced with permission from the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Distress Management (V.3.2012). © 2012 National Comprehensive Cancer Network, Inc. Available at: NCCN.org. Accessed [June 12, 2012]. To view the most recent and complete version of the NCCN Guidelines®, go on-line to NCCN.org.

Source and reference attributes

Submitting organisation: Cancer Australia

Reference documents: Mitchell AJ (2007). Pooled results from 38 analyses of the accuracy of distress thermometer and other ultra-short methods of detecting cancer-related mood disorder. *Journal of Clinical Oncology,25*:4670-4681.

Mitchell AJ (2010). Short Screening Tools for Cancer-Related Distress: A Review and Diagnostic Validity Meta-Analysis. *Journal of the National Comprehensive Cancer Network,8*:487-494.

National Comprehensive Cancer Network (2012). NCCN Clinical Practice Guidelines in Oncology: Distress Management. Retrieved from http://www.nccn.org/professionals/physician_gls/f_guidelines.asp

Data element attributes

Collection and usage attributes

Guide for use: The visual distress thermometer is used for assessing the person's level of distress, generally within a clinical setting.

Source and reference attributes

Submitting organisation: Cancer Australia

Reference documents: Mitchell AJ 2007. Pooled results from 38 analyses of the accuracy of distress thermometer and other ultra-short methods of detecting cancer-related mood disorder. Journal of Clinical Oncology, 25:4670-4681.

Mitchell AJ 2010. Short Screening Tools for Cancer-Related Distress: A Review and Diagnostic Validity Meta-Analysis. Journal of the National Comprehensive Cancer Network, 8:487-494.

National Comprehensive Cancer Network 2012. NCCN Clinical Practice Guidelines in Oncology: Distress Management. Viewed 17 September 2014, http://www.nccn.org/professionals/physician_gls/f_guidelines.asp

Relational attributes

Implementation in Data Set Specifications:

[Adolescent and young adult cancer (clinical) DSS Health](), Superseded 14/05/2015

DSS specific information:

It is recommended that this item is collected within 2 weeks of diagnosis, 6-8 weeks post diagnosis, and 6 months post diagnosis. Any further screening should take place at the clinician's discretion or the patient's request. At a minimum, this should occur at remission, recurrence, or progression.

For more information regarding the use of the distress thermometer with Adolescent and Young Adults with cancer, please consult the *Psychosocial Management of AYAs diagnosed with cancer: Guidance for health professionals* ([http://wiki.cancer.org.au/australia/ COSA:Psychosocial_management_of_AYA_cancer_patients/ Information_and_resources]()).

[Adolescent and young adult cancer (clinical) NBPDS Health](), Standard 14/05/2015

DSS specific information:

It is recommended that this item is collected within 2 weeks of diagnosis, 6-8 weeks post diagnosis, and 6 months post diagnosis. Any further screening should take place at the clinician's discretion or the patient's request. At a minimum, this should occur at remission, recurrence, or progression.

For more information regarding the use of the distress thermometer with Adolescent and Young Adults with cancer, please consult the *Psychosocial Management of AYAs diagnosed with cancer: Guidance for health professionals* ([http://wiki.cancer.org.au/australia/ COSA:Psychosocial_management_of_AYA_cancer_patients/ Information_and_resources]()).