

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

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# 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:	<a href="#">Health</a> , 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 attributes

### Identifying and definitional attributes

Data element concept:	<a href="#">Person—distress status in past week</a>
METEOR identifier:	483587
Registration status:	<a href="#">Health</a> , Standard 04/02/2015
Definition:	The level of distress experienced by the person over the past week.
Object class:	<a href="#">Person</a>
Property:	<a href="#">Distress status in past week</a>

### Source and reference attributes

Submitting organisation:	Cancer Australia
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## Value domain attributes

### Identifying and definitional attributes

Value domain:	<a href="#">Distress thermometer code N[N]</a>
METEOR identifier:	573491
Registration status:	<a href="#">Health</a> , Standard 04/02/2015
Definition:	A code set representing the values on the distress thermometer.

### Representational attributes

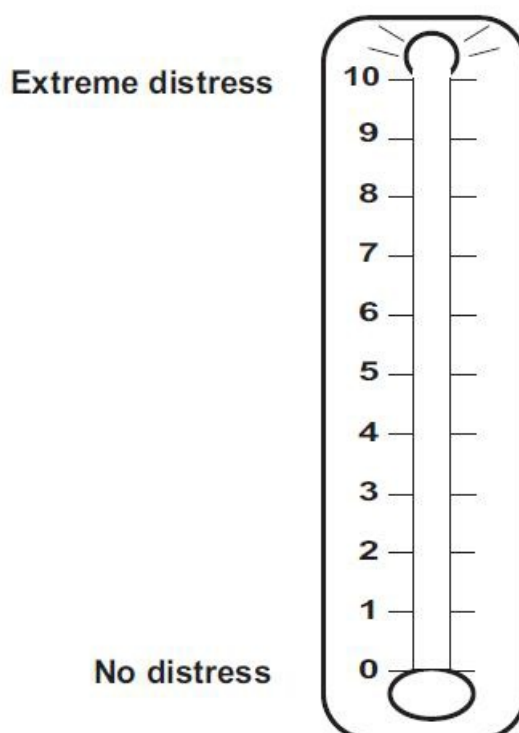
Representation class:	Code
Data type:	Number
Format:	N[N]
Maximum character length:	2

### 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'.

**Collection methods:** Valid values are 0 to 10. 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](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](http://www.nccn.org/professionals/physician_gls/f_guidelines.asp)

### Relational attributes

**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](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

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