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]

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| 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](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](https://meteor.aihw.gov.au/content/483587) |
| Value Domain: | [Distress thermometer code N[N]](https://meteor.aihw.gov.au/content/573491) |

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| Value domain attributes | | |
| Representational attributes | | |
| Representation class: | Code | |
| Data type: | Number | |
| Format: | N[N] | |
| Maximum character length: | 2 | |

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| 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. |
| 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. |

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| 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> |

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| 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](https://meteor.aihw.gov.au/content/432097)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](http://wiki.cancer.org.au/australia/COSA:Psychosocial_management_of_AYA_cancer_patients/Information_and_resources)).  [Adolescent and young adult cancer (clinical) NBPDS](https://meteor.aihw.gov.au/content/599629)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](http://wiki.cancer.org.au/australia/COSA:Psychosocial_management_of_AYA_cancer_patients/Information_and_resources)). |