

Appendix K
Subjective Unit of Distress (SUD) - English

Therapist: _____
Date: _____
Location: _____
Intervention: _____

Participant number	Problem(s) Addressed and emotions feelings	Beginning SUD	Ending SUD	Time in treatment

Note: Use a separate box for each problem addressed with the same participant. Record emotion or feeling if reported. Use a separate sheet each day and use more than one sheet if needed.