

### **Pediatric Emotional Distress Scale Scoring\***

Symptom severity is determined by assigning 1-4 to the response categories of “almost never”, “sometimes”, “often”, and “very often”, respectively. The total score is calculated by adding these values. Scores range from 17-84. Higher scores indicate greater symptom severity.

A cutoff score of 28 or higher indicates symptom severity of clinical significance and a greater likelihood of childhood trauma. Developers of the scale caution that a different cutoff may be warranted based on maternal education, as evidenced by previous research.

There are three subscales within the measure:

- Anxious/Withdrawn (items 6, 7, 8, 9, 14, 15, and 16). Clinical cut-off is 9.5.
- Fearful (items 3, 4, 5, 6, and 10). Clinical cut-off is 8.5.
- Acting Out (items 1, 2, 11, 12, 13, and 17). Clinical cut-off is 13.5.

Items 18 to 21 relate to a specific trauma or stressor the child has experienced. These questions will only be answered if a child has experienced a major trauma or stress in the past year.

\*Scoring instructions obtained from Greenspace Mental Health