

## Frustration Scale

Developed by GBPP [www.spcaltawil.com](http://www.spcaltawil.com)

This scale is easy to detect common symptoms and manifestations of frustration, and it is a measure that any person can implement quickly as a self-reported (10 items only), the scale was developed based on long experience of clinical work.

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

No	Statement	Options			
1	I am disappointed with myself and others?	0	1	2	3
2	I am in physical pain for no apparent reason?	0	1	2	3
3	There are problems and tragedies waiting for me in the future?	0	1	2	3
4	I fail at the things I do?	0	1	2	3
5	My appetite is weak, or I eat too much?	0	1	2	3
6	I have trouble with my sleep?	0	1	2	3
7	I wish I had died, it would have been better for me?	0	1	2	3
8	I feel annoyed and hurt?	0	1	2	3
9	I feel scared and terrified without knowing the reason?	0	1	2	3
10	I feel overfatigued and lazy?	0	1	2	3
Total = [       ] out of 30 scores					

### Scoring levels:

None

Scores from 0-5



None  
Scores from 0-5

Mild Frustration  
Scores from 6-10



Mild Frustration  
Scores from 6-10

Moderate Frustration  
Scores from 11-15



Moderate Frustration  
Scores from 11-15

High Frustration  
Scores from 16-30



High Frustration  
Scores from 16-30