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Brief Emotional Distress Scale for Youth (BEDSY)

Client Name	Generic Client	*Date administered*	5 Jun 2024
Date of birth (age)	14 Dec 2010 (13)	*Time taken*	45s
Assessor	Dr David Hegarty		

Results

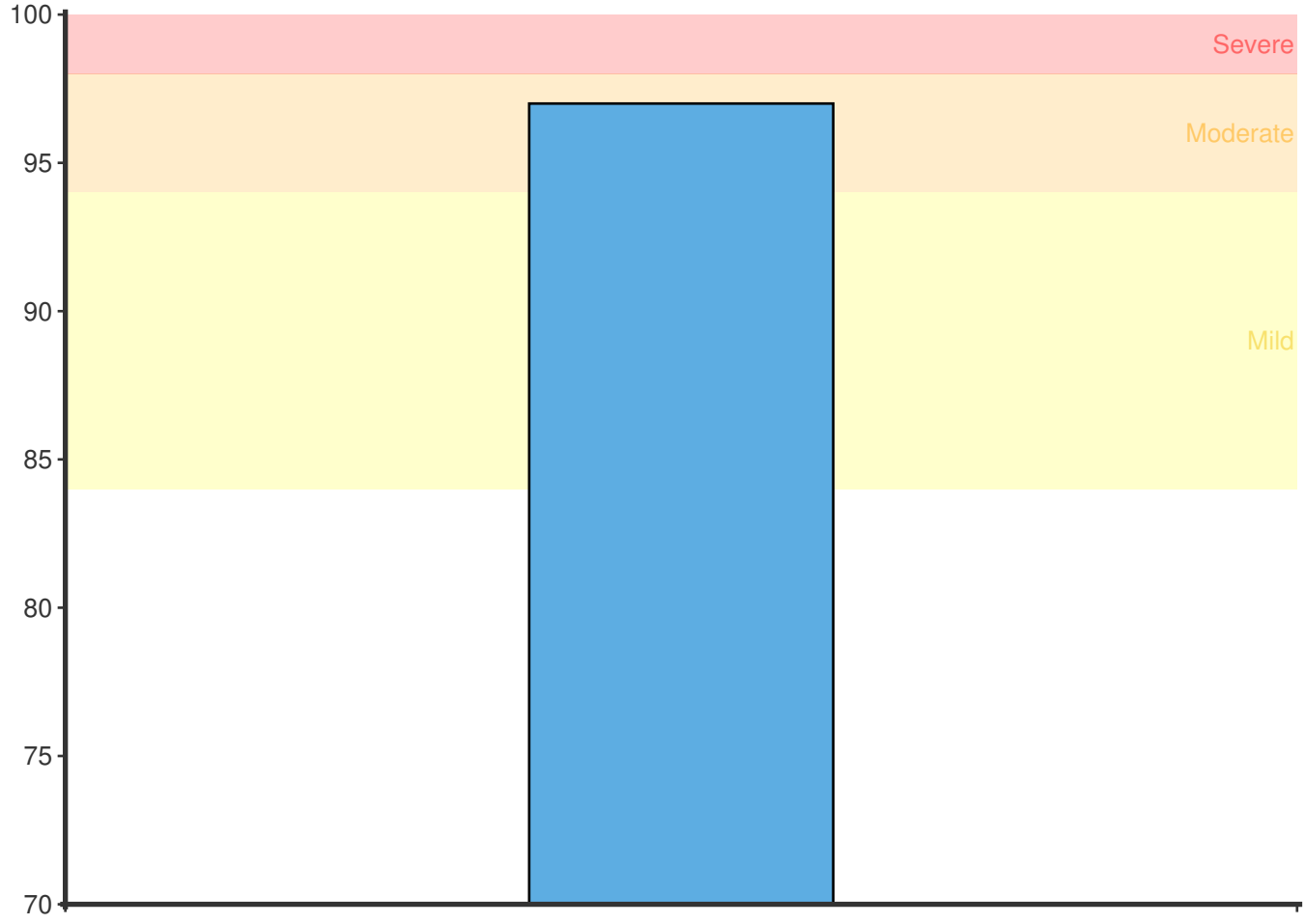
	Raw Score	Percentile	Descriptor
Emotional Distress (Score 0 - 24)	13	97	Moderate

Interpretation

The norms used were for males (between 11 and 17 years of age).

The client's BEDSY score indicates that they are experiencing a clinically significant degree of emotional distress in the moderate range. The client is experiencing more emotional distress than 97% of their peers.

BEDSY Percentile



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Scoring and Interpretation Information

For comprehensive information on the BEDSY, see here.

A total score is provided for the BEDSY (0 - 24) with higher scores indicating higher levels of emotional distress. In addition, percentiles are computed based on community samples and are dependent upon age brackets (11-17 for males, 11-13 or 14-17 for females) and gender (Spence & Rapee, 2022).

A percentile of 50 indicates an average and healthy level of emotional distress when compared to their age and gender-related peers. Note that females scored significantly higher on the BEDSY than males (Spence & Rapee, 2022), so the same score for each gender will give significantly different percentiles and, as a result, potentially different severity descriptors.

Scores are categorised into four severity ranges and are dependent upon the percentiles (S. H. Spence & R. M. Rapee, personal communication, May 1, 2024):
- Normal: Percentile of less than 84
- Mild: Percentile of 84 or greater and less than 94
- Moderate: Percentile of 94 or greater and less than 98
- Severe: Percentile of 98 or greater

After the first administration, a plot is presented that shows the client's percentile score with the severity ratings in the background.

After multiple administrations a longitudinal plot will be displayed for the BEDSY total score over time.

After multiple administrations, interpretive text will be provided that will outline if the change in score is clinically meaningful or not. This is based upon the Minimally Important Difference (MID; Norman, Sloan & Wyrwich, 2003) between the initial score on the BEDSY and the latest administration. The threshold score for clinically significant change is 2 points or more.

Client Responses

		Never	Sometimes	Often	Always
1	I feel really sad	**0**	**1**	**2**	**3**
2	I feel nervous	**0**	**1**	**2**	**3**
3	I feel really alone	**0**	**1**	**2**	**3**
4	I worry that something bad will happen to me	**0**	**1**	**2**	**3**
5	I feel like there is nothing to look forward to	**0**	**1**	**2**	**3**
6	I feel afraid	**0**	**1**	**2**	**3**

Client Name	Generic Client

Client Responses (cont.)

		Never	Sometimes	Often	Always
7	I just don't enjoy things anymore	**0**	**1**	**2**	**3**
8	All of a sudden, I feel really scared for no reason at all	**0**	**1**	**2**	**3**