**Distress Disclosure Index**

Please read each of the following items carefully. Indicate the extent to which you agree or disagree with each item according to the rating scale below:

            1          2          3          4          5  
Strongly Disagree                     Strongly Agree

1.      When I feel upset, I usually confide in my friends.  
2.      I prefer not to talk about my problems.  
3.      When something unpleasant happens to me, I often look for someone to talk to.  
4.      I typically don’t discuss things that upset me.  
5.      When I feel depressed or sad, I tend to keep those feelings to myself.  
6.      I try to find people to talk with about my problems.  
7.      When I am in a bad mood, I talk about it with my friends.  
8.      If I have a bad day, the last thing I want to do is talk about it.  
9.      I rarely look for people to talk with when I am having a problem.  
10.    When I’m distressed I don’t tell anyone.  
11.    I usually seek out someone to talk to when I am in a bad mood.  
12.    I am willing to tell others my distressing thoughts.

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**Scoring:**

Reverse score items 2, 4, 5, 8, 9, 10. Then sum the 12 items. Higher scores indicate a higher tendency to disclose distress, lower scores indicate greater concealment of distress.