distraught /dɪˈstrɔːt/ adj

extremely upset and anxious so that you cannot think clearly

***Closing Ranks*:**

**QUENTIN MCDERMOTT, REPORTER: At 8.39am on Wednesday November the 18th 2009, a distraught father in western Sydney called triple zero.**

***Bayley police interview transcript*:**

**BAYLEY: You know it wasn't really my intention to hurt her, you know that? When we conversed, I swear to you man - I swear to you I'd - I'd - I'd - I just just spoke to her and she looked - she looked distraught.**