

Scoring Subscales of Health Distress Index (HDI-S)

HDI – C Subscales and HDI – D Subscales

Clinical HDI Scales Scoring		Items Included in Subscales
Sc W	Positive Well Being	Mean of 5, 6, 7, 8, 9, 10
Sc S	Sleep Disturbance	Mean of 1, 2, 3, 4
Sc P	Somatic Pain	Mean of 11, 12, 13, 14, 15
Sc V	Visceral Distress	Mean of 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
Sc A	Anxious Mood	Mean of 26, 27, 28, 29, 30, 31, 32
Sc D	Depressed Mood	Mean of 33, 34, 35, 36, 37, 38, 39, 40
Sc B	Bodily Symptoms	Mean of 1 to 4, plus 11 to 25
Sc E	Emotional Distress	Mean of 26 to 40
Sc G	Global Distress	Mean of 1 to 4 and 11 to 40

Research HDI Scales Scoring

HDI – R Subscales:		Items Included in Subscales
Sc W	Positive Well Being	Mean of 4, 9, 18, 23, 26, 36
Sc S	Sleep Disturbance	Mean of 5, 14, 21, 33
Sc P	Somatic Pain	Mean of 8, 16, 19, 30, 39
Sc V	Visceral Distress	Mean of 2, 6, 13, 15, 20, 22, 24, 28, 32, 37
Sc A	Anxious Mood	Mean of 3, 10, 12, 25, 27, 34, 38
Sc D	Depressed Mood	Mean of 1, 7, 11, 17, 29, 31, 35, 40
Sc B	Bodily Symptoms	Mean of Scales S, P, and V
Sc E	Emotional Distress	Mean of Scales A and D
Sc G	Global Distress	Mean of Scales B and E