

## Distress Screening Using Distress Thermometer

Sir,

The report on distress screening using distress thermometer is very interesting.<sup>[1]</sup> Lewis *et al.*,<sup>[1]</sup> concluded for “Positive correlation between distress score and pain score and occurrence of physical symptoms.” The concern is on distress thermometer. Chambers *et al.*,<sup>[2]</sup> reported that this tool was acceptable in case that “a cut-off of  $\geq 4$  may be optimal soon after diagnosis, and for longer-term assessments,  $\geq 3$  was supported.” The adjustment of the tool for each setting is needed. Martínez *et al.*,<sup>[3]</sup> noted that “the diagnostic accuracy of the DT could be improved with minor proposed modifications to the DT and the inclusion of nonemotional ultra short measures.” Second, the tool has to be modified in case that it was aiming at pediatric patients screening.<sup>[4]</sup>

**Sora Yasri, Viroj Wiwanitkit<sup>1</sup>**

Primary Care Unit, KMT Center, Bangkok, Thailand,  
<sup>1</sup>Visiting Professor, Hainan Medical University,  
 Hainan, China

*Address for correspondence:*

*Dr. Sora Yasri;*

*E-mail: sorayasri@outlook.co.th*

### REFERENCES

1. Lewis S, Salins N, Kadam A, Rao R. Distress screening using distress thermometer in head and neck cancer patients undergoing radiotherapy and evaluation of causal factors predicting occurrence of distress. *Indian J Palliat Care* 2013;19:88-92.
2. Chambers SK, Zajdlewicz L, Youlden DR, Holland JC, Dunn J. The validity of the distress thermometer in prostate cancer populations. *Psychooncology* 2013.
3. Martínez P, Galdón MJ, Andreu Y, Ibáñez E. The Distress Thermometer in Spanish cancer patients: Convergent validity and diagnostic accuracy. *Support Care Cancer* 2013;21:3095-102.
4. Haverman L, van Oers HA, Limperg PF, Houtzager BA, Huisman J, Darlington AS, *et al.* Development and validation of the distress thermometer for parents of a chronically ill child. *J Pediatr* 2013;163:1140-6.

#### Access this article online

##### Quick Response Code:



##### Website:

[www.jpalliativecare.com](http://www.jpalliativecare.com)

##### DOI:

10.4103/0973-1075.125574