SYNTHETIC EXAMPLE

Distress Thermometer

Distress Thermometer - synthetic example

CLIENT
John Doe

ADMINISTERED
Example date

RESPONSE MODE
Self-report

TOTAL

6 / 10

DEMO SYNTHETIC



6/10

What this report lays out

- Source instrument: Distress Thermometer
- Item count: 1 item
- Response format: 11 options
- Respondent: Self-report

CLINICIAN REVIEW REQUIRED

This document demonstrates Lirena's report design using fictional data. It does not represent a scored Distress Thermometer result, cannot establish a diagnosis, and must not be placed in a clinical record.

Distress Thermometer is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

A report designed for clinical review

Synthetic Distress Thermometer example. The gauges and rows use this instrument's groups and range. They are not a client record.

REVIEW

Distress Thermometer is completed by Self-report. Response options: No distress, 1, 2, 3, 4, 5, 6, 7, 8, 9, Extreme distress. Reference period not sourced. The result is for clinician review.

CONTEXT

A 0 to 10 rating of distress over the past week, including today. The NCCN guideline treats a rating of 4 or more as moderate or severe distress. The rating is screening evidence for clinician review, not a diagnosis.

BOUNDARY

Distress Thermometer is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

REPORT PRINCIPLE

Show the evidence, the version, and the boundary. Leave diagnosis and formulation with the clinician.

Distress Thermometer response pattern

Synthetic responses for Distress Thermometer. The table uses this instrument's groups and range. It is not a client record and does not reproduce official item wording.

ITEM	GROUP	SYNTHETIC RESPONSE
1	Total	**No distress**

Synthetic Distress Thermometer values only. Not a client record.

Source-led by design

Lirena separates published methodology, product implementation, and clinical approval. A citation does not by itself authorize administration or prove a software scoring rule.

INSTRUMENT

The Distress Thermometer is a brief self-report used in cancer services to see who may need psychosocial attention. The NCCN guideline treats a rating of 4 or more as moderate or severe distress for clinician review. It does not diagnose a mental disorder, predict survival, or assign care.

ADMINISTRATION

Distress Thermometer is completed by Self-report. Response options: No distress, 1, 2, 3, 4, 5, 6, 7, 8, 9, Extreme distress. Reference period not sourced. The result is for clinician review.

CLINICAL BOUNDARY

Distress Thermometer is not a diagnosis. A result cannot replace clinician-led assessment, history, examination, or investigation where those are required.

METHODOLOGY

A 0 to 10 rating of distress over the past week, including today. The NCCN guideline treats a rating of 4 or more as moderate or severe distress. The rating is screening evidence for clinician review, not a diagnosis.

SELECTED REFERENCES

1. NCCN Distress Thermometer

National Comprehensive Cancer Network. NCCN Distress Thermometer and Problem List. NCCN Guidelines Version 1.2026, Distress Management (DIS-A).

2. NCCN distress guideline

Holland JC, Andersen B, Breitbart WS, et al. Distress Management. J Natl Compr Canc Netw. 2010;8(4):448-485.