FDS

# Frustration Discomfort Scale (FDS)

The FDS is a self-report questionnaire designed to measure frustration intolerance within the framework of Rational Emotive Behavior Therapy. It explores how a person reacts mentally when they perceive a distressing emotion, an effort, an annoyance, an injustice, or an obstacle to their goals as hard to bear. The version most widely used in clinical psychology comprises 28 items divided into four dimensions useful for clinical screening: emotional intolerance, discomfort intolerance, entitlement, and achievement frustration. The tool is particularly relevant for refining the assessment of rigid "I can't stand it" beliefs, shedding light on certain emotion regulation difficulties, procrastination, anger, or vulnerability to stress, and guiding cognitive work in psychotherapy.

| | |
|---|---|
| Number of questions | 28 questions |
| Estimated duration | 8 minutes |
| Language | English |
| Original name | Frustration Discomfort Scale |
| Target audience | Adults |
| Authors | Neil Harrington (2005) |
| Category | General |

## Preview of the 28 questions

I need the easiest way around a problem; I can't stand making a hard time of it.

Absent | Mild | Moderate | Strong | Very strong

I can't stand having to wait for things I would like now.

Absent | Mild | Moderate | Strong | Very strong

I absolutely must be free of disturbing feelings as quickly as possible; I can't bear if they continue.

Absent | Mild | Moderate | Strong | Very strong

I can't stand being prevented from achieving my full potential.

Absent | Mild | Moderate | Strong | Very strong

I can't stand doing tasks that seem too difficult.

Absent | Mild | Moderate | Strong | Very strong

## Scoring & interpretation

In standard use, each item is rated on a scale from 1 to 5, from the lowest to the highest level. The total score is obtained by adding the 28 items, with a usual range of 28 to 140. Four 7-item subscores can also be calculated: discomfort intolerance, entitlement, emotional intolerance, and achievement frustration. A high score reflects greater intolerance of frustration and discomfort. There is no universally accepted diagnostic cutoff; interpretation relies mainly on the subdimension profile, the relative comparison of scores, and how they fit with the clinical interview.