

Exercise

Professional Version | US English

VAS Scale



Description

Visual analogue scales (VAS's) can be used to monitor subjective ratings of mood, emotion, distress, or physical sensations such as pain or fatigue. Scales can also be used as a cognitive continuum for examining and modifying all-or-nothing core beliefs.

This is a handy *VAS Scale* in the style of a thermometer which can be used for symptom rating. Children may find it a particularly helpful way of representing symptoms.

Instructions

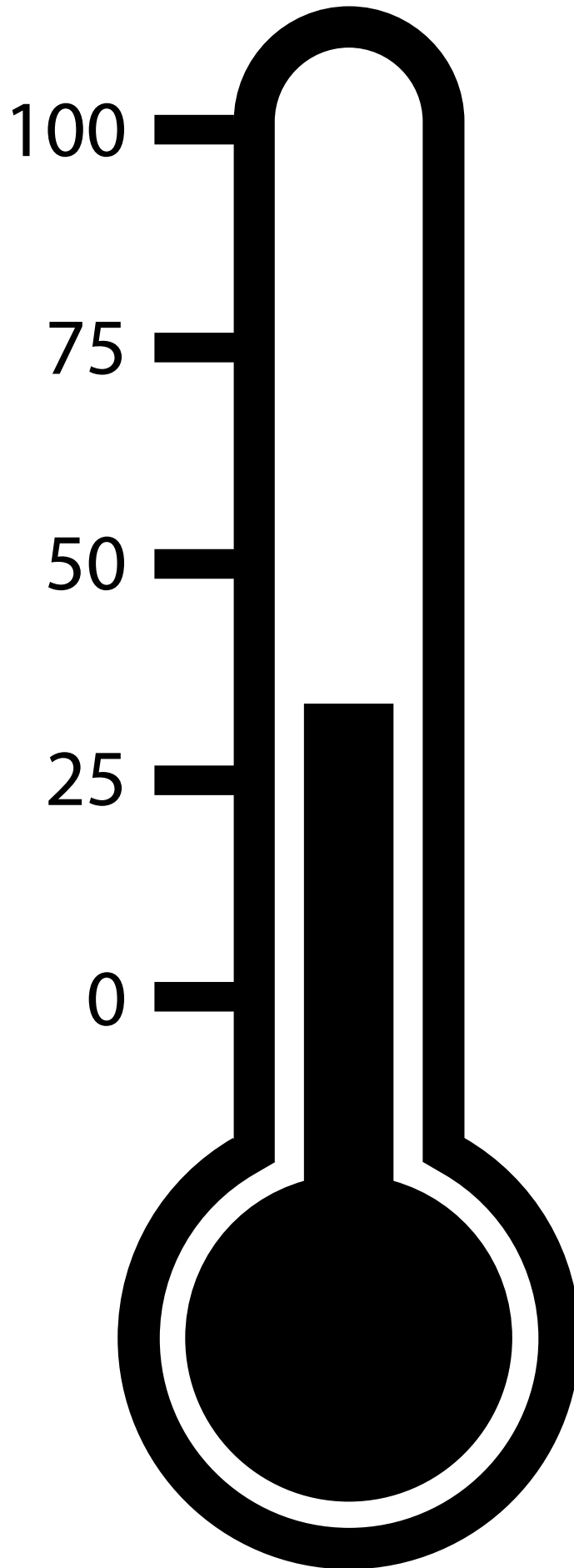
Client and therapist should agree the anchor points of a scale, for example "not present at all" to "highest possible". Clients should be instructed to rate the intensity of the sensation on a scale from 0 - 100, or on whatever scale has been agreed.

For cognitive continuum work clients should be asked to generate the anchor points for a belief scale, such as "I'm unlovable" at 0 and "I'm lovable" at 100. The client can then be asked to give themselves an initial rating on the continuum, before exploring ratings for other people who would lie at different points of the continuum. Once the scale has been elaborated clients can be invited to revise their position on the continuum.

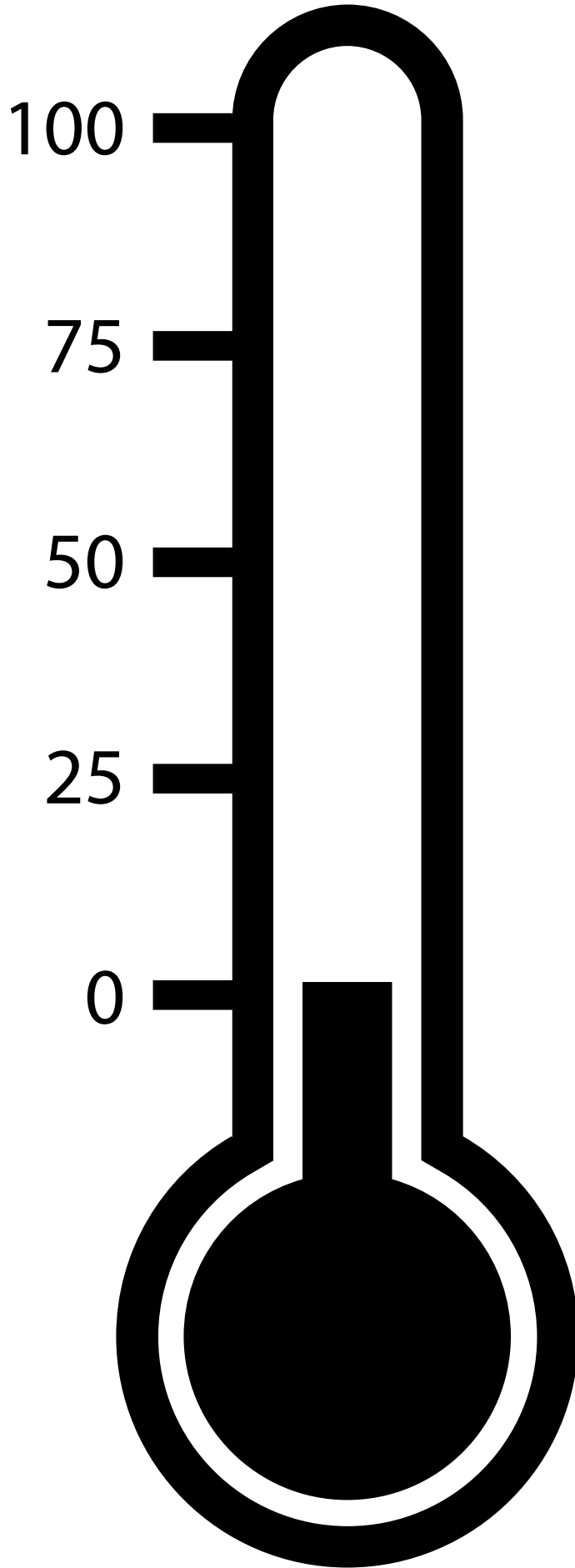
References

Padesky, C. A. (1994). Schema change processes in cognitive therapy. *Clinical Psychology & Psychotherapy*, 1(5), 267-278.

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