

Title: Mindfulness for Psychosis; within-session effects on stress and symptom-related distress

Journal: Behavioural and Cognitive Psychotherapy

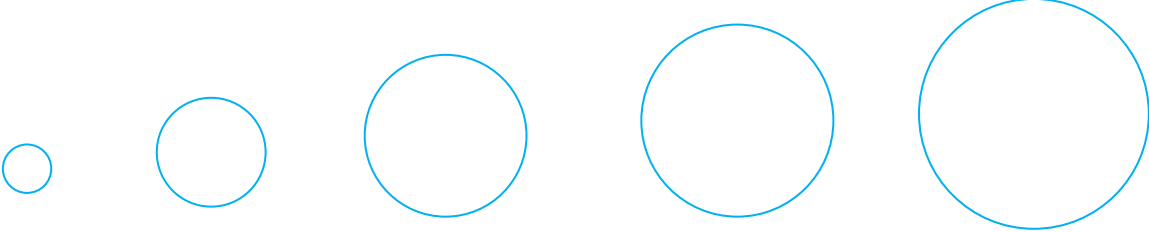
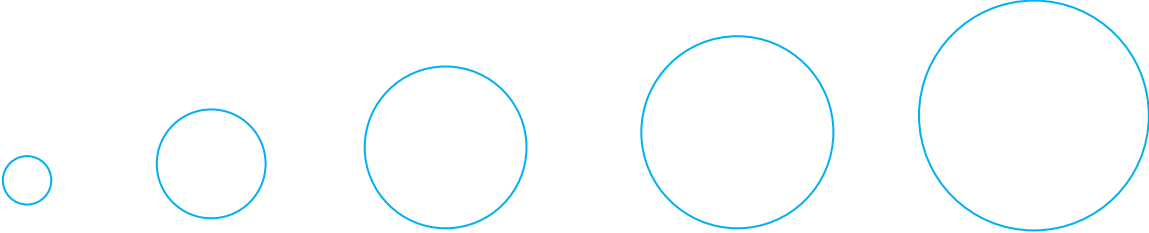
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Self-Report Visual Analogue Scales (Bubbles)

Community Group

Please tick the circle that most accurately describes your view	
1. How stressed do you feel right now?	
	
Not at all	Extremely
2. How distressing are any unwanted thoughts/images/voices right now?	
	
Not at all	Extremely