

Need another word that means the same as “distraught”? Find 6 synonyms and 30 related words for “distraught” in this overview.

Table Of Contents:

- [Distraught as an Adjective](#)
- [Definitions of "Distraught" as an adjective](#)
- [Synonyms of "Distraught" as an adjective \(6 Words\)](#)
- [Usage Examples of "Distraught" as an adjective](#)
- [Associations of "Distraught" \(30 Words\)](#)

**The synonyms of “Distraught” are: overwrought, worried, upset, distressed, fraught, shattered**

## **Distraught as an Adjective**

### **Definitions of "Distraught" as an adjective**

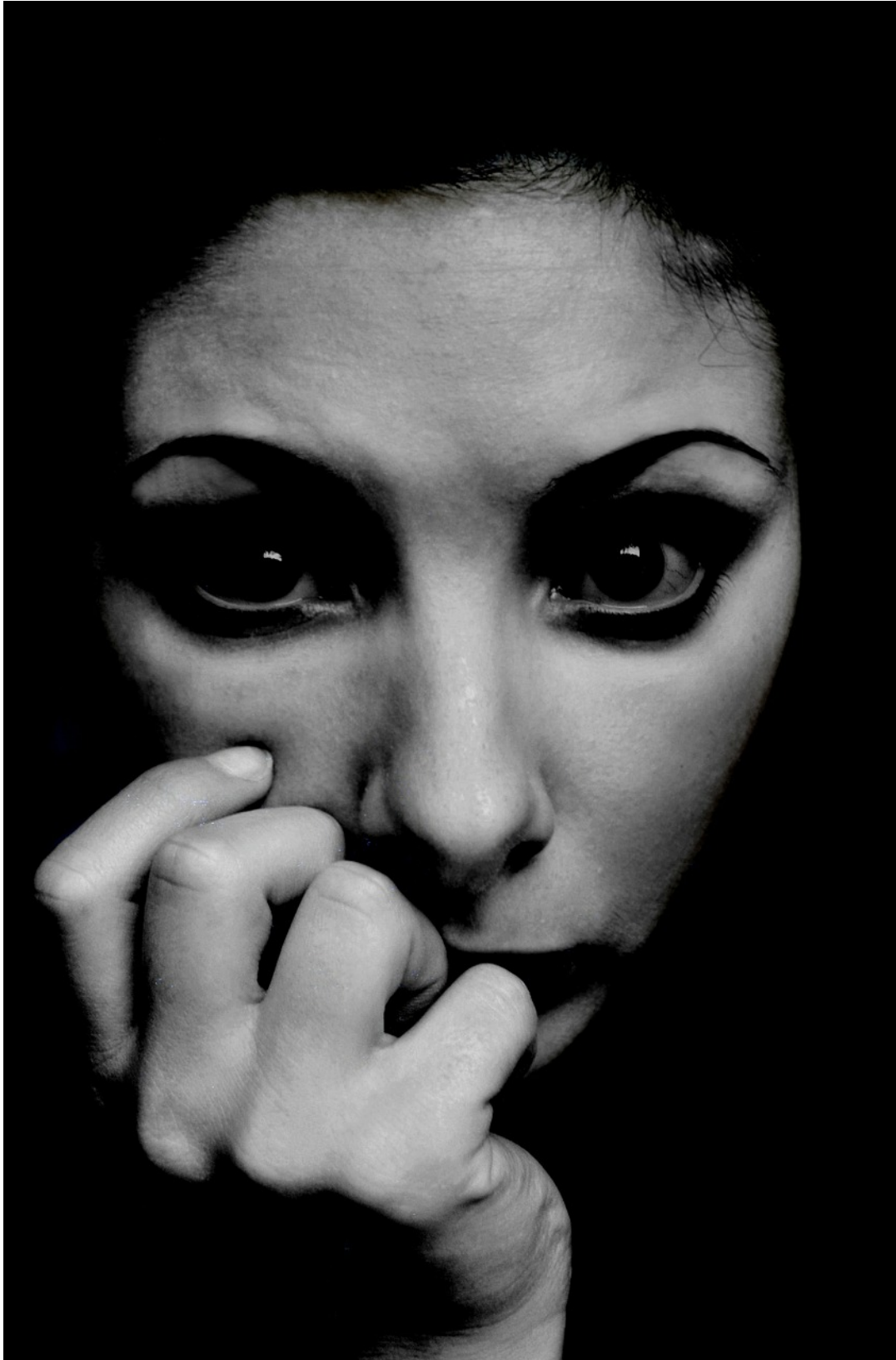
According to the [Oxford Dictionary of English](#), “distraught” as an adjective can have the following definitions:

- *Very worried and upset.*
- *Deeply agitated especially from emotion.*



## Synonyms of "Distraught" as an adjective (6 Words)

- distressed** Suffering from extreme anxiety, sorrow, or pain.  
*The **distressed** relatives of his victims.*
- fraught** Marked by distress.  
*She sounded a bit **fraught**.*
- overwrought** Deeply agitated especially from emotion.  
*She was too **overwrought** to listen to reason.*
- shattered** Very upset.  
*Our **shattered** dreams of peace and prosperity.*
- upset** Unhappy, disappointed, or worried.  
*With everything so **upset**.*
- worried** Anxious or troubled about actual or potential problems.  
*There was a **worried** frown on his face.*



## Usage Examples of "Distraught" as an adjective

- *Distraught parents looking for a runaway teenager.*
- *He is terribly distraught.*
- *Distraught with grief.*



## Associations of "Distraught" (30 Words)

### **affliction**

A cause of pain or harm.  
*Poor people in great **affliction**.*

### **angst**

An acute but unspecific feeling of anxiety; usually reserved for philosophical anxiety about the world or about personal freedom.  
*The existential **angst** of the middle classes.*

### **anguish**

Cause emotional anguish or make miserable.  
*She shut her eyes in **anguish**.*

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|------------------------------|--|
| <b>anxious</b>               | Feeling or showing worry, nervousness, or unease about something with an uncertain outcome.<br><i>There were some <b>anxious</b> moments.</i>        |
| <b>dejected</b>              | Sad and depressed; dispirited.<br><i>He stood in the street looking <b>dejected</b>.</i>   |
| <b><u>dejection</u></b>      | Solid excretory product evacuated from the bowels.<br><i>He was slumped in deep <b>dejection</b>.</i>  |
| <b>despondency</b>           | Feeling downcast and disheartened and hopeless.<br><i>An air of <b>despondency</b>.</i>  |
| <b>disappoint</b>            | Prevent (hopes or expectations) from being realized.<br><i>The governing coalition had bitterly <b>disappointed</b> the hopes of its voters.</i>     |
| <b><u>disappointment</u></b> | A person or thing that causes disappointment.<br><i>His hopes were so high he was doomed to <b>disappointment</b>.</i>                               |
| <b>distract</b>              | Having the attention diverted especially because of anxiety.<br><i>He seemed oddly <b>distract</b>.</i>  |
| <b>distressed</b>            | Impoverished.<br><i>I was <b>distressed</b> at the news of his death.</i>  |
| <b>gloom</b>                 | A state of partial or total darkness.<br><i>A black yew <b>gloom</b> d the stagnant air.</i>   |
| <b><u>grief</u></b>          | Something that causes great unhappiness.<br><i>Time heals <b>griefs</b> and quarrels.</i>  |
| <b>heartache</b>             | Intense sorrow caused by loss of a loved one (especially by death).<br><i>A good friend understands your <b>heartaches</b> as well as your joys.</i> |
| <b>horrible</b>              | Provoking horror- Winston Churchill.<br><i>A <b>horrible</b> massacre.</i>   |
| <b><u>hysterical</u></b>     | Characterized by or arising from psychoneurotic hysteria- Morris Fishbein.<br><i>Janet became <b>hysterical</b> and began screaming.</i>             |
| <b>inattentive</b>           | Not showing due care or attention.<br><i>An <b>inattentive</b> babysitter.</i>   |
| <b>loneliness</b>            | Sadness resulting from being forsaken or abandoned.<br><i>The <b>loneliness</b> of a sailor s life.</i>  |
| <b><u>miserable</u></b>      | Miserly.<br><i>He felt depressed and <b>miserable</b>.</i>   |
| <b><u>mourn</u></b>          | Observe the customs of mourning after the death of a loved one.<br><i>She <b>mourned</b> for her friends who died in the accident.</i>               |

|                 |   |
|-----------------|---|
| <b>sad</b>      | Of things that make you feel sad.<br><i>He told her the <b>sad</b> story of his life.</i>                               |
| <b>sadness</b>  | The quality of excessive mournfulness and uncheerfulness.<br><i>A source of great <b>sadness</b>.</i>                   |
| <b>sorrow</b>   | An event or circumstance that causes sorrow.<br><i>He tried to express his <b>sorrow</b> at her loss.</i>               |
| <b>terrible</b> | Used to emphasize the extent of something unpleasant or bad.<br><i><b>Terrible</b> handwriting.</i>                     |
| <b>throes</b>   | Violent pangs of suffering.<br><i>He convulsed in his death <b>throes</b>.</i>  |
| <b>tragedy</b>  | The dramatic genre represented by tragedies.<br><i>Greek <b>tragedy</b>.</i>  |
| <b>troubled</b> | Characterized by or indicative of distress or affliction or danger or need.<br><i>His <b>troubled</b> private life.</i> |
| <b>upset</b>    | The act of upsetting something.<br><i>She looked pale and <b>upset</b>.</i>   |
| <b>woe</b>      | Things that cause sorrow or distress; troubles.<br><i>To add to his <b>woes</b> customers have been spending less.</i>  |
| <b>worry</b>    | Be on the mind of.<br><i>He s demented with <b>worry</b>.</i>   |

