

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

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

Distraught as an Adjective

Definitions of "Distraught" as an adjective

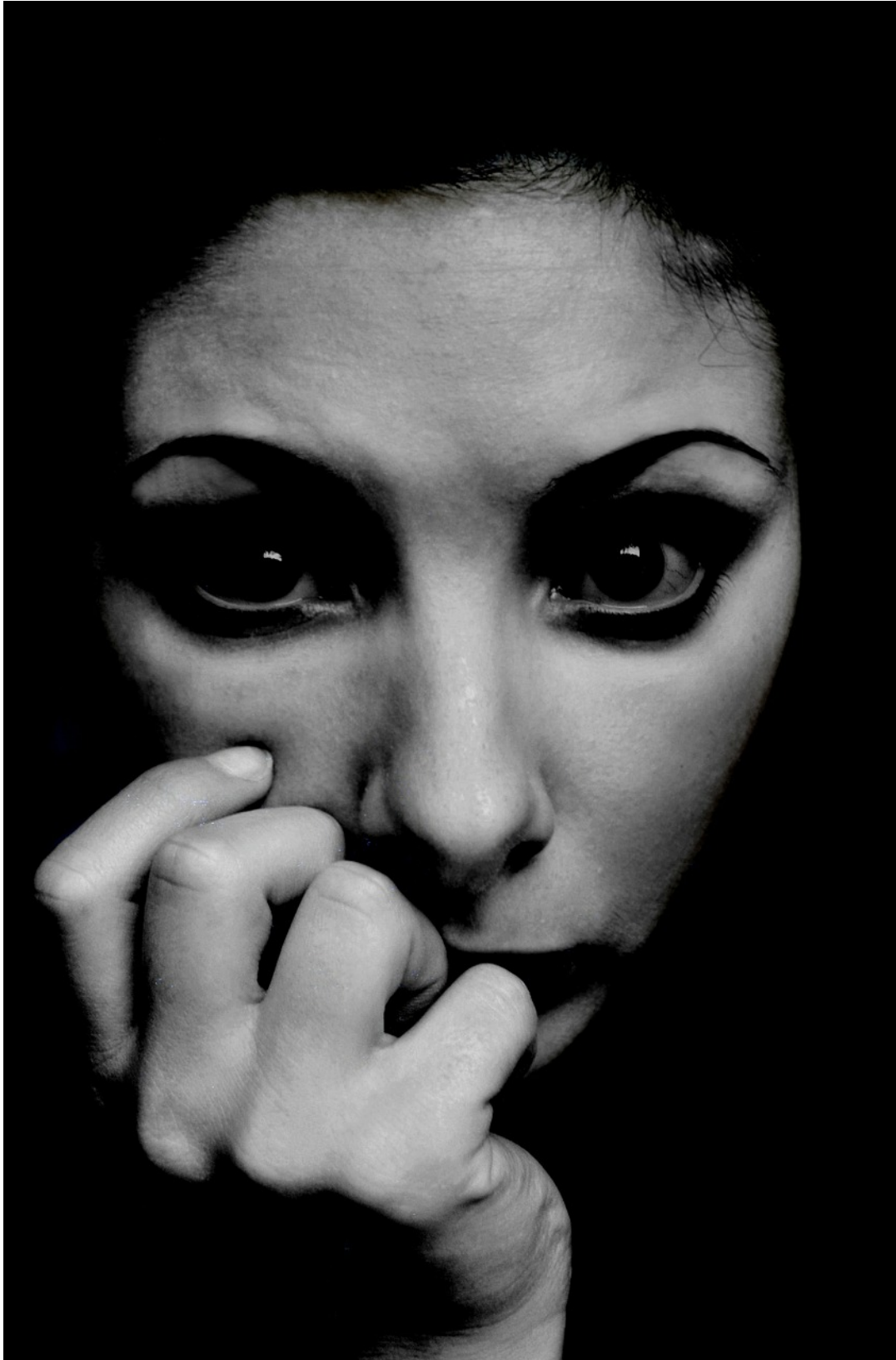
According to the [Oxford Dictionary of English](#), “distraught” as an adjective can have the following definitions:

- *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**.*

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

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

