

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**

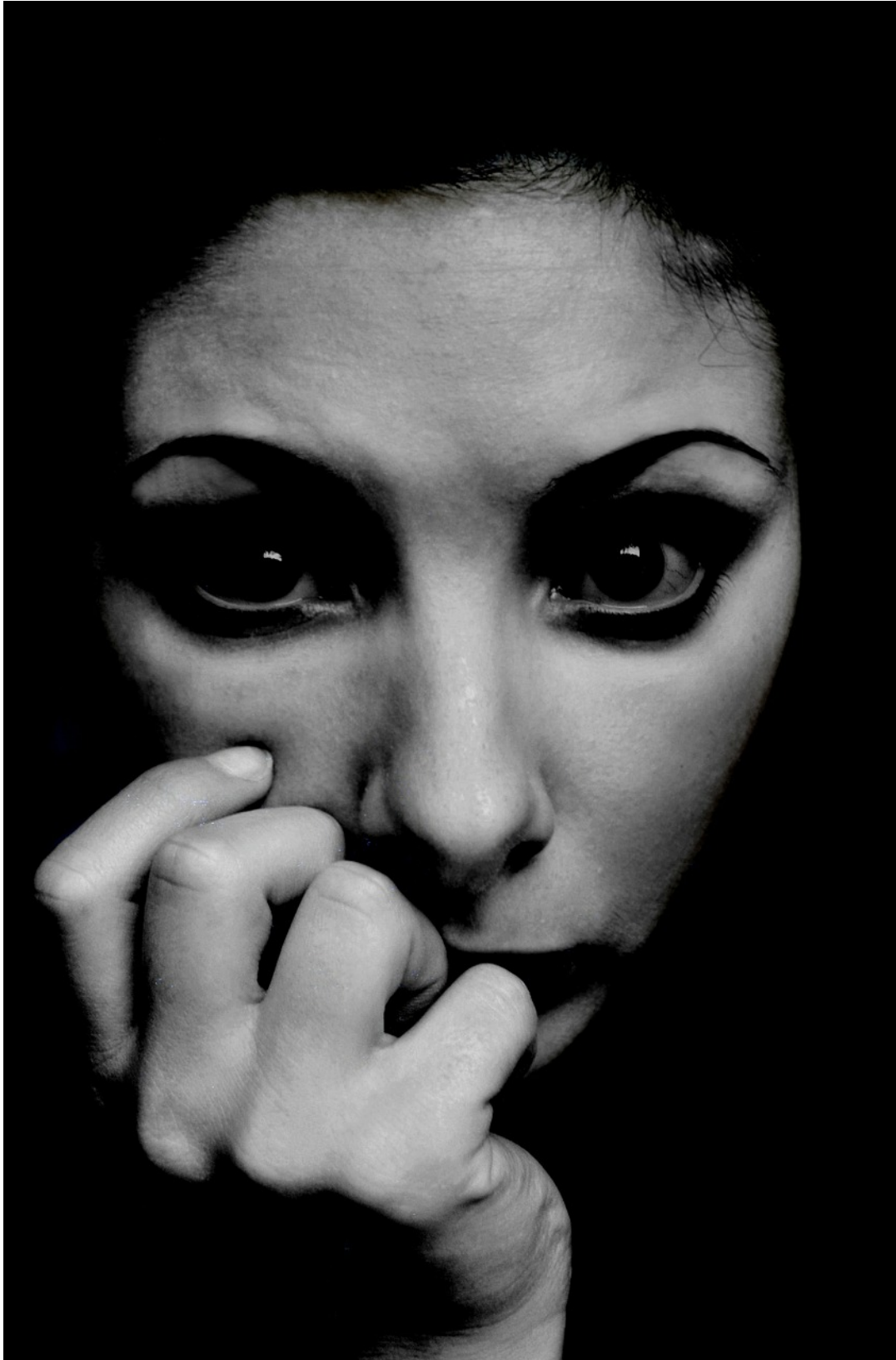
According to the [Oxford Dictionary of English](#), “distraught” as an adjective can have the following definitions:

- *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**.*

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

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



