

Kessler 10 Questionnaire

Name: _____

Date of birth: _____

Date completed: _____

Instructions

The following ten questions ask about how you have been feeling in the **last four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. In the last four weeks how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. In the last four weeks, about how often did you feel nervous?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In the last four weeks, about how often did you feel so nervous that nothing could calm you down?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. In the last four weeks, about how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. In the last four weeks, about how often did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	None of the time	A little of the time	Some of the time	Most of the time	All of the time
6. In the last four weeks, about how often did you feel so restless that you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. In the last four weeks, about how often did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. In the last four weeks, about how often did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. In the last four weeks, about how often did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Kessler Psychological Distress Scale (K10)

The K10 is a simple measure of psychological distress and also a measure of outcomes following treatment for common mental health disorders. The K10 uses a five value response option for each question – all of the time, most of the time, some of the time, a little of the time and none of the time which can be scored from five through to one.

The numbers attached to the 10 responses are added up and the total score is the score on the Kessler Psychological Distress Scale (K10).

The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.

Questions 3 and 6 are not asked if the proceeding question was 'none of the time' in which case questions 3 and 6 would automatically receive a score of one.

People seen in primary care who

- score under 20 are likely to be well;
- score 20-24 are likely to have a mild mental health disorder;
- score 25-29 are likely to have moderate mental health disorder; and
- score 30 and over are likely to have a severe mental health disorder.

13 per cent of the adult population will score 20 and over and about 1 in 4 patients seen in primary care will score 20 and over. This is a screening instrument and practitioners should make a clinical judgement as to whether a person needs treatment¹.

As a guide, when veterans score 20 or above on the K10, detailed screening questions to identify more precisely the nature of the psychological distress they are experiencing, should follow as a matter of routine. In addition to its value as a screening tool, the K10 may also be used as a tracking tool to measure a veteran's progress over the next few weeks or months. K10 scores usually decline with effective treatment. Veterans whose scores remain above 24 after treatment should be reviewed and specialist referral considered.

¹ ADGP, *Familiarisation Training GP and Practice Manual, Better Outcomes in Mental Health Care initiative*, 3rd Edition, 2005 p12. For further information see Andrews and Slade, Aust NZ J Public Health, 2001; Kessler, Andrews et al, Psychol Medicine, 2002; Furukawa, Kessler et al, Psychol Medicine, 2002.

Common assessment measures: K10