

K10 Kessler Psychological Distress Scale

In the past 4 weeks about how often did you...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
Score	1	2	3	4	5
1. Feel tired out for no good reason?					
2. Feel nervous?					
3. Feel so nervous that nothing could calm you down?					
4. Feel hopeless?					
5. Feel restless or fidgety?					
6. Feel so restless you could not sit still?					
7. Feel depressed?					
8. Feel that everything was an effort?					
9. Feel so sad that nothing could cheer you up?					
10. Feel worthless?					

K10 Score: Likelihood of having psychological distress.

- 10-19 Likely to be well.
- 20-24 Likely to have mild disorder.
- 25-29 Likely to have a moderate disorder.
- 30-50 Likely to have a severe disorder.