

Kessler Psychological Distress Scale (K10)

Client information					
Full name:			Age:		
Gender:			Date assessed:		
Instructions					
The Kessler Psychological Distress Scale (K10) has 10 questions for you to answer. Answering these questions is simple because all you need to do is to think about yourself in relation to the question, and rate yourself between 1-5 per question!					
5 - All of the time 4 - Most of the time 3 - Some of the time 2 - A little of the time 1 - None of the time					
Please tick the answer that applies to you:	5	4	3	2	1
1. In the past 4 weeks, about how often did you feel tired out for no good reason?					
2. In the past 4 weeks, about how often did you feel nervous?					
3. In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?					
4. In the past 4 weeks, about how often did you feel hopeless?					
5. In the past 4 weeks, about how often did you feel restless or fidgety?					
6. In the past 4 weeks, about how often did you feel so restless you could not sit still?					
7. In the past 4 weeks, about how often did you feel depressed?					
8. In the past 4 weeks, about how often did you feel that everything was an effort?					
9. In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?					
10. In the past 4 weeks, about how often did you feel worthless?					
Total score:					

Scoring

Each question can be scored 1-5. 1 means “none of the time” while 5 means “all of the time.”

All scores will be added up to make a total score. The lowest possible total score is 10. The highest is 50.

Low scores mean that the client has no psychological distress/low level of psychological distress. High scores mean that they have a high level of psychological distress.

Interpretations

This assessment uses the score range designations of the 2001 Victorian Population Health Survey:

- **10-19:** This means that your client is likely to be psychologically well and sound.
 - **20-24:** Your client is likely to have a mild mental disorder.
 - **25-29:** This means that they’re likely to have a moderate mental disorder.
 - **30-50:** This means that they are likely to have a severe mental disorder.
-

References

Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S.-L. .T., Walters, E. E., & Zaslavsky, A. M. (2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32(6), 959–976.
<https://doi.org/10.1017/s0033291702006074>

Victorian Government Department of Human Services. (2001). *Victorian population health survey*. Rural and Regional Health and Aged Care Services Division.
<https://www.health.vic.gov.au/sites/default/files/migrated/files/collections/research-and-reports/v/vic-population-health-survey-2001.pdf>