K10

Kessler Psychological Distress Scale, survey cut-offs (ABS National Health Survey)

Name _____

Date _____

For each question, choose the answer that best describes how often you had that feeling.

1 None of the time 2 A little of the time 3 Some of the time 4 Most of the time 5 All of the time

In the past 4 weeks		1	2	3	4	5
1	In the past 4 weeks, about how often did you feel tired out for no good reason?	1	2	3	4	5
2	In the past 4 weeks, about how often did you feel nervous?	1	2	3	4	5
3	In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	1	2	3	4	5
4	In the past 4 weeks, about how often did you feel hopeless?	1	2	3	4	5
5	In the past 4 weeks, about how often did you feel restless or fidgety?	1	2	3	4	5
6	In the past 4 weeks, about how often did you feel so restless you could not sit still?	1	2	3	4	5
7	In the past 4 weeks, about how often did you feel depressed?	1	2	3	4	5
8	In the past 4 weeks, about how often did you feel that everything was an effort?	1	2	3	4	5
9	In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5
10	In the past 4 weeks, about how often did you feel worthless?	1	2	3	4	5

Scoring the K10

For the practitioner. Detach before handing the questionnaire to a patient.

How to score it

1. Each answer scores the number circled, from 1 (“none of the time”) to 5 (“all of the time”). No item is reverse scored.
2. Add up all 10 answers. The total runs from 10–50: there are no subscales and no multiplier.
3. Find the total’s band in the table further down. If any question is unanswered, don’t score the form.

Score

Scale	Items	Total	Band
Psychological distress	1–10		

Bands: survey cut-offs (ABS)

Psychological distress	Total
Low	10–15
Moderate	16–21
High	22–29
Very high	30–50

These are the survey cut-offs used by the ABS National Health Survey and other Australian population health surveys. The CRUfAD/beyondblue clinical form groups the same total at different cut-offs, so check which convention a score is being compared with.

The K10 measures non-specific psychological distress over the past four weeks. It is not a diagnostic tool: read the score alongside your own clinical assessment.