

# Mental Health Programs

**Mental Health Central Intake**

**Enquiries 1300 797 746 (1300 SWSPHN) Referrals confidential fax 4623 1796**

## Kessler 10 plus (K10+) measure of psychological distress

**Name:**

**DOB:**

**Date completed:**

The following questions ask about how you have been feeling in the **last four weeks**.

For each question, mark the option that best describes the amount of time you felt that way.

Thinking about the last four (4) weeks	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All the time (5)
1. How often did you feel tired out for no good reason?					
2. How often did you feel nervous?					
3. How often did you feel so nervous that nothing could calm you down?					
4. How often did you feel hopeless?					
5. How often did you feel restless or fidgety?					
6. How often did you feel so restless you could not sit still?					
7. How often did you feel depressed?					
8. How often did you feel that everything was an effort?					
9. How often did you feel so sad that nothing could cheer you up?					
10. How often did you feel worthless?					
<b>Score</b>					
11. In the last four (4) weeks, how many days were you <b>Totally Unable</b> to work or study or manage your day to day activities because of these feelings?				Number of days	
12. Aside from those days, in the last four weeks, how many days were able to work or study or manage your day to day activities, but had to <b>CUT DOWN</b> on what you were doing because of these feelings?				Number of days	
13. In the past four weeks, how many times have you seen a doctor or any other health professional about these feelings?				Number of consultations?	
14. In the last four weeks, how often have physical health problems been the main cause of these feelings?	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All the time (5)

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### Scoring and interpretation of the Kessler 10 plus (K10+) measure of psychological distress

The score for each response is as follows

None of the time = 1	A little of the time = 2	Some of the time = 3	Most of the time = 4	All the time = 5
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The score is derived by summing the individual scores of questions 1 to 10 only to give a total. The minimum score is 10 and the maximum possible is 50.

The four additional questions on the K10+ do not affect the score but are designed to indicate the impact of the person's psychological distress on their day to day lives. Questions 11-13 indicate the impact on work or study etc. Question 14 indicates the amount of time their psychological distress is related to physical health problems.

Both the responses to the additional questions and the scores of the initial 10 questions may be used to guide care planning for the person with higher scores indicating priority areas for intervention, referral and follow up.

### Interpretation of scores

Scores will range from 10 to 50. People seen in primary care who;

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

### References

1. Australian Mental Health Outcomes and Classification Network. *Kessler - 10 Training Manual*. Commonwealth of Australia 2005.
2. *Outcome measures suitable for patients with mental health disorders seen in general practice*. [www.gpcare.org/outcome%20measures/outcomemeasures.html](http://www.gpcare.org/outcome%20measures/outcomemeasures.html) accessed 19/8/2016.