

K10

For each question, tick one answer only

Date:

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

K10 Symptom Scale

This is a scale of psychological distress developed for use in epidemiological surveys. It is suitable for use as an outcome measure in people with anxiety and depressive disorders. It is reproduced below.

The 10 item scale has five response categories and the score is the sum of those responses. Score range from 10 to 50. People who score 0-15 have one quarter the population risk of meeting criteria for an anxiety or depressive disorder as identified by the CIDI, and a remote chance of reporting a suicidal attempt in their lifetime. People who score 16-30 have a one in four chance (three times the population risk) of having a current anxiety or depressive disorder and 1% chance (three times the population risk) of ever having made a suicide attempt. People who score 30-50 have a three out of four chance (ten times the population risk) of meeting criteria for an anxiety or depressive disorder and 6% chance (20 times the population risk) of ever having made a suicide attempt. The first group comprise 78% of the population and are told their score is low and that they probably do not need the self help information. The second group, 20% of the population, are encouraged to use the information and techniques on the self help page. The third group, 2% of the population, are strongly encouraged to see a doctor even if they do not use the site.

Below we list the sensitivity and specificity of the scale against CIDI diagnoses of anxiety or depressive disorders. The scale was developed by R. Kessler, School of Public Health, Harvard University, Boston (unpublished manuscript) and the normative data are from the [Australian Survey of Mental Health and Well-being](#) - see the research page for the appropriate references.