



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	1 January 1800 (218)

Assessment Information

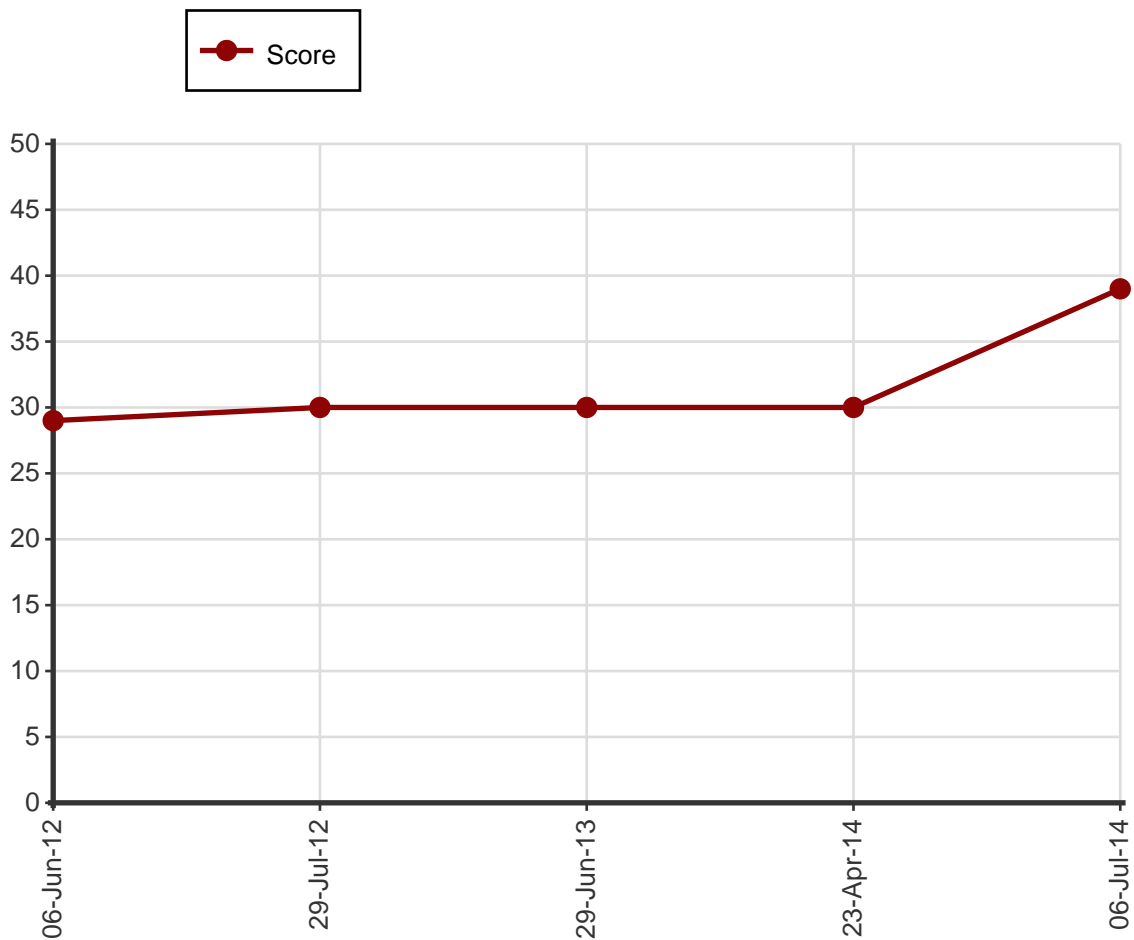
<i>Assessment</i>	The Kessler Psychological Distress Scale (K10)
<i>Date administered</i>	6 July 2014
<i>Assessor</i>	Dr Ben Buchanan'
<i>Time taken</i>	0 minutes 7 seconds

Results

	Score	Value
		39

Interpretive Text

Likely to have a severe mental disorder





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Scoring and Interpretation Information

Scores range from 10 to 50 with higher scores indicating a greater likelihood of having a mental disorder, or a higher severity of psychological distress. Scores can be split into four main categories. People seen in primary care who score;

under 20 are likely to be psychologically well,
 20-24 are likely to have a mild mental disorder,
 25-29 are likely to have moderate mental disorder,
 30 and over are likely to have a severe mental disorder.

13% of the adult population will score 20 and over and approximately 25% of patients seen in primary care will score 20 and over. This is a screening instrument and practitioners should make a clinical judgment as to whether a person is distressed. Scores usually decline with psychological treatment. Patients whose scores remain above 24 after treatment should be reviewed.

Client Responses

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