



The Kessler Psychological Distress Scale (K10)

Instructions:

These questions concern how you have been feeling over the past 30 days. Press a box for each question that best represents how you have been .

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
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

Developer Reference:

Kessler, R.C., Andrews, G., Colpe, .et al (2002) Short screening scales to monitor population prevalences and trends in non-specific psychological distress. Psychological Medicine, 32, 959-956.