



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	14 December 1980 (43)

Assessment Information

<i>Assessment</i>	Kessler Psychological Distress Scale PLUS (K10+)
<i>Date administered</i>	23 April 2024
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	1 minutes 18 seconds

Results

	Score	Clinical Percentile	Normative Percentile
Total	41	93.7	99.9
Depression	26	93.5	N/A
Anxiety	15	88.2	N/A

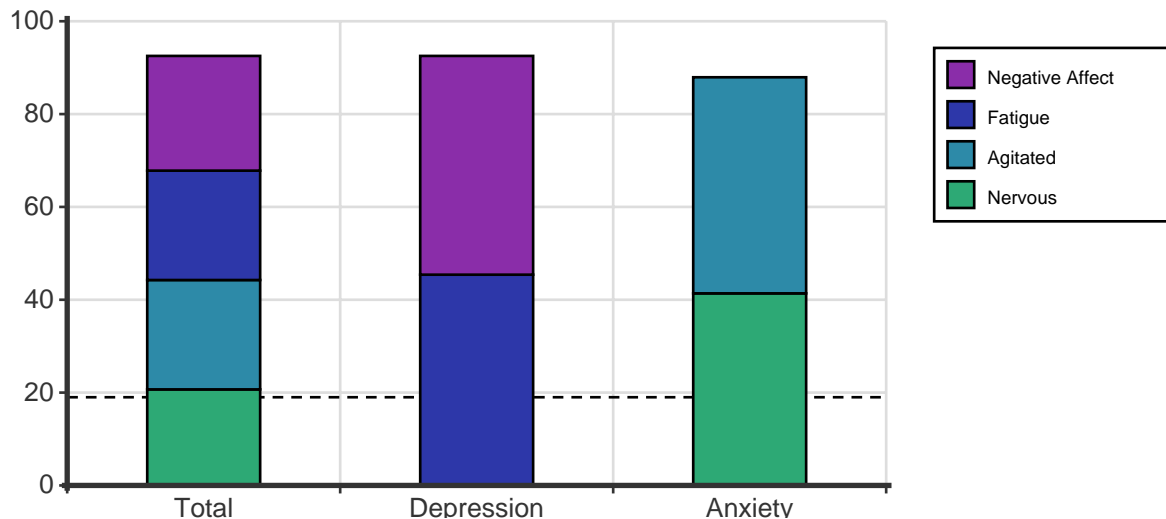
Symptom Clusters

	Raw Score	Clinical Percentile
Nervous	7	80.2
Agitated	8	89.9
Fatigue	9	90.1
Negative Affect	17	93.6

Interpretive Text

30 - 50 Likely to have a mental disorder of severe severity, or severe psychological distress

Clinical Percentiles





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Scoring and Interpretation Information

Scores range from 10 to 50 with higher scores indicating a higher severity of psychological distress.

Percentiles are also presented, comparing scores against clinical and normative samples. A Clinical Percentile of around 50 is indicative of typical symptoms for those presenting for psychological treatment, and corresponds to a percentile of 95 on the normative sample.

Total scores can be split into four levels of severity:

- Raw scores 19 and under are likely to be psychologically well. This corresponds to a Clinical Percentile of 18.7, and Normative Percentile of 82.5.
- 20-24 indicates mild psychological distress
- 25-29 indicates moderate psychological distress
- 30 and over indicates severe psychological distress. This corresponds to a Clinical Percentile of 62.5 and a Normative Percentile of 97.5.

The two main subscale scores are also presented:

- Depression (Items 1, 4, 7, 8, 9, 10)
- Anxiety (Items 2, 3, 5, 6).

In addition, scores and clinical percentiles are also presented for four first order factors, showing the specific makeup of a patient's psychological distress.

- Nervous (Items 2 & 3)
- Agitated (Items 5 & 6)
- Fatigue (Items 1 & 8)
- Negative Affect (Items 4, 7, 9, 10)

When administered on multiple occasions scores are graphed over time against Clinical Percentiles. The Y axis is from 0 to 100, and represent the percentile rank compared to other individuals seeking psychological intervention. For example, a percentile of 50 would represent the typical score for someone seeing a psychologist. Any scores above the dotted line at the 18.7th percentile indicate scores in the "clinical range", while those below indicate no or minimal distress.

Client Responses



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		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1	In the last four weeks, about how often did you feel tired out for no good reason?	1	2	3	4	5
2	In the last four weeks, about how often did you feel nervous?	1	2	3	4	5
3	In the last four weeks, about how often did you feel so nervous that nothing could calm you down?	1	2	3	4	5
4	In the past four weeks, about how often did you feel hopeless?	1	2	3	4	5
5	In the last four weeks, about how often did you feel restless or fidgety?	1	2	3	4	5
6	In the last four weeks, about how often did you feel so restless you could not sit still?	1	2	3	4	5
7	In the last four weeks, about how often did you feel depressed?	1	2	3	4	5
8	In the last four weeks, about how often did you feel that everything was an effort?	1	2	3	4	5
9	In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5
10	In the last four weeks, about how often did you feel worthless?	1	2	3	4	5
11	In the last 30 days, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings?					
	Nearly all the time					
12	(Aside from those days), in the last 30 days, HOW MANY DAYS were you able to work or study or manage your day to day activities, but had to CUT DOWN on what you did because of these feelings?					
	Nearly all the time					
13	In the last 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?					
	Twice					
14	In the last 4 weeks, how often have physical health problems been the main cause of these feelings?	1	2	3	4	5