



Kessler Psychological Distress Scale-5 (K5)

Instructions:

The following five 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.

		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 nervous?	1	2	3	4	5
2	In the last four weeks, about how often did you feel without hope?	1	2	3	4	5
3	In the last four weeks, about often did you feel restless or jumpy?	1	2	3	4	5
4	In the last four weeks, about how often did you feel everything was an effort?	1	2	3	4	5
5	In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5

Developer Reference:

Kessler, R., & Mroczek, D. (1992). An update of the development of mental health screening scales for the US national health interview study. Ann Arbor, MI: Survey Research Center of the Institute for Social Research, University of Michigan.

Australian Government Department of Health. (2018). Primary Mental Health Care Minimum Data Set: Scoring the Kessler-5. Australian Government Department of Health: Canberra, Australia.

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