

The Kessler–10 (K-10)

The K-10+ LM

Instructions

The following ten questions ask about how you have been feeling in the **last four weeks**. For each question, mark the circle under 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 tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. In the last four weeks, about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. In the last four weeks, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. In the last four weeks, about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. In the last four weeks, about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In the last four weeks, about how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. In the last four weeks, about how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the last four weeks, about how often did you feel that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. In the last four weeks, about how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next few questions are about how these feelings may have affected you in the **last four weeks**.

You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

11.	In the last four weeks, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings?	_____ (Number of days)
12.	[Aside from those days], in the last 4 weeks, 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?	_____ (Number of days)
13.	In the last 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?	_____ (Number of consultations)
14.	In the last 4 weeks, how often have physical health problems been the main cause of these feelings?	
	None of the time	<input type="radio"/>
	A little of the time	<input type="radio"/>
	Some of the time	<input type="radio"/>
	Most of the time	<input type="radio"/>
	All of the time	<input type="radio"/>

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

The K-10L3D

Instructions

The following ten questions ask about how you have been feeling in the **last three days**. For each question, mark the circle under 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 three days, about how often did you feel tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. In the last three days, about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. In the last three days, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. In the last three days, about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. In the last three days, about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. In the last three days, about how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. In the last three days, about how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. In the last three days, about how often did you feel that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. In the last three days, about how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. In the last three days, about how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

NOTE: The K10 and K10+ forms displayed above are the generic forms.

K10 versions

The version referred to in the NOCC specification as K10LM, is also referred to as the K10+ because it contains four additional questions (items 11-14) that assess variables relevant to distress. This terminology is consistent with the National Comorbidity Survey web-site (www.hcp.med.harvard.edu/ncs/K6-K10/index.html). The label "LM" stands for Last Month, because the rating period is the last four weeks.

The version referred to as 'K10L3D' contains only the ten psychological distress items and has the label 'L3D' because consumers are instructed to base their ratings on the last three days. This version is only for use at discharge from brief episodes of care where the 'standard' 4-week rating period would overlap with the ratings made at the beginning of the episode.

K10 scoring

The K10 Total score is based on the sum of K10 item 01 through 10 (range: 10-50). Items 11 through 14 are excluded from the total because they are separate measures of disability associated with the problems referred to in the preceding ten items.

The Total score is computed using the equation shown below, with the result being rounded to the nearest whole number. If any item has not been completed (that is, has not been coded 1, 2, 3, 4, 5), it is excluded from the calculation and not counted as a valid item. If more than one item is missing, the Total Score is set as missing.

$$Total\ score = \left(\frac{Sum\ of\ Item\ scores}{N\ of\ valid\ (completed)\ Items} \right) \times Number\ of\ Items$$

Standard values must be used for coding missing item and Total scores. For individual items, the missing values are 7, 8 and 9 (ie, is coded 7 (unable to rate), 8 (Protocol exclusion) or 9 (missing data)). For the Total score, the missing value used should be 99.

Supplementary information: Kessler-6 (K6)

The Kessler-10 also exists as a briefer version, the Kessler-6 (K6). The K6 questions are a subset of those in the K10 and both a K6 and K10 score can be calculated when the K10 is used. No jurisdictions is using the K6 as its consumer self-rated outcome measure.

The K6 was adopted for the Canadian National Population Health Survey of 1994-95, where it was used in conjunction with an extensive collection of mental health measures. An adapted version based on the K6+ has recently been developed for trial use in the Indigenous Health Survey of 2004.

For further information:

Stephens T, Dulberg C, Joubert N (1999). Mental Health of the Canadian Population: A Comprehensive Analysis. *Chronic Diseases in Canada*, 20(3):118-126.

Wade T, Cairney J. (1997) Age and depression in a nationally representative sample of Canadians: a preliminary look at the National Population Health Survey. *Canadian Journal of Public Health*;88:297-302.

SOURCE: *Mental Health National Outcomes and Casemix Collection: Overview of clinician-rated and consumer self-report measures, Version 1.50*. Department of Health and Ageing, Canberra, 2003