Kessler Psychological Distress Scale (K10)

Name: _____ Date: _____

The following questions ask about how you have been feeling during the past 30 days. For each question, please select the answer that best describes how often you had this feeling. Response options: None of the time (1), A little of the time (2), Some of the time (3), Most of the time (4), All of the time (5).

1. During the last 30 days, about how often did you feel tired out for no good reason?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

2. During the last 30 days, about how often did you feel nervous?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

3. During the last 30 days, about how often did you feel so nervous that nothing could calm you down?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

4. During the last 30 days, about how often did you feel hopeless?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

5. During the last 30 days, about how often did you feel restless or fidgety?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

6. During the last 30 days, about how often did you feel so restless you could not sit still?

- [ ] None of the time 1
- [ ] A little of the time 2
- [ ] Some of the time 3
- [ ] Most of the time 4
- [ ] All of the time 5

7. During the last 30 days, about how often did you feel depressed?

[ ] None of the time	1
[ ] A little of the time	2
[ ] Some of the time	3
[ ] Most of the time	4
[ ] All of the time	5

8. During the last 30 days, about how often did you feel that everything was an effort?

[ ] None of the time	1
[ ] A little of the time	2
[ ] Some of the time	3
[ ] Most of the time	4
[ ] All of the time	5

9. During the last 30 days, about how often did you feel so sad that nothing could cheer you up?

[ ] None of the time	1
[ ] A little of the time	2
[ ] Some of the time	3
[ ] Most of the time	4
[ ] All of the time	5

10. During the last 30 days, about how often did you feel worthless?

[ ] None of the time	1
[ ] A little of the time	2
[ ] Some of the time	3
[ ] Most of the time	4
[ ] All of the time	5

Scoring

Sum of the 10 item scores (1 to 5 each). Higher is more distress.

K10 total: _____ / 50

Source: Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S. L., ... Zaslavsky, A. M. (2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. Psychological Medicine, 32(6), 959-976.

Online calculator and more: physiotutors.com/questionnaires