

Anxiety and depression checklist (K10)

This simple checklist aims to measure whether you may have been affected by depression and anxiety during the past four weeks. The higher your score, the more likely you are to be experiencing depression and/or anxiety.

<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

In the past 4 weeks...

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

0

1

2

3

4

- | | | | | | | |
|-----|---|---|---|---|---|---|
| 1. | About how often did you feel tired out for no good reason? | 0 | 1 | 2 | 3 | 4 |
| 2. | About how often did you feel nervous? | 0 | 1 | 2 | 3 | 4 |
| 3. | About how often did you feel so nervous that nothing could calm you down? | 0 | 1 | 2 | 3 | 4 |
| 4. | About how often did you feel hopeless? | 0 | 1 | 2 | 3 | 4 |
| 5. | About how often did you feel restless or fidgety? | 0 | 1 | 2 | 3 | 4 |
| 6. | About how often did you feel so restless you could not sit still? | 0 | 1 | 2 | 3 | 4 |
| 7. | About how often did you feel depressed? | 0 | 1 | 2 | 3 | 4 |
| 8. | About how often did you feel that everything was an effort? | 0 | 1 | 2 | 3 | 4 |
| 9. | About how often did you feel so sad that nothing could cheer you up? | 0 | 1 | 2 | 3 | 4 |
| 10. | About how often did you feel worthless? | 0 | 1 | 2 | 3 | 4 |