

# KESSLER Psychological Distress Scale

## Anxiety and depression checklist (K10)

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

These questions relate to how you've been feeling over the past *four* weeks. Circle the number next to each question that best reflects your thoughts, feelings and behaviour.

**0=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**

### During the last 30 days,

How often did you feel tired out for no good reason?	0	1	2	3	4
How often did you feel nervous?	0	1	2	3	4
How often did you feel so nervous that nothing could calm you down?	0	1	2	3	4
How often did you feel hopeless?	0	1	2	3	4
How often did you feel restless or fidgety?	0	1	2	3	4
How often did you feel so restless you could not sit still?	0	1	2	3	4
How often did you feel depressed?	0	1	2	3	4
How often did you feel that everything was an effort?	0	1	2	3	4
How often did you feel so sad that nothing could cheer you up?	0	1	2	3	4
How often did you feel worthless?	0	1	2	3	4

### Interpretation: of Kessler Psychological Distress Scale:

Add the numbers of your responses for the 10 questions.

Scores:

- under 20 are likely well
- 20-24 mild stress disorder
- 25-29 moderate stress disorder
- 30+ severe stress disorder and should seek professional help