

Client Information

<i>Client Name</i>	Test Client
<i>Date of birth (age)</i>	23 March 1980 (37)

Assessment Information

<i>Assessment</i>	The Kessler Psychological Distress Scale (K10)
<i>Date administered</i>	18 April 2017
<i>Assessor</i>	Mr. Demo Assessor
<i>Time taken</i>	0 minutes 9 seconds

Results

	Score	Value
		16

Interpretive Text

Likely to be psychologically well

Scoring and Interpretation Information

<p>Scores range from 10 to 50 with higher scores indicating a greater likelihood of having a mental disorder, or a higher severity of psychological distress. Scores can be split into four main categories. People seen in primary care who score;</p> <p>under 20 are likely to be psychologically well, 20-24 are likely to have a mild mental disorder, 25-29 are likely to have moderate mental disorder, 30 and over are likely to have a severe mental disorder.</p> <p>13% of the adult population will score 20 and over and approximately 25% of patients seen in primary care will score 20 and over. This is a screening instrument and practitioners should make a clinical judgment as to whether a person is distressed. Scores usually decline with psychological treatment. Patients whose scores remain above 24 after treatment should be reviewed.</p>

Client Responses

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
1	In the past 4 weeks, about how often did you feel tired out for no good reason?	5	4	3	2	1
2	In the past 4 weeks, about how often did you feel nervous?	5	4	3	2	1
3	In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?	5	4	3	2	1

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Client Responses (cont.)		All of the time	Most of the time	Some of the time	A little of the time	None of the time
4	In the past 4 weeks, about how often did you feel hopeless?	5	4	3	2	1
5	In the past 4 weeks, about how often did you feel restless or fidgety?	5	4	3	2	1
6	In the past 4 weeks, about how often did you feel so restless you could not sit still?	5	4	3	2	1
7	In the past 4 weeks, about how often did you feel depressed?	5	4	3	2	1
8	In the past 4 weeks, about how often did you feel that everything was an effort?	5	4	3	2	1
9	In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?	5	4	3	2	1
10	In the past 4 weeks, about how often did you feel worthless?	5	4	3	2	1