**Kessler Psychological Distress Scale, K10**

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**1989-95 Cohort**

The Kessler Psychological Distress Scale, K10, has been asked in the 1989-95 birth cohort’s questionnaire. These are the questions from the Kessler Psychological Distress Scale, K10:

In the past 4 weeks:

*(Mark one on each line)*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | None of the time | A little of the time | Some of the time | Most of the time | All of the time |
| 1 | About how often did you feel tired out for no good reason? |  |  |  |  |  |
| 2 | About how often did you feel nervous? |  |  |  |  |  |
| 3 | About how often did you feel so nervous that nothing could calm you down? |  |  |  |  |  |
| 4 | About how often did you feel hopeless? |  |  |  |  |  |
| 5 | About how often did you feel restless or fidgety? |  |  |  |  |  |
| 6 | About how often did you feel so restless you could not sit still? |  |  |  |  |  |
| 7 | About how often did you feel depressed? |  |  |  |  |  |
| 8 | About how often did you feel that everything is an effort? |  |  |  |  |  |
| 9 | About how often did you feel so sad that nothing could cheer you up? |  |  |  |  |  |
| 10 | About how often did you feel worthless? |  |  |  |  |  |

These 10 items are in the ALSWH variables KTEN001 – KTEN010 and are scored 1 (None of the time) to 5 (All of the time).

Andrews and Slade (2001) explain that items 3 and 6 are not asked if the previous question was answered as ‘none of the time’. The ALSWH questionnaire asked all 10 questions irrespective of the previous answers but did allow for a maximum of two missing items.

The 10 items are summed up to give a total score named K10.

The SAS code for calculating the derived variable K10 is this:

array k10v (**10**) K10001 K10002 K10003 K10004 K10005 K10006 K10007 K10008 K10009 K10010 ;

k10nmiss = nmiss(of k10v(\*)) ;

if k10nmiss = **0** then k10 = sum(of k10v(\*)) ;

else if k10nmiss < **3** then k10 = round(**10**/(**10**-k10nmiss) \* sum(of k10v(\*)),**1**) ;

There are various categorizations used for the K10, some are included in the ABS Information Paper (2007-08).

**References**

Andrews, G., Slade, T (2001). Interpreting scores on the Kessler Psychological Distress Scale (k10). Australian and New Zealand Journal of Public Health, 25, 494-497.

ABS Information Paper: Use of the Kessler Psychological Distress Scale in ABS Health Surveys, Australia, 2007-08.