

K10

For all questions, please fill in the appropriate response circle. Fill in the circles like this: ●
Please do not tick or cross the circles.

1 2 3 4 5

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

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? — — — —

Today's date / /
Day Month Year

Information on completing and scoring the K10.

This is a checklist to see if you might be experiencing psychological distress such as anxiety or depression.

When completed, add up the number of circles in EACH column.

Multiply the number of circles by the number indicated at top of EACH column.

For Example if under column 1 you had 3 circles then total for that column would be $3 \times 1 = 3$

If column 2 had 4 circles then $4 \times 2 = 8$.

Do this each for each column. No circles in a column means a score of 0 for that column. Add up totals for each column.

People who score over 24 may need professional help or treatment and should consider seeing a doctor or a psychologist. Contact Karith Therapy on 03 9372 0228 for advice and information on counselling services.