

# K-10 score of psychological distress

Exported from METEOR (AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website's material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at <https://creativecommons.org/licenses/by/4.0/>.

Enquiries relating to copyright should be addressed to [info@aihw.gov.au](mailto:info@aihw.gov.au).

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at [meteor@aihw.gov.au](mailto:meteor@aihw.gov.au).

# K-10 score of psychological distress

## Identifying and definitional attributes

<b>Metadata item type:</b>	Value Domain
<b>METEOR identifier:</b>	376091
<b>Registration status:</b>	<a href="#">Health</a> , Standard 19/11/2015
<b>Definition:</b>	Score on the K-10 scale measuring levels of psychological distress

## Representational attributes

<b>Classification scheme:</b>	<a href="#">K-10 score</a>
<b>Representation class:</b>	Code
<b>Data type:</b>	Number
<b>Format:</b>	N

	Value	Meaning
<b>Permissible values:</b>	1	Low (score of 10-19)
	2	Mild (score of 20-24)
	3	Moderate (score of 25-29)
	4	Severe (score of 30-50)
<b>Supplementary values:</b>	9	Not stated/inadequately described

## Collection and usage attributes

<b>Guide for use:</b>	This item records the score on the Kessler -10 (K-10), which is a standardised measure of non-specific psychological distress. The K-10 is based on questions about the level of nervousness, agitation, psychological fatigue and depression during the last 4 weeks. It is designed to discriminate between those people who have a serious mental illness and those who do not. The responses for each question 1-10 are recorded:
-----------------------	---

1	None of the time
2	A little of the time
3	Some of the time
4	Most of the time
5	All of the time

Add the combined codes to create an overall numeric value of the level of psychological distress:

-Low: as indicated by a score of 10-19

-Mild: as indicated by a score of 20-24

-Moderate: as indicated by a score of 25-29

-Severe: as indicated by a score of 30-50

## Relational attributes

**Data elements  
implementing this value  
domain:**

[Person—distress related to current imprisonment indicator, K-10 score of psychological distress](#)  
[Health](#), Standard 19/11/2015