

K-10 score of psychological distress

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K-10 score of psychological distress

Identifying and definitional attributes

Metadata item type:	Value Domain
METEOR identifier:	376091
Registration status:	Health , Standard 19/11/2015
Definition:	Score on the K-10 scale measuring levels of psychological distress

Representational attributes

Classification scheme:	K-10 score
Representation class:	Code
Data type:	Number
Format:	N

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

Collection and usage attributes

Guide for use: 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