K-10 score of psychological distress

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# K-10 score of psychological distress

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| Identifying and definitional attributes |
| Metadata item type: | Value Domain |
| METEOR identifier: | 376091 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 19/11/2015 |
| Definition: | Score on the K-10 scale measuring levels of psychological distress |

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| Representational attributes |
| Classification scheme: | [K-10 score](https://meteor.aihw.gov.au/content/376089)  |
| 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  |

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| 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:

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| --- | --- |
| 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  |

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| Relational attributes  |
| Data elements implementing this value domain: | [Person—distress related to current imprisonment indicator, K-10 score of psychological distress](https://meteor.aihw.gov.au/content/376093)       [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 19/11/2015 |