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:   |  |  | | --- | --- | | 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 |