

# Person—type of psychological distress, code N[N]

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# Person—type of psychological distress, code N[N]

## Identifying and definitional attributes

Metadata item type:	Data Element
Short name:	Type of psychological distress
METEOR identifier:	634032
Registration status:	<a href="#">Health</a> , Standard 28/04/2016
Definition:	The type of psychological distress experienced by a person, as represented by a code.
Data Element Concept:	<a href="#">Person—type of psychological distress</a>
Value Domain:	<a href="#">Type of psychological distress code N[N]</a>

## Value domain attributes

## Representational attributes

Representation class:	Code
Data type:	Number
Format:	N[N]
Maximum character length:	2

	Value	Meaning
Permissible values:	1	Tired out for no good reason
	2	Nervous
	3	So nervous that nothing could calm you down
	4	Hopeless
	5	Restless or fidgety
	6	So restless that you could not sit still
	7	Depressed
	8	Like everything was an effort
	9	So sad that nothing could cheer you up
	10	Worthless

## Collection and usage attributes

Guide for use:	This question is sourced from the Kessler-10 (K-10). The scale consists of ten questions about non-specific psychological distress and seeks to measure the level of current anxiety and depressive symptoms a person may have experienced in the four weeks prior to interview.
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## Source and reference attributes

Submitting organisation:	Australian Institute of Health and Welfare
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## Data element attributes

## Collection and usage attributes

**Guide for use:** This data element should be used in conjunction with the data elements: [Person—frequency of symptoms, code N](#) and [Person—level of psychological distress, K-10 score of psychological distress code N](#).

## Source and reference attributes

**Submitting organisation:** Australian Institute of Health and Welfare

## Relational attributes

**Related metadata references:** See also [Person—frequency of symptoms, code N](#)  
[Health](#), Standard 28/04/2016  
See also [Person—level of psychological distress, K-10 score of psychological distress code N](#)  
[Health](#), Standard 28/04/2016

**Implementation in Data Set Specifications:** [Psychological distress cluster](#)  
[Health](#), Standard 28/04/2016