

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

## Identifying and definitional attributes

<b>Metadata item type:</b>	Data Element
<b>Short name:</b>	Type of psychological distress
<b>METEOR identifier:</b>	634032
<b>Registration status:</b>	<ul style="list-style-type: none"><li>• <a href="#">Health</a>, Standard 28/04/2016</li></ul>
<b>Definition:</b>	The type of psychological distress experienced by a person, as represented by a code.

## Data element concept attributes

### Identifying and definitional attributes

<b>Data element concept:</b>	<a href="#">Person—type of psychological distress</a>
<b>METEOR identifier:</b>	634081
<b>Registration status:</b>	<ul style="list-style-type: none"><li>• <a href="#">Health</a>, Standard 28/04/2016</li></ul>
<b>Definition:</b>	The type of psychological distress experienced by a person.
<b>Object class:</b>	<a href="#">Person</a>
<b>Property:</b>	<a href="#">Type of psychological distress</a>

### Source and reference attributes

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

## Value domain attributes

### Identifying and definitional attributes

<b>Value domain:</b>	<a href="#">Type of psychological distress code N[N]</a>
<b>METEOR identifier:</b>	634037
<b>Registration status:</b>	<ul style="list-style-type: none"><li>• <a href="#">Health</a>, Standard 28/04/2016</li></ul>
<b>Definition:</b>	A code set representing types of anxiety and depressive symptoms.

### Representational attributes

**Representation class:** Code

**Data type:** Number

**Format:** N[N]

**Maximum character length:** 2

**Permissible values:**

Value	Meaning
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.

## Source and reference attributes

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

## 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

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