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

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

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| Identifying and definitional attributes | |
| Metadata item type: | Data Element |
| Short name: | Type of psychological distress |
| METEOR identifier: | 634032 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016 |
| Definition: | The type of psychological distress experienced by a person, as represented by a code. |
| Data Element Concept: | [Person—type of psychological distress](https://meteor.aihw.gov.au/content/634081) |
| Value Domain: | [Type of psychological distress code N[N]](https://meteor.aihw.gov.au/content/634037) |

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| 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 |

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| 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](https://meteor.aihw.gov.au/content/634117) and [Person—level of psychological distress, K-10 score of psychological distress code N](https://meteor.aihw.gov.au/content/634094). |
| 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](https://meteor.aihw.gov.au/content/634117)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016  See also [Person—level of psychological distress, K-10 score of psychological distress code N](https://meteor.aihw.gov.au/content/634094)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016 |
| Implementation in Data Set Specifications: | [Psychological distress cluster](https://meteor.aihw.gov.au/content/634099)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016 |