Type of psychological distress code N[N]

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# Type of psychological distress code N[N]

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| Identifying and definitional attributes | |
| Metadata item type: | Value Domain |
| METEOR identifier: | 634037 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016 |
| Definition: | A code set representing types of anxiety and depressive symptoms. |

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| 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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| Relational attributes | |
| Data elements implementing this value domain: | [Person—type of psychological distress, code N[N]](https://meteor.aihw.gov.au/content/634032)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016 |