Person—level of psychological distress, K-10 score of psychological distress code N

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Person—level of psychological distress, K-10 score of psychological distress code N

Identifying and definitional attributes

Metadata item type:	Data Element
Short name:	Level of psychological distress (K-10 score)
METEOR identifier:	634094
Registration status:	Health, Standard 28/04/2016
Definition:	The level of psychological distress experienced by a person in the four weeks prior to interview, as represented by a code (score on the K-10 scale).
Data Element Concept:	Person—level of psychological distress
Value Domain:	K-10 score of psychological distress code N

Value domain attributes

Representational attributes

Classification scheme:	K-10 score
Representation class:	Code
Data type:	Number
Format:	N
Maximum character length:	1

	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

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.

Data element attributes

Collection and usage attributes

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

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—type of psychological distress, code N[N]](#) [Health](#), Standard 28/04/2016
Implementation in Data Set Specifications:	[Psychological distress cluster](#) [Health](#), Standard 28/04/2016