

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

Exported from METEOR (AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website's material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at <https://creativecommons.org/licenses/by/4.0/>.

Enquiries relating to copyright should be addressed to info@aihw.gov.au.

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at meteor@aihw.gov.au.

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