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

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| Identifying and definitional attributes | |
| Metadata item type: | Data Element |
| Short name: | Level of psychological distress (K-10 score) |
| METEOR identifier: | 634094 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](https://meteor.aihw.gov.au/content/634091) |
| Value Domain: | [K-10 score of psychological distress code N](https://meteor.aihw.gov.au/content/634146) |

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| Value domain attributes | | |
| Representational attributes | | |
| Classification scheme: | [K-10 score](https://meteor.aihw.gov.au/content/376089) | |
| 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 |

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| 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. |



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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—type of psychological distress, code N[N]](https://meteor.aihw.gov.au/content/634032) and [Person—frequency of symptoms, code N](https://meteor.aihw.gov.au/content/634117) 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](https://meteor.aihw.gov.au/content/634117)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016  See also [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 |
| 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 |