

Psychological distress cluster

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Psychological distress cluster

Identifying and definitional attributes

Metadata item type:	Data Set Specification
METEOR identifier:	634099
Registration status:	Health , Standard 28/04/2016
DSS type:	Data Element Cluster
Scope:	The Psychological distress cluster defines the level of current anxiety and depressive symptoms a person may have experienced in the four weeks prior to interview.

Collection and usage attributes

Guide for use:

The Psychological distress cluster 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 four weeks prior to interview. It is designed to discriminate between those people who have a serious mental illness and those who do not.

The Psychological distress cluster consists of three data elements, that in combination provide a score on the Kessler-10.

A person is asked 'In the past four weeks, how often did you feel?' for the following symptoms:

- 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.

At the end of this question present the response options:

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time

Only one option may be selected for each question.

Add the combined codes to create an overall numeric value of the level of psychological distress:

-Low: as indicated by a score of 10-19

-Mild: as indicated by a score of 20-24

-Moderate: as indicated by a score of 25-29

-Severe: as indicated by a score of 30-50

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Relational attributes

Implementation in Data Set Specifications: [Prison dischargee NBEDS](#)
[Health](#), Superseded 29/05/2024

DSS specific information:

This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the indicator: Proportion of prison dischargees with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

[Prison dischargee NBEDS 2018](#)
[Health](#), Superseded 29/05/2024

DSS specific information:

This data element corresponds to the following question of the Prison Dischargee Form:

13. In the past four weeks, how often did you feel...?

This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the indicator: Proportion of prison dischargees with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

[Prison dischargee NBEDS 2022](#)
[Health](#), Standard 29/05/2024

DSS specific information:

This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the indicator: Proportion of prison dischargees with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

This data element corresponds to the following question of the Prison Dischargee Form:

13. In the past 30 days, how often did you feel...?

[Prison entrants NBEDS](#)
[Health](#), Standard 28/04/2016

[Prison entrants NBEDS 2018](#)
[Health](#), Superseded 29/05/2024

DSS specific information:

This data element cluster corresponds to the following question of the Prison Entrants Form:

17a. In the past four weeks, how often did you feel...?

[Prison entrants NBEDS 2022](#)
[Health](#), Standard 29/05/2024

DSS specific information:

This data element cluster corresponds to the following question of the Prison Entrants Form:

19. In the past 30 days, how often did you feel...?

Please mark the answer that best describe the amount of time the respondent felt that way during the previous 30 days.

Metadata items in this Data Set Specification

Seq No.	Metadata item	Obligation	Max occurs
1	Person—type of psychological distress, code N[N]	Mandatory	10
2	Person—frequency of symptoms, code N	Mandatory	1
3	Person—level of psychological distress, K-10 score of psychological distress code N	Mandatory	1