

# 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 dischargée NBEDSHealth](#), Standard 28/04/2016

*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 dischargées with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

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

## Metadata items in this Data Set Specification

Seq No.	Metadata item	Obligation	Max occurs
1	<a href="#">Person—type of psychological distress, code N[N]</a>	Mandatory	10
2	<a href="#">Person—frequency of symptoms, code N</a>	Mandatory	1
3	<a href="#">Person—level of psychological distress, K-10 score of psychological distress code N</a>	Mandatory	1