Psychological distress cluster

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# Psychological distress cluster

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| Identifying and definitional attributes | |
| Metadata item type: | Data Set Specification |
| METEOR identifier: | 634099 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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. |

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| 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NBEDS](https://meteor.aihw.gov.au/content/624543)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Superseded 29/05/2024  ***DSS specific information:***  This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the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](https://meteor.aihw.gov.au/content/696775)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](https://meteor.aihw.gov.au/content/760891)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](https://meteor.aihw.gov.au/content/482353)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 28/04/2016  [Prison entrants NBEDS 2018](https://meteor.aihw.gov.au/content/697135)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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](https://meteor.aihw.gov.au/content/761534)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), 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. |

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| Metadata items in this Data Set Specification |
| |  |  |  |  | | --- | --- | --- | --- | | Seq No. | Metadata item | Obligation | Max occurs | | 1 | [Person—type of psychological distress, code N[N]](https://meteor.aihw.gov.au/content/634032) | Mandatory | 10 | | 2 | [Person—frequency of symptoms, code N](https://meteor.aihw.gov.au/content/634117) | Mandatory | 1 | | 3 | [Person—level of psychological distress, K-10 score of psychological distress code N](https://meteor.aihw.gov.au/content/634094) | Mandatory | 1 | |