K10 Screening Scale for Psychological Distress last 4 weeks cluster

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# K10 Screening Scale for Psychological Distress last 4 weeks cluster

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| Identifying and definitional attributes |
| Metadata item type: | Data Set Specification |
| METEOR identifier: | 739333 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022 |
| DSS type: | Data Element Cluster |
| Scope: | This cluster collects information about self-report of global measure of "non-specific psycho-social distress" based on questions about the level of nervousness, agitation, psychological fatigue, and depression in the last 4 weeks. It includes the 10 questions specified in the K10 as well as 4 additional, supplementary questions (K10+). The K10+ is a follow-up questionnaire which is intended to show change in consumer outcomes since the initial K10 questionnaire was administered. |

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| Collection and usage attributes |
| Guide for use: | The K10 Screening Scale for Psychological Distress last 4 weeks version (K10+) is a consumer-rated measure and should be offered to adult and older person consumers at review and discharge from inpatient, residential and ambulatory settings.The K10+ includes all of the questions included in the K10 as well as 4 subsequent questions which are conditional on the responses to the first 10 questions. None of the 4 additional questions need to be answered if "none of the time" (which scores as "1") was recorded for all of the initial ten questions. |
| Source and reference attributes |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Reference documents: | Kessler, R.C., Barker, P.R., Colpe, L.J., Epstein, J.F., Gfroerer, J.C., Hiripi, E., Howes, M.J, Normand, S-L.T., Manderscheid, R.W., Walters, E.E., Zaslavsky, A.M. (2003). Screening for serious mental illness in the general population. Archives of General Psychiatry. 60(2), 184-189.  |
| Relational attributes |
| Related metadata references: | See also [Collection occasion—measure completion status, mental health code N](https://meteor.aihw.gov.au/content/743587)[Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022See also [Collection occasion—survey version, mental health code XX[XXX]](https://meteor.aihw.gov.au/content/761561)[Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022 |
| Implementation in Data Set Specifications: | [National Outcomes and Casemix Collection NBEDS 2023-24](https://meteor.aihw.gov.au/content/757052)[Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Superseded 06/12/2023***Implementation start date:*** 01/07/2023***Implementation end date:*** 30/06/2024***Conditional obligation:*** In the National Outcomes and Casemix Collection (NOCC) NBEDS, the K10 Screening Scale for Psychological Distress (last 4 weeks) (K10+) data element cluster should be collected where:Setting: inpatient, residential or ambulatoryOccasion: admission, review, and discharge\*Age group: adults or older persons\* Discharge ratings for the K10+ are not required by the ambulatory service or the consumer respectively, when the reason for the closure of the ambulatory episode is transfer to a bed-based treatment service setting of that organisation (i.e., psychiatric inpatient or community residential service).Discharge ratings for the K10+ are not required for [**brief ambulatory episode of mental health care**](https://meteor.aihw.gov.au/content/605545) where the number of days between admission to and discharge from the episode of care is 14 days or less duration. Consumers will be offered to complete the K10+ at the specified Collection occasion but completion by the consumer is not mandatory. There are circumstances where offering such measures will not be appropriate and special considerations apply to the collection of consumer rated measures.For more information on setting, occasion, or age groups, see the Mental Health National Outcomes and Casemix Collection, Technical specification of State and Territory reporting requirements <https://docs.validator.com.au/nocc/02.10/> (Australian Mental Health Outcomes and Classifications Network, 2022).***DSS specific information:*** For the National Outcomes and Casemix Collection (NOCC), this cluster is used to represent questions 1-14 of the Kessler Psychological Distress Scale (last 4 weeks) (K10+) where consumers answer questions about feelings, behaviours, and activities over a rating period. This cluster applies once every time the survey is administered.The rating period for the K10+ is the "previous 4 weeks".[National Outcomes and Casemix Collection NBEDS 2024-25](https://meteor.aihw.gov.au/content/775852)[Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 06/12/2023***Implementation start date:*** 01/07/2024***Implementation end date:*** 30/06/2025***Conditional obligation:*** In the National Outcomes and Casemix Collection (NOCC) NBEDS, the K10 Screening Scale for Psychological Distress (last 4 weeks) (K10+) data element cluster should be collected where:Setting: inpatient, residential or ambulatoryOccasion: admission, review, and discharge\*Age group: adults or older persons\* Discharge ratings for the K10+ are not required by the ambulatory service or the consumer respectively, when the reason for the closure of the ambulatory episode is transfer to a bed-based treatment service setting of that organisation (i.e., psychiatric inpatient or community residential service).Discharge ratings for the K10+ are not required for [**brief ambulatory episode of mental health care**](https://meteor.aihw.gov.au/content/605545) where the number of days between admission to and discharge from the episode of care is 14 days or less duration. Consumers will be offered to complete the K10+ at the specified Collection occasion but completion by the consumer is not mandatory. There are circumstances where offering such measures will not be appropriate and special considerations apply to the collection of consumer rated measures.For more information on setting, occasion, or age groups, see the Mental Health National Outcomes and Casemix Collection, Technical specification of State and Territory reporting requirements <https://docs.validator.com.au/nocc/02.10/> (Australian Mental Health Outcomes and Classifications Network, 2022).***DSS specific information:*** For the National Outcomes and Casemix Collection (NOCC), this cluster is used to represent questions 1-14 of the Kessler Psychological Distress Scale (last 4 weeks) (K10+) where consumers answer questions about feelings, behaviours, and activities over a rating period. This cluster applies once every time the survey is administered.The rating period for the K10+ is the "previous 4 weeks". |

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| Metadata items in this Data Set Specification  |
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| Seq No. | Metadata item | Obligation | Max occurs |
| 1 | [Person—self-assessed mental health status, K10 score code N](https://meteor.aihw.gov.au/content/747085)***DSS specific information:***This data element collects data on a person's non-specific psycho-social distress based on ten questions about the level of nervousness, agitation, psychological fatigue, and depression in the relevant rating period.This data element represents questions 1-10 in the K10+ and should be used 10 times - once each per question. | Mandatory | 10 |
| 2 | [Person—period of time unable to function, total days NN](https://meteor.aihw.gov.au/content/734528)***Conditional obligation:***Conditional on there being no CODE 1, “none of the time” responses to [Person—self-assessed mental health status, symptom frequency scale code N](https://meteor.aihw.gov.au/content/747085), recording questions 1-10 of the K10+ survey.***DSS specific information:***This data element collects data on the length of time a person was totally unable to function specifically because of their feelings.This data element represents question 11 in the K10+ survey and asks:11. In the past four weeks, how many days were you totally unable to work, study or manage your day-to-day activities because of these feelings?Permitted values include: 00-28 for 0-28 daysi.e., single digits should be expressed with a leading zero.Supplementary values include: 99 for Not stated/missing. | Conditional | 1 |
| 3 | [Person—period partially unable to function, total days NN](https://meteor.aihw.gov.au/content/734536)***Conditional obligation:***Conditional on there being no CODE 1, “none of the time” responses to [Person—self-assessed mental health status, symptom frequency scale code N](https://meteor.aihw.gov.au/content/747085), recording questions 1-10 of the K10+ survey.***DSS specific information:***This data element collects data on the length of time a person was partially unable to function specifically because of their feelings.This data element represents question 12 of the K10+ survey and asks:12. [Aside from those days], in the past 4 weeks, how many days were you able to work or study or manage your day-to-day activities, but had to cut down on what you did because of these feelings?Permissible values include: 00-28 for 0-28 daysi.e., single digits should be expressed with a leading zero.Supplementary values include: 99 for Not stated/missing. | Conditional | 1 |
| 4 | [Person—number of visits to doctor or health professional, total NN](https://meteor.aihw.gov.au/content/734543)***Conditional obligation:***Conditional on there being no CODE 1, “none of the time” responses to [Person—self-assessed mental health status, symptom frequency scale code N](https://meteor.aihw.gov.au/content/747085), recording questions 1-10 of the K10+ survey.***DSS specific information:***This data element collects a count of the total number of visits a person has made to a doctor or health professional regarding their feelings in the last 4 weeks.This data element represents question 13 of the K10+ survey and asks:13. In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?Permissible values include: 00-89 for 0-89 visitsi.e., single digits should be expressed with a leading zero.Supplementary values include: 99 for Not stated/missing. | Conditional | 1 |
| 5 | [Person—effect of physical health problems on feelings rating, symptom frequency scale code N](https://meteor.aihw.gov.au/content/734549)***Conditional obligation:***Conditional on there being no CODE 1, “none of the time” responses to [Person—self-assessed mental health status, symptom frequency scale code N](https://meteor.aihw.gov.au/content/747085), recording questions 1-10 of the K10+ survey.***DSS specific information:***This data element collects data on how often a person's physical health problems were the primary contributor to their feelings.This data element represents question 14 on the K10+ survey and asks:14. In the past 4 weeks, how often have physical health problems been the main cause of these feelings?Permissible values include: 00-89 for 0-89 visitsi.e., single digits should be expressed with a leading zero.Supplementary values include: 99 for Not stated/missing. | Conditional | 1 |

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