Person—self-assessed mental health status, K10 score code N

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# Person—self-assessed mental health status, K10 score code N

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| Identifying and definitional attributes | |
| Metadata item type: | Data Element |
| Short name: | K10 score code |
| Synonymous names: | K-10, K10, Kessler-10, Kessler 10, K10(L3D), Kessler 10 Assessment, K10 scale of nonspecific psychological distress, Kessler Psychological Distress Scale, K10 Screening Scale for Psychological Distress |
| METEOR identifier: | 747085 |
| Registration status: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022 |
| Definition: | A person's assessment of their own mental health status using the K10 Screening Scale for Psychological Distress (K10) consumer-rated measure, represented by a code. |
| Data Element Concept: | [Person—self-assessed mental health status](https://meteor.aihw.gov.au/content/737634) |
| Value Domain: | [K10 score code N](https://meteor.aihw.gov.au/content/747009) |

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| Value domain attributes | | |
| Representational attributes | | |
| Representation class: | Code | |
| Data type: | String | |
| Format: | N | |
| Maximum character length: | 1 | |
|  | **Value** | **Meaning** |
| Permissible values: | 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 |
| Supplementary values: | 6 | Don't know |
|  | 9 | Not stated/missing |

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| Collection and usage attributes | |
| Guide for use: | This code set represents answers to questions in the K10 Screening Scale for Psychological Distress (K10) consumer-rated measure.  The consumer responds by selecting how often they have been experiencing a particular thought, feeling or behaviour with a corresponding score of:  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.  A total score for the 10 questions is generated by the sum of the individual responses with a higher score representing higher psycho-social distress. |
| Comments: | The K10 Screening Scale for Psychological Distress (K10) is a self-report measure intended to yield a global measure of 'non-specific psycho-social distress' based on ten questions about the level of nervousness, agitation, psychological fatigue, and depression in the relevant rating period. The measure was developed to be informative about those levels of distress that are associated with impairment in the 90th to 99th percentile of the general population range.  This measure is a rating of psycho-social distress and does not identify cause or treatment at either individual or population level. |

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| Source and reference attributes | |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Reference documents: | Kessler RC, Colpe LJ, Epstein JF, Groerer JC, Hiripi E, Howes MJ, Normnad SL, Manderscheid RW, Walters EE, Zasalvsky AM (2003) Screening for serious mental illness in the general population. Archives of General Psychiatry 2003: 60(2), 184-189.  Andrews G and Slade T (2001) Interpreting scores on the K10. Australian and New Zealand Journal of Public Health, 25, 494-497.  Australian Mental Health Outcomes and Classification Network (2021). Mental Health National Outcomes and Casemix Collection: Overview of Clinician-Rated and Consumer Self-Report Measures V.2.1.  [https​:​/​/www​.amhocn​.org​/sites​/default​/files​/publication​\_files​/nocc​\_clinician​\_and​\_self​-report​\_measures​\_overview​\_v2​.1​\_20210913​\_1​.pdf](https://www.amhocn.org/sites/default/files/publication_files/nocc_clinician_and_self-report_measures_overview_v2.1_20210913_1.pdf) |

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| Data element attributes | |
| Collection and usage attributes | |
| Guide for use: | This code set represents answers to questions 1-10 in the K10 Screening Scale for Psychological Distress (K10) consumer-rated measure:   1. In the assessment period, about how often did you feel tired out for no good reason? 2. In the assessment period, about how often did you feel nervous? 3. In the assessment period, about how often did you feel so nervous that nothing could calm you down? 4. In the assessment period, about how often did you feel hopeless? 5. In the assessment period, about how often did you feel restless or fidgety? 6. In the assessment period, about how often did you feel so restless you could not sit still? 7. In the assessment period, about how often did you feel depressed? 8. In the assessment period, about how often did you feel that everything was an effort? 9. In the assessment period, about how often did you feel so sad that nothing could cheer you up? 10. In the assessment period, about how often did you feel worthless? |
| Source and reference attributes | |
| Submitting organisation: | Australian Institute of Health and Welfare |
| Relational attributes | |
| Related metadata references: | See also [Person—effect of physical health problems on feelings rating, symptom frequency scale code N](https://meteor.aihw.gov.au/content/734549)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022  See also [Person—number of visits to doctor or health professional, total NN](https://meteor.aihw.gov.au/content/734543)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022  See also [Person—period of time unable to function, total days NN](https://meteor.aihw.gov.au/content/734528)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022  See also [Person—period partially unable to function, total days NN](https://meteor.aihw.gov.au/content/734536)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022 |
| Implementation in Data Set Specifications: | [K10 Screening Scale for Psychological Distress last 4 weeks cluster](https://meteor.aihw.gov.au/content/739333)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 09/12/2022  ***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.  [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, this data element, representing the K10 Screening Scale for Psychological Distress (K10), should be collected where:  Setting: inpatient, residential or ambulatory  Occasion: 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 data element is used to represent questions 1-10 of the K10 Screening Scale for Psychological Distress (K10) where consumers answer questions about psycho-social distress over the rating period with a single allowable response for each question. This data element is re-used 10 times to represent all questions in the measure.  For use in the National Outcomes and Casemix Collection, this data element can be used singly for the rating period called "last 3 days" (K10L3D). That rating period is for use in inpatient settings where the [service event](https://meteor.aihw.gov.au/content/320989) is of less than 3 days duration.  This data element can also be used as part of a K10 cluster which has a rating period of "previous 4 weeks". That [K10 Screening Scale for Psychological Distress last 4 weeks cluster](https://meteor.aihw.gov.au/content/739333) (K10+ or K10+LM).  [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, this data element, representing the K10 Screening Scale for Psychological Distress (K10), should be collected where:  Setting: inpatient, residential or ambulatory  Occasion: 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 data element is used to represent questions 1-10 of the K10 Screening Scale for Psychological Distress (K10) where consumers answer questions about psycho-social distress over the rating period with a single allowable response for each question. This data element is re-used 10 times to represent all questions in the measure.  For use in the National Outcomes and Casemix Collection, this data element can be used singly for the rating period called "last 3 days" (K10L3D). That rating period is for use in inpatient settings where the [service event](https://meteor.aihw.gov.au/content/320989) is of less than 3 days duration.  This data element can also be used as part of a K10 cluster which has a rating period of "previous 4 weeks". That [K10 Screening Scale for Psychological Distress last 4 weeks cluster](https://meteor.aihw.gov.au/content/739333) (K10+ or K10+LM). |