

Patient:

Date:

K10: For each question, tick one answer only

	In the past 4 weeks:		None of the time	A little of the time	Some of the time	Most of the time	All the time
1	How often did you feel tired out for no good reason?						
2	How often did you feel nervous?						
3	About how often did you feel so nervous that nothing could calm you down?						
4	About how often did you feel hopeless?						
5	About how often did you feel restless or fidgety?						
6	About how often did you feel so restless you could not sit still?						
7	About how often did you feel depressed?						
8	About how often did you feel that everything was an effort?						
9	About how often did you feel so sad that nothing could cheer you up?						
10	About how often did you feel worthless?						
	Score:		1 x	2 x	3 x	4 x	5 x

K10 Symptom Scale

People who score 16-30 have a one in four chance (three times the population risk) of having a current anxiety or depressive disorder and 1% chance (three times the population risk) of ever having made a suicide attempt.

People who score 30-50 have a three out of four chance (ten times the population risk) of meeting criteria for an anxiety or depressive disorder and 6% chance (20 times the population risk) of ever having made a suicide attempt.

Repeat K10

Date:

	In the past 4 weeks:		None of the time	A little of the time	Some of the time	Most of the time	All the time
1	How often did you feel tired out for no good reason?						
2	How often did you feel nervous?						
3	About how often did you feel so nervous that nothing could calm you down?						
4	About how often did you feel hopeless?						
5	About how often did you feel restless or fidgety?						
6	About how often did you feel so restless you could not sit still?						
7	About how often did you feel depressed?						
8	About how often did you feel that everything was an effort?						
9	About how often did you feel so sad that nothing could cheer you up?						
10	About how often did you feel worthless?						
	Score:		1 x	2 x	3 x	4 x	5 x