

Patient Name: Bryan Botterill D.O.B: 23/12/1987

For all questions please fill in the appropriate response circle like this: **◎40/50****In the past 4 weeks:**

None of the time	A little of the time	Some of the time	Most of the time	All of the time
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<b>1. About how often did you feel tired out for no good reason?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>2. About how often did you feel nervous?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>3. About how often did you feel so nervous that nothing will calm you down?</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>4. About how often did you feel hopeless?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<b>5. About how often did you feel restless or fidgety?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>6. About how often did you feel so restless you could not sit still?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>7. About how often did you feel depressed?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>8. About how often did you feel that everything is an effort?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<b>9. About how often did you feel so sad that nothing could cheer you up?</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>10. About how often did you feel worthless?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Today's date

Day	Month	Year		

**Patient education given: No**  
**Copy of this plan given to patient: Yes**  
**Eligibility for the Better Outcomes in Mental Health Care initiative Yes**  
**Review date in months : 3**

I Understand this mental health care plan and agree to its implementation

Patients signature ..... 

Doctors signature ..... 

20th November 2017

K10

◎

<b>In the past 4 weeks:</b>	<b>None of the time</b>	<b>A little of the time</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>
<b>1. About how often did you feel tired out for no good reason?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>2. About how often did you feel nervous?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>3. About how often did you feel so nervous that nothing will calm you down?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## K10 Explanatory notes

### **What is the K10 and how is it scored?**

The K10 is widely recommended as a simple measure of psychological distress and as a measure of outcomes following treatment for common mental health disorders. The K10 is in the public domain and is promoted on the Clinical Research Unit for Anxiety and Depression website ([www.crfad.org](http://www.crfad.org)) as a self report measure to identify need for treatment.

The K10 uses a five value response option for each question – all of the time, most of the time, some of the time, a little of the time and none of the time which can be scored from five through to one.

The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.

Questions 3 and 6 are not asked if the proceeding question was 'none of the time' in which case questions 3 and 6 would automatically receive a score of one.

For further information on the K10 please refer to [www.crfad.org](http://www.crfad.org) or Andrews, G Slade, T. Interpreting scores on the Kessler Psychological Distress Scale (K10). Australian and New Zealand Journal of Public Health: 2001; 25:6: 494-497.