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| Co-ordinated Primary Options Mental Health Programme |
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Kessler 10 + Questionnaire

PROVIDER: _____ **DATE COMPLETED:** ___/___/___

PATIENT SURNAME: _____ **OTHER NAMES:** _____

NHI Number: _____ **CPO MH PROGRAMME Number:** _____

The following questions ask about how you have been feeling during the **last four weeks**. For each question, please circle the number that best describes how often you had this feeling.

| During the last four weeks, about how often did you feel... | None of the time | A little of the time | Some of the time | Most of the time | All of the time |
|--|-----------------------------|---------------------------------|-----------------------------|-----------------------------|----------------------------|
| A. ... tired out for no good reason? | 1 | 2 | 3 | 4 | 5 |
| B. ... nervous? | 1 | 2 | 3 | 4 | 5 |
| C. ... so nervous that nothing could calm you down? | 1 | 2 | 3 | 4 | 5 |
| D. ... hopeless? | 1 | 2 | 3 | 4 | 5 |
| E. ... restless or fidgety? | 1 | 2 | 3 | 4 | 5 |
| F. ... so restless that you could not sit still? | 1 | 2 | 3 | 4 | 5 |
| G. ... depressed? | 1 | 2 | 3 | 4 | 5 |
| H. ... so depressed that nothing could cheer you up? | 1 | 2 | 3 | 4 | 5 |
| I. ... that everything was an effort? | 1 | 2 | 3 | 4 | 5 |
| J. ... worthless? | 1 | 2 | 3 | 4 | 5 |

Question 1

Taking your feelings on the previous page altogether, use the sliding scale to indicate whether you experienced these feelings – less often in the **past four weeks** than is usual for you, about the same as usual, or more often than usual?

| | | | | | | | | | |
|------------------------------------|----------|------------------------------|----------|----------------------|----------|------------------------------|----------|------------------------------------|-----------|
| A lot less often than usual | | Less often than usual | | Same as usual | | More often than usual | | A lot more often than usual | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Question 2

During the **past four weeks**, how many days, were you totally unable to work or carry out your normal activities because of these feelings?

_____ (Number of days)

Question 3

Not counting the days you recorded above , how many days in the **past four weeks**, were you able to do only half or less of what you would normally have been able to do, because of these feelings?

_____ (Number of days)

Question 4

During the **past four weeks**, how many times did you see a doctor or other health professional about these feelings?

_____ (Number of times)

Question 5

During the past **four weeks**, how often have physical health problems been the main cause of these feelings?

| | | | | |
|-------------------------|-----------------------------|-------------------------|-------------------------|------------------------|
| None of the time | A little of the time | Some of the time | Most of the time | All of the time |
| 1 | 2 | 3 | 4 | 5 |

Thank you for completing this questionnaire.

Using the Kessler 10+ Questionnaire

To calculate the Kessler 10 + score the first ten items on the first page only are used. The total score, is simply a sum of the scores recorded by the patient. If any question, is not completed (i.e. has not been coded 1,2,3,4 or 5), they are simply excluded, **but if more than one of the questions is not answered then the total score will not be valid and should not be used.**

The Kessler 10 + is a measure of current (last 4 weeks) psychological distress that should be considered at face value. That is, high levels of psychological distress are important whatever their cause may be, and the cause may be entirely situational – for example immediate life events. However the Kessler 10 + has also been shown as a good screening tool for detecting the levels of distress associated with an independently determined current DSM or ICD diagnosis of an anxiety disorder and/or depressive disorder.

Kessler 10 + Results

10-19: The score indicate that the patient may currently not be experiencing significant feelings of distress. **(well)**

20-24: the patient experiences mild levels of distress consistent with a diagnosis of mild depression and/or anxiety disorder. **(mild)**

25-29: The patient experiences moderate levels of distress consistent with the diagnosis of moderate depression and/or anxiety disorder. **(moderate)**

30-50: the patient is experiencing severe levels of distress consistent with a diagnosis of severe depression and/or anxiety disorder. **(severe)**

Additional questions relating to “Disability Days”

The score should be considered against the total number of disability days experienced. Any total of disability days indicates that the person is severely distressed, as generally only 7% of people (research from NSW) have more than one or more disability days per month.

For patients that report that their physical health problems have been the main cause of the feelings “most of the time” or “all of the time” the doctor should investigate the physical health issues involved.

The Kessler 10 + scores will usually decline with effective treatment. Patients, whose scores remain above 24 after treatment should be reviewed and specialist referral considered.

About the Kessler 10+ Questionnaire

- The scale was developed by R. Kessler, School of Public Health, Harvard University, Boston. (Kessler, Andrews et al 2002)
- Normative data; Australian survey of mental health and wellbeing (Andrews and Slade 2001)
- Recommended Screening tool by nationwide programme evaluators (Wellington School of Medicine)
- **Not a diagnostic tool**
- Tool used to measure degree of psychological distress for people with anxiety and depressive disorders
- Can be used to evaluate client progress during and after completion of treatment
- Used in NZ mental health survey (Durie et al)

Reference: Kessler 10 Information Sheet. New South Wales Department of Health