



Australian Government

Department of Health,
Disability and Ageing

PRIMARY MENTAL HEALTH CARE MINIMUM DATA SET

Kessler-10 Plus (K10+)

11 DECEMBER 2025

Version History

Date	Details
14 September 2016	Initial Version
9 February 2017	Updated Version including Q4 amendment
1 September 2018	Updated Version with gender options
9 November 2020	Added attribution to Professor Ronald C Kessler
1 October 2021	Changed 'In the last four weeks' to 'In the past four weeks' in item questions
11 December 2025	<p>Moved scoring information to https://docs.pmhc-mds.com/phn-po-documentation.html#kessler_10_plus</p> <p>Changed document name from Scoring the K10+ to Kessler-10 Plus (K10+)</p> <p>Updated Department of Health to Department of Health, Disability and Ageing</p>

The K10 is a ten-item self-report questionnaire intended to yield a global measure of 'non-specific psychosocial distress' based on 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. The K10 was developed by Kessler and Mroczek during 1992-1994 at the Institute for Social research, University of Michigan, and subsequently by Kessler at the Department of Health Care Policy, Harvard Medical School (Kessler et al, 2002).

The K10+ contains additional questions to assess functioning and related factors, and it is this instrument that is used widely across Australian mental health services. The standard rating period for the K10+ is the past '30 days', however in Australian use the rating period has become the 'past four weeks'. The K10 also exists as a briefer (K-5) version which comprise a subset of the K10, selected to be suitable for use with Aboriginal and Torres Strait Islander clients.

Overall, the K10+ is a purpose-designed measure that operates well across the range from the general population through primary care and specialist mental health care. The results have a 'normative' basis in population data. Both at the population level and the individual level it is regarded as a simple 'thermometer' that detects general distress without identifying its cause.

The NSW Transcultural Mental Health Centre (TMHC) has translated the K10+ into multiple languages. Translated versions are available from the TMHC website (<http://www.dhi.health.nsw.gov.au/tmhc/K10/K10/default.aspx>)

Reference:

Kessler RC, Andrews G, Colpe LJ, Hiripi E, Mroczek DK, Normand S-LT, Walters EE, Zaslavsky A (2002) Short screening scales to monitor population prevalences and trends in nonspecific psychological distress. *Psychological Medicine*, 32(6): 959-976.

K-10+

Patient or Client Identifier:

Surname:

Other names:

Date of Birth:

Gender:

_____ / _____

Male 1

Female 2

Other ☐ 3

Address:

Date completed: ____ / ____ / ____

Instructions

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

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

Please turn over – there are a few more questions on the other side

The next few questions are about how these feelings may have affected you in the **past four weeks**. You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

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?	_____ (Number of days)
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?	_____ (Number of days)
13.	In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?	_____ (Number of consultations)
14.	In the past 4 weeks, how often have physical health problems been the main cause of these feelings? <div style="text-align: right; margin-top: 10px;"> None of the time <input type="radio"/> A little of the time <input type="radio"/> Some of the time <input type="radio"/> Most of the time <input type="radio"/> All of the time <input type="radio"/> </div>	

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

Professor Ronald C Kessler of the Department of Health Care Policy, Harvard Medical School is thanked for the use of research on the K10 funded by US Public Health Service Grants R01 MH46376, R01 MH52861, R01 MH49098, and K05 MH00507 and by the John D and Catherine T MacArthur Foundation Network on Successful Midlife Development (Gilbert Brim, Director).

K10+ scoring

An explanation of how the K10+ is scored within the PMHC MDS is available at https://docs.pmhc-mds.com/phn-po-documentation.html#kessler_10_plus