K10 Test

These questions concern how you have been feeling over the past 30 days. Tick a box below each question that best represents how you have been.

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| --- | --- | --- | --- | --- |
| 1. During the last 30 days, about how often did you feel tired out for no good reason? | | | | |
| 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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2. During the last 30 days, about how often did you feel nervous? | | | | |
| 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 |

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| --- | --- | --- | --- | --- |
| 3. During the last 30 days, about how often did you feel so nervous that nothing could calm you down? | | | | |
| 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 |

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| 4. During the last 30 days, about how often did you feel hopeless? | | | | |
| 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 |

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| 5. During the last 30 days, about how often did you feel restless or fidgety? | | | | |
| 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 |

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| --- | --- | --- | --- | --- |
| 6. During the last 30 days, about how often did you feel so restless you could not sit still? | | | | |
| 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 |

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| 7. During the last 30 days, about how often did you feel depressed? | | | | |
| 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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8. During the last 30 days, about how often did you feel that everything was an effort? | | | | |
| 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 |

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| --- | --- | --- | --- | --- |
| 9. During the last 30 days, about how often did you feel so sad that nothing could cheer you up? | | | | |
| 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 |
| 10. During the last 30 days, about how often did you feel worthless? | | | | |
| 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 |