

## K10

For all questions, please fill in the appropriate response circle.

<p>The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.</p>	1	2	3	4	5
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

1. About how often did you feel tired out for no good reason?

—  —  —  —

2. About 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 is 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?

—  —  —  —

Name:	Test Date Day / Month / Year	Score: