K10 Questionnaire

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| Name | Click or tap here to enter text. | Date | Click or tap here to enter text. |

The K10 is a questionnaire that may be useful to help your GP understand how you are feeling. For each question please select from the drop-down menu the score that best applies to you- 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. In the last box please enter your total score.

This is not a test, nor does it make a diagnosis. It is designed to help us help you. I The maximum score is 50 indicating severe distress, the minimum score is 10 indicating no distress.

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| **1. About how often did you feel tired out for no good reason?** | | |
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| **2. About how often did you feel nervous?** | | |
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| **3. About how often did you feel so nervous that nothing could calm you down?** | | |
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| **4. About how often did you feel hopeless?** | | |
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| **5. About how often did you feel restless or fidgety?** | | |
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| **6. About how often did you feel so restless you could not sit still?** | | |
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| **7. About how often did you feel depressed?** | | |
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| **8. About how often did you feel that everything was an effort?** | | |
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| **9. About how often did you feel so sad that nothing could cheer you up?** | | |
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| **10. About how often did you feel worthless?** | | |
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| **Please Enter Your Total Score by Adding the Scores Above:** | | |
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Adapted from the Black dog institute (29 April 2021)

<https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/k10.pdf>