

MENTAL HEALTH BRIEF REPORT

How did you feel on average over the past week?

Depression	49 /100 (Note: Higher scores indicate greater severity of symptoms)
Anxiety	66 /100 (Note: Higher scores indicate greater severity of symptoms)
Stress	63 /100 (Note: Higher scores indicate greater severity of symptoms)
Fatigue	55 /100 (Note: Higher scores indicate greater severity of symptoms)

How was your sleep over the past 24 hours?

Average number of hours sleep in the last 24 hours?	5 hours
Sleep quality	66 /100 (Note: Higher scores indicate greater quality of sleep)

Perceived quality of life and levels of social support:

Global level of quality of life	74 /100 (Note: Higher scores indicate greater quality of sleep)
Global level of social support available to you	69 /100 (Note: Higher scores indicate greater quality of sleep)

Psychological distress (K10):

1. During the last 30 days, about often did you feel tired out for not good reason?	2
2. During the last 30 days, about often did you feel nervous?	3
3. During the last 30 days, about often did you feel so nervous that nothing could calm you down	2
4. During the last 30 days, about often did you feel hopeless?	2
5. During the last 30 days, about often did you feel restless or fidgety?	3
6. During the last 30 days, about often did you feel so restless you could not sit still?	3
7. During the last 30 days, about often did you feel depressed?	3
8. During the last 30 days, about often did you feel that everything was an effort?	3
9. During the last 30 days, about often did you feel so sad that nothing could cheer you up?	2
10. During the last 30 days, about often did you feel worthless?	3
K10 SCORE :	26

K10 SCORE INTERPRETATION :

10–15 (Normal): Individuals tend to report minimal levels of psychological distress.

16–30 (Mild–moderate distress): Individuals tend to report some symptoms which may be associated with psychological distress. These symptoms may be causing some distress in their life.

31–50 (Severe distress): Individuals tend to report strong and frequent symptoms which may be associated with psychological distress.

Do you consider hurting yourself, others, or feel suicidal?	Yes
Do you have an appointment with a mental health expert within the next 14 days or willing to contact your local doctor (GP) if your mental health symptoms worsen?	No