

Patient List

Patient ID

Patient ID

rimon

Psychologist

simin

Site

5

Demographic details

Age?

19

Gender?

Female

Marital status?

Separated/divorced

What is your highest level of education completed?

Undergraduate degree

Is English your primary language?

No

Mental health status

How you feel on average over the past week (DEPRESSION):/100 (Note: Higher scores indicate greater severity of symptoms)

49/100 (Note: Higher scores indicate greater severity of symptoms)

How you feel on average over the past week (ANXIETY):

66/100 (Note: Higher scores indicate greater severity of symptoms)

How you feel on average over the past week (STRESS):

63/100 (Note: Higher scores indicate greater severity of symptoms)

How you feel on average over the past week (FATIGUE):

55/100 (Note: Higher scores indicate greater severity of symptoms)

Please move the red rectangle along the line to indicate your global level of quality of life (higher scores indicate greater quality of life)

74

Please indicate your global level of social support available to you (higher scores indicate greater levels of social support)

69

Please identify the average number of hours sleep in the last 24 hours:

5 hours

Please indicate how you would rate the quality of sleep you attain in an average 24 hour period. (higher scores indicate greater quality of sleep)

66

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

During the last 30 days, about often did you feel tired out for not good reason?

2

During the last 30 days, about often did you feel nervous?

3

During the last 30 days, about often did you feel so nervous that nothing could calm you down

2

During the last 30 days, about often did you feel hopeless?

2

During the last 30 days, about often did you feel restless or fidgety?

3

During the last 30 days, about often did you feel so restless you could not sit still?

3

During the last 30 days, about often did you feel depressed?

3

During the last 30 days, about often did you feel that everything was an effort?

3

During the last 30 days, about often did you feel so sad that nothing could cheer you up?

2

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.

Mental health status

How helpful was this advice?

7

How likely are you to follow up on the advice that was provided?

8

Did you experience any distress after receiving feedback about your results?

7

Are the results provided consistent with your sense of current mental health status?

5

Program evaluation

How easy was it to use this tablet-based program?

8

How helpful was it to use this tablet-based program?

7

Do you feel the information collected in this tablet-based program will help you and your psychologist better manage your mental health in a collaborative way?

7

Do you feel more motivated to manage your mental health concerns after completing this tablet-based program?

6