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| Kessler 10 | Score  %%k10\_score%%/50 | \* Score under 20 are likely to be well  \* Score 20-24 are likely to have a mild mental disorder  \* Score 25-29 are likely to have moderate mental disorder  \* Score 30 and over are likely to have a severe mental disorder | |
| 1. During the last 30 days, about how often did you feel tired out for no good reason? | | | %%k10\_01%% |
| 2. During the last 30 days, about how often did you feel nervous? | | | %%k10\_02%% |
| 3. During the last 30 days, about how often did you feel so nervous that nothing could calm you down? | | | %%k10\_03%% |
| 4. During the last 30 days, about how often did you feel hopeless? | | | %%k10\_04%% |
| 5. During the last 30 days, about how often did you feel restless or fidgety? | | | %%k10\_05%% |
| 6. During the last 30 days, about how often did you feel so restless you could not sit still? | | | %%k10\_06%% |
| 7. During the last 30 days, about how often did you feel depressed? | | | %%k10\_07%% |
| 8. During the last 30 days, about how often did you feel that everything was an effort? | | | %%k10\_08%% |
| 9. During the last 30 days, about how often did you feel so sad that nothing could cheer you up? | | | %%k10\_09%% |
| 10. During the last 30 days, about how often did you feel worthless? | | | %%k10\_10%% |