Kessler Psychological Distress Scale (K10)

The **Kessler Psychological Distress Scale (K10)** is designed to measure anxiety and depression through a 10-item questionnaire. Each question pertains to an emotional state and each has a five-level response scale.

This instrument uses a consumer self-report measure making it a desirable method of assessment because it depends on the clinicians genuine pursuit to collect information about the patient’s current condition. The instrument can be self-administered or interviewer-administrated and consumers' privacy should be insured when using this instrument.

**Author**

R.C. Kessler

**To Access this Instrument**

*Self-Administered Kessler Psychological Distress Scale (K10)*

*Interviewer-Administered Kessler Psychological Distress Scale (K10)*

**Reliability and Validity.**

The 2000 Collaborative Health and Well-Being Survey were used to test reliability of the K10. The ending kappa and weighted kappa scores ranged from 0.42 to 0.74, indicating that the K10 is a moderately reliable instrument. Although supplementary research on the clinical cut-off times and the scoring are needed to determine psychological distress, the K10 is a brief, simple, and reliable instrument to detect mental health conditions in the population.

**Administration, Analysis and Reporting**

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

For additional information on these services, [click here](#).

**Dissertations that have used the Kessler Psychological Distress Scale**
Addonizio, Frank Patrick. (2011). Stress, Coping, Social Support, and Psychological Distress Among MSW Students. (University of South Carolina.)


References


