

K-10+

Patient or Client Identifier

Surname **WALKER**Other names **SUSAN**

Date of Birth: _____ Gender: _____

Male

Female

Other

Address _____

Date completed: 10/01/2025**Instructions**

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

| | | None of the time | A little of the time | Some of the time | Most of the time | All of the time |
|-----|---|----------------------------------|----------------------------------|-----------------------|-----------------------|-----------------------|
| 1. | In the past four weeks, about how often did you feel tired out for no good reason? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. | In the past four weeks, about how often did you feel nervous? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. | In the past four weeks, about how often did you feel so nervous that nothing could calm you down? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. | In the past four weeks, about how often did you feel hopeless? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. | In the past four weeks, about how often did you feel restless or fidgety? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. | In the past four weeks, about how often did you feel so restless you could not sit still? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. | In the past four weeks, about how often did you feel depressed? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. | In the past four weeks, about how often did you feel that everything was an effort? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. | In the past four weeks, about how often did you feel so sad that nothing could cheer you up? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. | In the past four weeks, about how often did you feel worthiness? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please turn over – there are a few more questions on the other side

6 3

14

The next few questions are about how these feelings may have affected you in the **past four weeks**. You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

| | | |
|-----|---|---|
| 11. | In the past four weeks, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings? | <input type="text"/> (Number of days) |
| 12. | [Aside from those days], in the past 4 weeks, HOW MANY DAYS were you able to work or study or manage your day to day activities, but had to CUT DOWN on what you did because of these feelings? | <input type="text"/> (Number of days) |
| 13. | In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings? | <input type="text"/> (Number of consultations) |
| 14. | In the past 4 weeks, how often have physical health problems been the main cause of these feelings? | <div> None of the time <input checked="" type="radio"/> A little of the time <input type="radio"/> Some of the time <input type="radio"/> Most of the time <input type="radio"/> All of the time <input type="radio"/> </div> |

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

Professor Ronald C Kessler of the Department of Health Care Policy, Harvard Medical School is thanked for the use of research on the K10 funded by US Public Health Service Grants R01 MH46376, R01 MH52861, R01 MH49098, and K05 MH00507 and by the John D and Catherine T MacArthur Foundation Network on Successful Midlife Development (Gilbert Brim, Director).