



K10 — How You've Been Feeling

A short self-rating you can fill in at home and bring back

Recover • Rebalance • Revive



drregu.com.au

PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

How to fill this in

These ten questions help you and your GP understand how you've been feeling over the past four weeks. Read each one and circle the number that fits best (1 = none of the time, 5 = all of the time). Don't think too long — your first answer is usually the right one. Bring this sheet back with you to your appointment.

In the past 4 weeks...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. About how often did you feel tired out for no good reason?	1	2	3	4	5
2. About how often did you feel nervous?	1	2	3	4	5
3. About how often did you feel so nervous that nothing could calm you down?	1	2	3	4	5
4. About how often did you feel hopeless?	1	2	3	4	5
5. About how often did you feel restless or fidgety?	1	2	3	4	5
6. About how often did you feel so restless you could not sit still?	1	2	3	4	5
7. About how often did you feel depressed?	1	2	3	4	5
8. About how often did you feel that everything is an effort?	1	2	3	4	5
9. About how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5
10. About how often did you feel worthless?	1	2	3	4	5

Your total score (10 – 50)

If you answered 'None of the time' to Q2, Q3 scores 1. If you answered 'None of the time' to Q5, Q6 scores 1.



Understanding Your Score

How to add up your answers and what to do next

Recover • Rebalance • Revive



drregu.com.au

PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

How to add up your score

Add up the numbers you circled across all ten questions. The lowest possible score is 10 (you circled '1 — none of the time' for every question). The highest is 50. The total tells you how much general distress you've been carrying lately. It's not a diagnosis — just a starting point for a conversation with your GP.

What your score means

10 – 19

Likely to be well

20 – 24

Mild distress

25 – 29

Moderate distress

30 – 50

Severe distress

What to do next

Bring this sheet to your next appointment

Whatever your number, the most useful next step is the same: bring this sheet to your appointment. Higher scores are a sign that some support would help — that might be lifestyle work, a Mental Health Treatment Plan (Medicare covers up to 10 psychology sessions a year), or a short trial of medication if that's the right fit. We'll work out the right path together — you don't have to figure it out alone.

Important — get help today if you need it

If you're having thoughts of hurting yourself, or things feel unbearable, please reach out today — you don't need to wait for your appointment. **Lifeline 13 11 14** is free, 24/7. **Beyond Blue 1300 22 4636** is also available for anxiety and depression support. In an emergency, call **000** or go to your nearest emergency department.

Source: Kessler 1996; Andrews & Slade 2001 (Australian and New Zealand Journal of Psychiatry).