



MindKrafts Assessment and Counselling Centre

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Banjara Hills Begumpet Madhapur Kukatpally Uppal

NOTE: The questionnaire is just for information purposes. Any assessments based on these interpretations cannot be used as parameters to determine or diagnose any psychological disorders and the level of severity. It is advised to consult a Counselor or Psychologist for any problems and the relevant treatment options.

Psychological Distress Checklist) (K10)*

Over the last 04 weeks, using the table below, assess the frequency that you experience these symptoms of Distress. Tick the box next to each question that best reflects your thoughts, feelings and behaviour. After taking the test, you can print the results for yourself or a health professional.

Date: _____		None of the time	A little of the time	Some of the time	Most of the time	All of the time
Name: _____						
Symptoms / Frequency	+ 1	+ 2	+ 3	+ 4	+ 5	
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 was 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	
Calculate Your Total Score (A+B+C+D+E)	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	

You may be so used to feeling a certain way that you assume this is normal. View table, to interpret score:-

10 (Low Distress) Your score falls into the low range. This means you're doing pretty well.
 But if you still have concerns about how you're feeling, it's a good idea to speak to a Psychologist anyway.

11-15(Mild) & 16-30 (Moderate) Your score falls into the moderate range, which means you may be experiencing depression/anxiety that's causing you some distress and making it hard for you to enjoy life.
 It is recommended that you schedule a consultation with a therapist, before it escalates to High distress.

30-50 (High Distress) Your score falls into the high range, which means you may be experiencing depression/anxiety that's causing you disabling distress and impacting your daily life.
 We strongly recommend that you see your Psychologist, for a more personalized assessment & therapy.

Psychological Distress is common and the good news is that there are treatments and support options that work. It's important to seek help – the sooner you get treatment, the sooner you can recover.

For further details/advice, you may also get in touch with Dr. B.Ravindra
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*K10 test was developed at Australia's Clinical Research Unit for Anxiety and Depression (CRUfAd),

Assessments

Counselling

Therapy