

K6 – Unspecified Psychological Distress Scale

During the past 30 days, how often did you feel ...

- 0 NONE of the time
- 1 A LITTLE of the time
- 2 SOME of the time
- 3 MOST of the time
- 4 ALL of the time

1) So sad that nothing could cheer you up?	0	1	2	3	4
2) Nervous?	0	1	2	3	4
3) Restless or fidgety?	0	1	2	3	4
4) Hopeless?	0	1	2	3	4
5) That everything was an effort?	0	1	2	3	4
6) Worthless?	0	1	2	3	4

Total: _____

Cut-off Scores (range of possible scores 0-24)

- 0-2 No Psychological Distress
- 3-5 Mild Psychological Distress
- 6-9 Moderate Psychological Distress
- 10-24 Serious Psychological Distress