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## Grampians Region HACC Assessment Services



| <b>The Kessler Scale (K10) Worksheet</b>  | <b>All of the time</b> | <b>Most of the time</b> | <b>Some of the time</b> | <b>A little of the time</b> | <b>None of the time</b> |
|---|------------------------|-------------------------|-------------------------|-----------------------------|-------------------------|
| <b>Please tick the answer that is best for you:</b>   | <b>5</b>               | <b>4</b>                | <b>3</b>                | <b>2</b>                    | <b>1</b>                |
| 1. In the past 4 weeks, about how often did you feel tired out for no good reason?                |                        |                         |                         |                             |                         |
| 2. In the past 4 weeks, about how often did you feel nervous?                                     |                        |                         |                         |                             |                         |
| 3. In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down? |                        |                         |                         |                             |                         |
| 4. In the past 4 weeks, about how often did you feel hopeless?                                    |                        |                         |                         |                             |                         |
| 5. In the past 4 weeks, about how often did you feel restless or fidgety?                         |                        |                         |                         |                             |                         |
| 6. In the past 4 weeks, about how often did you feel so restless you could not sit still?         |                        |                         |                         |                             |                         |
| 7. In the past 4 weeks, about how often did you feel depressed?                                   |                        |                         |                         |                             |                         |
| 8. In the past 4 weeks, about how often did you feel everything was an effort?                    |                        |                         |                         |                             |                         |
| 9. In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?      |                        |                         |                         |                             |                         |
| 10. In the past 4 weeks, about how often did you feel worthless?                                  |                        |                         |                         |                             |                         |

Client Name:..... Client DOB:..... Total K10 Score:.....

Assessor Name:..... Date:.....

Contact Number:..... Organisation:.....

Comments:.....