



## Kessler Psychological Distress Scale (K6)

Protected when completed.

Family name	Given Names	File No.
Address	Date of assessment (yyyy-mm-dd)	Date of birth (yyyy-mm-dd)

The Kessler Psychological Distress Scale (K6)<sup>1</sup> is a simple measure of psychological distress which involves 6 questions about a person's emotional state. Each question is scored from 0 (None of the time) to 4 (All of the time). Scores of the 6 questions are then summed, yielding a minimum score of 0 and a maximum score of 24. Low scores indicate low levels of psychological distress and high scores indicate high levels of psychological distress.

The following questions are about how you have been feeling during the <b>past 30 days</b> .	ALL	MOST	SOME	A LITTLE	NONE	(IF VOL) DON'T KNOW	(IF VOL) REFUSED
1. About how often during the past 30 days did you feel <b>nervous</b> - would you say <b>all</b> of the time, <b>most</b> of the time, <b>some</b> of the time, <b>a little</b> of the time, or <b>none</b> of the time?	<input type="radio"/>	<input type="radio"/>					
2. During the past 30 days, about how often did you feel <b>hopeless</b> - <b>all</b> of the time, <b>most</b> of the time, <b>some</b> of the time, <b>a little</b> of the time, or <b>none</b> of the time?	<input type="radio"/>	<input type="radio"/>					
3. During the past 30 days, about how often did you feel <b>restless or fidgety</b> ? (IF NEC: <b>all, most, some, a little, or none</b> of the time?)	<input type="radio"/>	<input type="radio"/>					
4. How often did you feel <b>so depressed that nothing could cheer you up</b> ? (IF NEC: <b>all, most, some, a little, or none</b> of the time?)	<input type="radio"/>	<input type="radio"/>					
5. During the past 30 days, about how often did you feel that <b>everything was an effort</b> ? (IF NEC: <b>all, most, some, a little, or none</b> of the time?)	<input type="radio"/>	<input type="radio"/>					
6. During the past 30 days, about how often did you feel <b>worthless</b> ? (IF NEC: <b>all, most, some, a little, or none</b> of the time?)	<input type="radio"/>	<input type="radio"/>					

<sup>1</sup>Source: Kessler, R.C., Barker, P.R., Colpe, L.J., Epstein, J.F., Gfroerer, J.C., Hiripi, E., Howes, M.J., Normand, S.L.T., Manderscheid, R.W., Walters, E.E., Zaslavsky, A.M. (2003). Screening for serious mental illness in the general population. Archives of General Psychiatry. 60(2):184-9.

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The client may request a copy of this form by writing to the Access to Information and Privacy Coordinator's Office, Veterans Affairs Canada, PO Box 7700, Charlottetown, PE, C1A 8M9 and by quoting Personal Information Bank No. VAC PPU 020 and/or VAC PPU 030.

Name of assessor	Professional designation	Date (yyyy-mm-dd)
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## INTERVIEWER TRAINING NOTES:

1. The General Interviewer Training (GIT) procedures for nondirective probing outlined in the GIT Training Manual of the Survey Research Center at the University of Michigan are the preferred GIT procedures to be followed in administering the K6. As GIT procedures vary across survey organizations, those used by the organization that carries out the survey should be used if a professional survey organization is administering the questions.
2. All bolded words in questions should be emphasized by voice inflection.
3. All parenthetical phrases in questions are optional.
4. "IF NEC" means "if necessary". The interviewer should prompt R with the response categories, using the truncated wording when specified, until R has learned them well enough to respond without prompting.
5. "IF VOL" means "if volunteered." If the respondent volunteers one of the specified responses, that response should be recorded without additional probing. The interviewer's response to other responses that are not included among the pre-specified responses (e.g., a response of "quite a bit of the time") should be handled following the GIT procedures specified for the survey. In most cases, GIT will call for repeating the response options once and coding the response as a refusal with a marginal note describing the exact response if the respondent continues to give a response other than those that are pre-specified. Please add any marginal notes to the "Comments" section of this form in the BHSOL.