

## Assessment Report

**Practice:** Mindful Psychology  
**Practitioner:** Dr Sarah Johnson  
**Client:** Alex Carter  
**Date:** 26/04/2026

*EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.*

## K10 — Kessler Psychological Distress Scale (K10)

A 10-item screening measure of non-specific psychological distress widely used in Australian healthcare

### RESULTS



Interpreted with Australian community norms — see References

### INTERPRETATION

**Current score: 30, severe distress, as per the K10 author/publisher guidelines.**

### ABOUT THIS ASSESSMENT

#### Clinical Purpose

The Kessler Psychological Distress Scale (K10) is a 10-item screening measure of non-specific psychological distress over the past 30 days. It was designed to detect cases of anxiety and depressive disorders in community surveys and is used extensively in population health surveillance, primary care triage, and outcome monitoring.

#### Origins & Development

Developed by Ronald Kessler and Daniel Mroczek in 2001 as part of a collaboration with the US National Health Interview Survey. The K10 was constructed using item response theory from a larger pool of 612 candidate items, optimised for maximum discrimination in the 90th-99th percentile range of the population distress distribution. It has been validated in numerous countries and translated into over 20 languages.

#### Australian Context

The K10 holds a central role in Australian mental health policy. It is mandated as an outcome measure in the National Outcomes and Casemix Collection (NOCC) across all state and territory mental health services. The Australian Bureau of Statistics uses the K10 in the National Health Survey, providing population benchmarks. It is a required outcome measure for Access to Allied Psychological Services (ATAPS) and its successor, the Primary Health Network (PHN) commissioned mental health program.

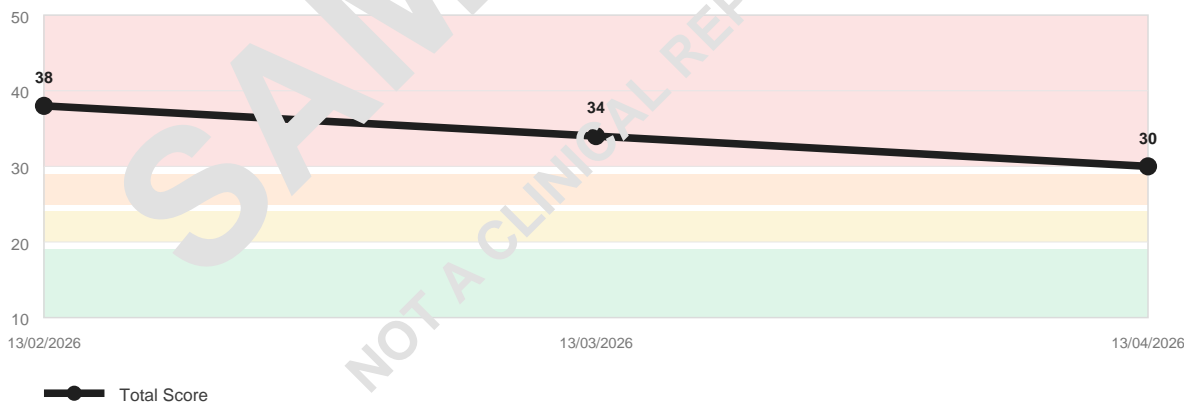


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SCORE HISTORY

Date	Score	Severity
13/02/2026	38	severe distress
13/03/2026	34	severe distress
13/04/2026	30	severe distress

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1	During the last 30 days, about how often did you feel tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	During the last 30 days, about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	During the last 30 days, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	During the last 30 days, about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	During the last 30 days, about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	During the last 30 days, about how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	During the last 30 days, about how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	During the last 30 days, about how often did you feel that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	During the last 30 days, about how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	During the last 30 days, about how often did you feel worthless?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.



## Assessment Report

### REFERENCES

1. Kessler RC, Andrews G, Colpe LJ, et al. Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychol Med.* 2002;32(6):959-976.
2. Andrews G, Slade T. Interpreting scores on the Kessler Psychological Distress Scale (K10). *Aust N Z J Public Health.* 2001;25(6):494-497.
3. Australian Bureau of Statistics. National Health Survey. First Results (cat. no. 4364.0.55.001).
4. Slade T, Grove R, Burgess P. Kessler Psychological Distress Scale: normative data from the 2007 Australian National Survey of Mental Health and Wellbeing. *Aust N Z J Psychiatry.* 2011;45(4):308-316. doi:10.3109/00049674.2010.543653.

### ACKNOWLEDGEMENT AND LICENSING

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