



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.

K5 — Kessler Psychological Distress Scale (5-item)

An ultra-brief 5-item screening measure of non-specific psychological distress. Used for population-level screening in Australia.

INTERPRETATION

Current score: 15

ABOUT THIS ASSESSMENT

Clinical Purpose

The Kessler 5 (K5) is a culturally adapted 5-item measure of psychological distress developed specifically for use with Aboriginal and Torres Strait Islander peoples. It removes culturally inappropriate items from the K10 and adds an item about anger, which community consultation identified as a critical indicator of distress in Indigenous populations.

Origins & Development

Adapted from the K10 through extensive community consultation led by the Australian Bureau of Statistics (ABS) in collaboration with Aboriginal and Torres Strait Islander health researchers. First used in the 2004-05 National Aboriginal and Torres Strait Islander Health Survey (NATSIHS). The adaptation process prioritised cultural safety and face validity over strict psychometric derivation.

Australian Context

The K5 is the recommended distress measure for Aboriginal and Torres Strait Islander populations in Australian health surveys and clinical services. The ABS mandates its use in the NATSIHS and National Aboriginal and Torres Strait Islander Social Survey. The Closing the Gap framework references K5 data as a key mental health indicator. It should always be used in preference to the K10 when assessing Indigenous Australians.

SCORE HISTORY

Date	Score	Severity
13/02/2026	16	
13/03/2026	14	
13/04/2026	15	



Assessment Report — Response Details

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 nervous?	<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 hopeless?	<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 restless or fidgety?	<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 so depressed that nothing could cheer you up?	<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 that everything was an effort?	<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, ROI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

- 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.
- Australian Bureau of Statistics. National Aboriginal and Torres Strait Islander Health Survey (cat. no. 4715.0).
- Brinckley MM, Calabria B, Walker J, Thurber KA, Lovett R. Reliability, validity, and clinical utility of a culturally modified Kessler scale (MK-K5) in the Aboriginal and Torres Strait Islander population. BMC Public Health. 2021;21:1111. doi:10.1186/s12889-021-11138-4. National sample of n=6,988 Aboriginal and Torres Strait Islander adults; supports a cut-off of 11 for ever-diagnosed depression or anxiety.

ACKNOWLEDGEMENT & LICENSING

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