

Q1c. How often did you feel **so nervous that nothing could calm you down?** (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q1d. During the past 30 days, about how often did you feel **hopeless?** (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q1e. During the past 30 days, about how often did you feel **restless or fidgety?** (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE **GO TO Q1g**
- 8. (IF VOL) DON'T KNOW **GO TO Q1g**
- 9. (IF VOL) REFUSED **GO TO Q1g**

Q1f. How often did you feel **so restless that you could not sit still?** (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q1g. During the past 30 days, about how often did you feel **depressed**? (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE **GO TO Q1i**
- 8. (IF VOL) DON'T KNOW **GO TO Q1i**
- 9. (IF VOL) REFUSED **GO TO Q1i**

Q1h. How often did you feel **so depressed that nothing could cheer you up**? (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q1i. During the past 30 days, about how often did you feel **that everything was an effort**? (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q1j. During the past 30 days, about how often did you feel **worthless**? (IF NEC: **all, most, some, a little, or none** of the time?)

- 1. ALL
- 2. MOST
- 3. SOME
- 4. A LITTLE
- 5. NONE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q2. The last set of questions asked about feelings that might have occurred during the past 30 days. Taking them altogether, did these feelings occur **more often** in the past 30 days than is usual for you, **about the same** as usual, or **less often** than usual?

- 1. MORE OFTEN THAN USUAL **GO TO Q2b**
- 2. ABOUT THE SAME AS USUAL **GO TO Q3**
- 3. LESS OFTEN THAN USUAL
- 4. (IF VOL) NEVER HAVE THESE FEELINGS **GO TO Q3**
- 8. (IF VOL) DON'T KNOW **GO TO Q3**
- 9. (IF VOL) REFUSED **GO TO Q3**

Q2a. A lot less than usual, **somewhat** less, or **only a little** less than usual?

- 1. A LOT **GO TO Q3**
- 2. SOMEWHAT **GO TO Q3**
- 3. A LITTLE **GO TO Q3**
- 8. (IF VOL) DON'T KNOW **GO TO Q3**
- 9. (IF VOL) REFUSED **GO TO Q3**

Q2b. A lot more than usual, **somewhat** more, or **only a little more** than usual?

- 1. A LOT
- 2. SOMEWHAT
- 3. A LITTLE
- 8. (IF VOL) DON'T KNOW
- 9. (IF VOL) REFUSED

Q3. INTERVIEWER CHECKPOINT

- 1. R ANSWERED "A LITTLE," "SOME," "MOST," OR "ALL" TO AT LEAST ONE QUESTION IN THE Q1 SERIES
- 2. ALL OTHERS **END SECTION**

Q4. The next questions are about how these feelings may have affected you in the past 30 days. How many days out of the past 30 were you **totally** unable to work or carry out your normal activities because of these feelings?

_____ NUMBER OF DAYS

- 98. (IF VOL) DON'T KNOW
- 99. (IF VOL) REFUSED

Q5. INTERVIEWER CHECKPOINT

- 1. R ANSWERED "30" IN RESPONSE TO Q4 **GO TO Q7**
- 2. ALL OTHERS

Q6. [Not counting (that day/those days)], how many days in the past 30 were you able to do only half or less of what you would normally have been able to do because of these feelings?

_____ NUMBER OF DAYS

98. (IF VOL) DON'T KNOW

99. (IF VOL) REFUSED

Q7. During the past 30 days, how many times did you see a doctor or other health professional about these feelings?

_____ NUMBER OF TIMES

98. (IF VOL) DON'T KNOW

99. (IF VOL) REFUSED

Q8. During the past 30 days, how often have physical health problems been the main cause of these feelings – **all** of the time, **most** of the time, **some** of the time, **a little** of the time, or **none** of the time?

1. ALL

2. MOST

3. SOME

4. A LITTLE

5. NONE

8. (IF VOL) DON'T KNOW

9. (IF VOL) REFUSED

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 K10. 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.

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