	Date completed:	//
K10+	Please used gummed label if available	Patient or Client Identifier:
KIU/	Surname:	L
Provider:	Other names:	
Provider ID:	Date of Birth:	Sex:
	//	$Male \square_1 Female \square_2$
	Address:	

The following questions ask about how you have been feeling during the past 30 days. For each question, please circle the number that best describes how often you had this feeling.

Q1. During that month, how often did you feel	All of the time	Most of the time	Some of the time	A little of the time	None of the time
<b>a.</b> tired out for no good reason?	1	2	3	4	5
<b>b.</b> nervous?	1	2	3	4	5
<b>c.</b> so nervous that nothing could calm you down?	1	2	3	4	5
dhopeless?	1	2	3	4	5
erestless or fidgety?	1	2	3	4	5
<b>f.</b> so restless that you could not sit still?	1	2	3	4	5
gdepressed?	1	2	3	4	5
<b>h.</b> so depressed that nothing could cheer you up?	1	2	3	4	5
ithat everything was an effort?	1	2	3	4	5
<b>j.</b> worthless?	1	2	3	4	5

## Please turn over the page to continue

Binding margin – do not write

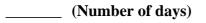
Q2. The last ten questions asked about feelings that might have occurred during the past 30 days. Taking them altogether, did these feelings occur <u>More often</u> in the past 30 days than is usual for you, <u>about the same</u> as usual, or <u>less often</u> than usual? (If you <u>never</u> have any of these feelings, circle response option "4.")

More often than usual $\checkmark$		About the same	Less often than usual			
A lot	Some	A little	as usual	A little	Some	A lot
1	2	3	4	5	6	7

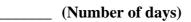
The next few questions are about how these feelings may have affected you in the past 30 days. You need not answer these questions if you answered "None of the time" to **all** of the ten questions about your feelings.

Binding margin – do not write

**Q3.** During the past 30 days, how many days out of 30 were you <u>totally unable</u> to work or carry out your normal activities because of these feelings?



**Q4.** Not counting the days you reported in response to Q3, how many days in the past 30 were you able to do only <u>half or less</u> of what you would normally have been able to do, because of these feelings?



**Q5.** During the past 30 days, how many times did you see a doctor or other health professional about these feelings?

## \_\_\_\_\_ (Number of times)

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
Q6.	During the past 30 days, how often have physical health problems been the main cause of these feelings?	1	2	3	4	5

## Thank you for completing this questionnaire.

MENTAL HEALTH

© Ronald C. Kessler, PhD. 2003

All rights reserved. Based on the Composite International Diagnostic Interview © 2001 Ronald C. Kessler, PhD. All rights reserved. Used with permission. Requests for permission to reproduce or translate should be addressed to Professor Ronald Kessler, PhD, Department of Health Care Policy, Harvard Medical School, (email: ronkadm@hcp.med.harvard.edu).