K10 Test

These questions concern how you have been feeling over the past 30 days. Tick a box below each question that best represents how you have been .

1. During the last 30 day	rs about how often a	did you feel tired ou	t for no good reason?
Doming me last 50 day			
1. None of the time	2. A little of the time	3. Some of the time	4. Most of the time 5. All of the time
2. During the last 30 day	rs, about how often o	did you feel nervous	?
1. None of the time	2. A little of the	3. Some of the	4. Most of the time
1. None of the fifte	time	time	4. Most of the little time
3. During the last 30 day	vs. about how often a	did vou feel so nervo	ous that nothing could calm you
down?	, , , ab coi ii cii cii cii c	, c c 100100	oo man nommig oo na oann 700
	2. A little of the	3. Some of the	4 Mast of the time 5. All of the
1. None of the time	time	time	4. Most of the time time
			· · · · · · · · · · · · · · · · · · ·
4 During the last 20 day	re about how offers	did you fool honeles	
4. During the last 30 day	_		
1. None of the time	2. A little of the	3. Some of the	4. Most of the time 5. All of the
	I time	I time	time
5. During the last 30 day	rs, about how often o	did you feel restless	or fidgety?
1. None of the time	2. A little of the	3. Some of the	5. All of the
	time	time	4. Most of the time time
6. During the last 30 day	vs. about how often a	did vou feel so restle	ess you could not sit still?
	2. A little of the	3. Some of the	5 All of the
1. None of the time	time	time	4. Most of the time time
	Immo	Immo	Į jiii i
			10
7. During the last 30 day	_		
1. None of the time	2. A little of the	3. Some of the	4. Most of the time 5. All of the
1.110110 01 1110 11110	time	time	time
8. During the last 30 days, about how often did you feel that everything was an effort?			
1 Name of the Pro-	2. A little of the	3. Some of the	5. All of the
1. None of the time	time	time	4. Most of the time time
9 During the last 30 day	vs. about how often	did you feel so sad t	hat nothing could cheer you up?
7. During the last 30 day	2. A little of the	3. Some of the	5. All of the
1. None of the time			14 Most of the time L
	time	 time	Jtime Jtime
10. During the last 30 days, about how often did you feel worthless?			
1 None of the time	C 4 19111 C 11	0 0	5 411 611
1 None of the time	2. A little of the	3. Some of the	5. All of the
1. None of the time	time	time	4. Most of the time time