

# Psychological distress cluster

Exported from METEOR (AIHW's Metadata Online Registry)

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website's material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at <https://creativecommons.org/licenses/by/4.0/>.

Enquiries relating to copyright should be addressed to [info@aihw.gov.au](mailto:info@aihw.gov.au).

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at [meteor@aihw.gov.au](mailto:meteor@aihw.gov.au).

# Psychological distress cluster

## Identifying and definitional attributes

<b>Metadata item type:</b>	Data Set Specification
<b>METEOR identifier:</b>	634099
<b>Registration status:</b>	<a href="#">Health!</a> , Standard 28/04/2016
<b>DSS type:</b>	Data Element Cluster
<b>Scope:</b>	The Psychological distress cluster defines the level of current anxiety and depressive symptoms a person may have experienced in the four weeks prior to interview.

## Collection and usage attributes

**Guide for use:**

The Psychological distress cluster records the score on the Kessler-10 (K-10), which is a standardised measure of non-specific psychological distress. The K-10 is based on questions about the level of nervousness, agitation, psychological fatigue and depression during four weeks prior to interview. It is designed to discriminate between those people who have a serious mental illness and those who do not.

The Psychological distress cluster consists of three data elements, that in combination provide a score on the Kessler-10.

A person is asked 'In the past four weeks, how often did you feel ....?' for the following symptoms:

- 1 Tired out for no good reason
- 2 Nervous
- 3 So nervous that nothing could calm you down
- 4 Hopeless
- 5 Restless or fidgety
- 6 So restless that you could not sit still
- 7 Depressed
- 8 Like everything was an effort
- 9 So sad that nothing could cheer you up
- 10 Worthless.

At the end of this question present the response options:

- 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

Only one option may be selected for each question.

Add the combined codes to create an overall numeric value of the level of psychological distress:

-Low: as indicated by a score of 10-19

-Mild: as indicated by a score of 20-24

-Moderate: as indicated by a score of 25-29

-Severe: as indicated by a score of 30-50

## Source and reference attributes

**Submitting organisation:** Australian Institute of Health and Welfare

## Relational attributes

**Implementation in Data Set Specifications:** [Prison dischargee NBEDS](#)  
[Health!](#), Standard 28/04/2016

**DSS specific information:**

This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the indicator: Proportion of prison dischargees with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

[Prison dischargee NBEDS](#)  
[Health!](#), Recorded 31/05/2018

**DSS specific information:**

This data element is included in the Prisoner health NBEDS as the National Prisoner Health Indicators include the indicator: Proportion of prison dischargees with high or very high level of psychological distress as measured by the Kessler-10 (K10) scale.

[Prison entrants NBEDS](#)  
[Health!](#), Standard 28/04/2016

[Prison entrants NBEDS](#)  
[Health!](#), Recorded 31/05/2018

## Metadata items in this Data Set Specification

Seq No.	Metadata item	Obligation	Max occurs
1	<a href="#">Person—type of psychological distress, code N[N]</a>	Mandatory	10
2	<a href="#">Person—frequency of symptoms, code N</a>	Mandatory	1
3	<a href="#">Person—level of psychological distress, K-10 score of psychological distress code N</a>	Mandatory	1