SYNTHETIC EXAMPLE

# K10

K10 - synthetic example

CLIENT
**John Doe**

ADMINISTERED
**Example date**

RESPONSE MODE
**Self-report**

TOTAL

**33** / 50

DEMO SYNTHETIC




## What this report lays out

- Source instrument: K10
- Item count: 10 items
- Reference period: Last four weeks
- Response format: None of the time, A little of the time, Some of the time, Most of the time, All of the time

**CLINICIAN REVIEW REQUIRED**

This document demonstrates Lirena's report design using fictional data. It does not represent a scored K10 result, cannot establish a diagnosis, and must not be placed in a clinical record.

K10 does not diagnose depression, anxiety, or psychosis. It is nonspecific distress. A clinician still has to ask what the distress is about.

# A report designed for clinical review

Synthetic K10 example. The gauges and rows use this instrument's groups and range. They are not a client record.

**REVIEW**

Adults rate ten items about the last four weeks. Results support review of overall distress. They do not replace PHQ-9, GAD-7, or a diagnostic assessment when those questions are the ones being asked.

**CONTEXT**

A non-specific psychological distress measure for clinician review. It does not identify which condition is present. The implemented range is 10 to 50.

**BOUNDARY**

K10 does not diagnose depression, anxiety, or psychosis. It is nonspecific distress. A clinician still has to ask what the distress is about.

**REPORT PRINCIPLE**

**Show the evidence, the version, and the boundary. Leave diagnosis and formulation with the clinician.**

# K10 response pattern

Synthetic responses for K10. The table uses this instrument's groups and range. It is not a client record and does not reproduce official item wording.

| ITEM | GROUP | SYNTHETIC RESPONSE |
|---|---|---|
| 1 | Total | None of the time |
| 2 | Total | A little of the time |
| 3 | Total | Some of the time |
| 4 | Total | Most of the time |
| 5 | Total | All of the time |
| 6 | Total | None of the time |
| 7 | Total | A little of the time |
| 8 | Total | Some of the time |
| 9 | Total | Most of the time |
| 10 | Total | All of the time |

Synthetic K10 values only. Not a client record.

# Source-led by design

Lirena separates published methodology, product implementation, and clinical approval. A citation does not by itself authorize administration or prove a software scoring rule.

### INSTRUMENT

The Kessler Psychological Distress Scale asks about tiredness, nervousness, hopelessness, and related experiences over the last four weeks. It is a population and clinical distress screen, not a disorder-specific interview.

### ADMINISTRATION

Adults rate ten items about the last four weeks. Results support review of overall distress. They do not replace PHQ-9, GAD-7, or a diagnostic assessment when those questions are the ones being asked.

### CLINICAL BOUNDARY

K10 does not diagnose depression, anxiety, or psychosis. It is nonspecific distress. A clinician still has to ask what the distress is about.

### METHODOLOGY

A non-specific psychological distress measure for clinician review. It does not identify which condition is present. The implemented range is 10 to 50.

## SELECTED REFERENCES

**1. K10 methods**
Kessler RC et al. Screening for serious mental illness in the general population. Arch Gen Psychiatry. 2003;60(2):184-189.

**2. K10 levels of distress**
Andrews G, Slade T. Interpreting scores on the Kessler Psychological Distress Scale (K10). Aust N Z J Public Health. 2001;25(6):494-497.

**3. Scoring source Lirena follows**
Source URL recorded on the Lirena scoring verification input.

**4. Developer or publisher page**
Harvard NCS K10