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SAMPLE · fictional data

Sample report

Kessler Psychological Distress Scale (K10)

Self-assessment questionnaire

Test	Date	Questions	Reference
Psychological distress (K10)	**November 23, 2026**	**10**	**000000B1**

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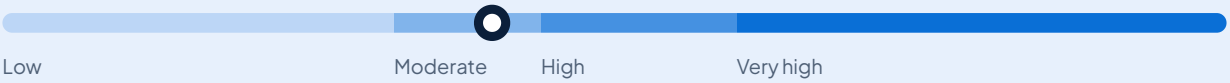
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

20 / 50

Moderate psychological distress (16 to 21)

40 % of the maximum score



Your score is between 16 and 21, the second of the four ranges. Over the past 30 days, you report feelings such as nervousness, restlessness, low mood or tiredness from time to time. These ranges are the ones used by the Australian Bureau of Statistics (ABS), drawn from the work of Andrews and Slade (2001) on a national Australian survey and from other Australian research. A score in this range is not unusual: in an online survey of 7,087 adults in seven European countries, the average score corresponded to 18.5 on this scale (Lehmann et al., 2023). It is a guide, not a diagnosis.

What your answers say

Written by Claude (Anthropic) from your answers.

A Score of 20 in Context

Thank you for taking the time to complete this questionnaire. Pausing to check in on how you have been feeling takes honesty, and the fact that you did so says something about your willingness to look after yourself. Your total of 20 out of 50 falls within the moderate band, which runs from 16 to 21. This suggests that over the past 30 days you have noticed some feelings of distress, more than occasionally but not at the highest levels the scale can measure.

The Kessler Psychological Distress Scale, or K10, is a self-assessment that looks at general emotional strain, the kind of anxious and low feelings that can build up when life feels heavy. It does not identify any condition or explain where these feelings come from. It offers a snapshot of one month, as you described it yourself, and it is a starting point for reflection rather than a conclusion about who you are.

Where 20 Sits on the Scale

This questionnaire gives a single overall score rather than separate category results, so there are no individual bars to compare here. Each of the 10 questions is scored from 1, meaning none of the time, to 5, meaning all of the time. That is why the lowest possible total is 10 rather than 0, and the highest is 50.

The bands used to read the total are 10 to 15 for low, 16 to 21 for moderate, 22 to 29 for high and 30 to 50 for very high. Your score of 20 sits toward the upper part of the moderate range. For comparison, adults from seven European countries had an average of 18.5 on this scale, so your total is a little above that figure but in a similar range. These bands are reading guides, not diagnostic lines, and a change of a few points can reflect an ordinary shift from one month to the next.

Themes Behind Your Total

The ten questions explore a few connected themes. One is energy: feeling tired out for no good reason, or feeling that everything was an effort. Another is nervousness and restlessness, from feeling nervous or fidgety to being so unsettled that nothing could calm you or you could not sit still. A third is mood: feeling depressed, hopeless, worthless, or so low that nothing could cheer you up.

A total of 20 can be reached in many different ways, and your individual answers are not visible here, so it is not possible to say which themes weighed most for you. What the total does suggest is that some of these experiences have been present in a noticeable way over recent weeks. It may help to read the list again and ask yourself which ones felt most familiar.

How This May Show Up

At work or in your studies, a result like this can correspond to days when concentrating takes more effort than usual, when tasks you would normally manage easily feel draining, or when worry hums in the background during meetings or study sessions. You may still be getting things done, but at a higher personal cost.

At home, it can look like coming back tired and having less energy for things you usually enjoy, or finding it harder to switch off in the evening. In relationships, you may notice less patience, a wish to withdraw, or a sense that others do not quite see how much you are carrying.

There are strengths here too. A moderate score often sits alongside continued functioning: you may be keeping routines, showing up for people and noticing your own feelings clearly enough to put them into words on a questionnaire like this one.

What Can Shape This Number

An online self-assessment has real limits. It relies entirely on how you rated yourself, it covers only the past 30 days, and it cannot tell apart the many possible reasons behind a feeling. A difficult period, such as pressure at work, money worries, a loss, caring for someone or a conflict at home, can raise a score like this one. So can physical health problems, ongoing pain, poor sleep or recovering from an illness, since tiredness and a sense of effort can have physical as well as emotional roots.

Scores can also come down when circumstances ease, when support increases or when rest improves. A professional would look beyond the number: how long these feelings have lasted, how they affect your daily life, your physical health, your sleep, your circumstances and what has helped you before. That fuller conversation is something no questionnaire can replace.

Gentle Steps From Here

A first step can be to keep a short daily note of your energy, nervousness and mood, perhaps rating each from 1 to 5. Over two or three weeks, this can show patterns, such as which days feel heavier and what tends to lift things a little. A second step is to protect a few basics, such as regular sleep times, some daily movement and time outdoors, which can support how you feel without asking too much of you. A third is to share how you have been with someone you trust, even briefly.

It would also be worthwhile to talk with a qualified professional, such as your GP or a psychologist, especially if these feelings have lasted a while or are getting in the way of daily life. Bringing this score and your notes can make the conversation easier to start. If things ever feel much worse or you feel unsafe, contact your local emergency number or a crisis line straight away. Reaching out is a sign of care for yourself, and support can make a real difference to how the coming weeks feel.

Next steps

Pick one or two. Regularity matters more than duration.

Mood

Track your daily mood and energy

Each evening, rate your mood, energy and nervousness from 1 to 5 in a notebook or phone note. After two weeks, look for patterns you could mention to a professional.

2 min, once a day

Nervousness

Slow breathing to settle nerves

Breathe in gently through your nose for a count of four, then out slowly for a count of six. Repeat this when you notice tension building.

3 min, 2 to 3 times a day

Restlessness

Move your body to release restlessness

Take a brisk walk or do some light stretching when you feel fidgety or unable to sit still. Outdoor walks can also give your mind a change of scene.

15 min, once a day

Tiredness and effort

Break heavy tasks into small pieces

When everything feels like an effort, choose one task and split it into the smallest first step you can manage. Tick off each step to see your progress.

5 min, before each demanding task

Sleep and rest

Keep a steady wind-down routine

Go to bed and get up at roughly the same time each day, and spend the last half hour before sleep away from screens. A calm, repeated routine can help your body recognise when it is time to rest.

30 min, every evening

Connection

Reach out to someone you trust

Send a message or arrange a short call with a friend or family member and share honestly how your month has been. You do not need to explain everything, just let someone in.

10 to 20 min, twice a week

To talk about it with a professional

General practitioner, psychologist, psychiatrist: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a diagnosis or a full assessment, see a qualified professional: general practitioner, psychologist, psychiatrist.

Prepare your appointment

General practitioner, psychologist, psychiatrist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Kessler Psychological Distress Scale (K10) · 20 / 50 (40 %) · Moderate psychological distress (16 to 21)

Test taken on November 23, 2026 · reference 000000B1

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “None of the time” to “All of the time”.

#	Question	Your answer	Pts
1	…tired out for no good reason?	A little of the time	2
2	…nervous?	Some of the time	3
3	…so nervous that nothing could calm you down?	A little of the time	2
4	…hopeless?	None of the time	1
5	…restless or fidgety?	A little of the time	2
6	…so restless that you could not sit still?	Some of the time	3
7	…depressed?	A little of the time	2
8	…so depressed that nothing could cheer you up?	A little of the time	2
9	…that everything was an effort?	None of the time	1
10	…worthless?	A little of the time	2

K10: Kessler R.C. et al. (2003). Screening for serious mental illness in the general population. Archives of General Psychiatry, 60(2), 184–189. Copyright © Ronald C. Kessler, PhD. All rights reserved. Official self-administered English form (Harvard Medical School), items and answer labels unchanged.