

## Self-Assessment

### Kesler Psychological Distress Scale (K10)

This 10-item scale provides an overall measure of psychological distress based on questions about anxiety and depressive symptoms that you have experienced over the past four weeks. For each item, please identify the number that best represents how you have been feeling over the past four weeks. You will then add up your scores for a total result.

In the last four weeks, about how often....		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1.	did you feel tired out for no good reason?	1	2	3	4	5
2.	did you feel nervous?	1	2	3	4	5
3.	did you feel so nervous that nothing could calm you down?	1	2	3	4	5
4.	did you feel hopeless?	1	2	3	4	5
5.	did you feel restless or fidgety?	1	2	3	4	5
6.	did you feel so restless that you could not sit?	1	2	3	4	5
7.	did you feel depressed?	1	2	3	4	5
8.	did you feel that everything was an effort?	1	2	3	4	5
9.	did you feel so sad that nothing could cheer you up?	1	2	3	4	5
10.	did you feel worthless?	1	2	3	4	5

Scoring: Sum the responses to the 10 questions to yield a total score, ranging from 10 (low level of distress) to 50 (high level of distress). Scores are interpreted below.

## What Your Result Indicates

### Low Risk

According to your score, you fit into the “low risk” category, which suggests that you are currently well. Your score suggests that you very rarely experience feelings of anxiety, distress or depression.

Some tips to sustain this high level of wellbeing include:

- **Exercise to relieve stress and improve your mood:** Physical activity is a powerful remedy for stress, anxiety and depression. Try to aim for 30 minutes or more of exercise per day. Even adding small doses of exercise to your day (eg. taking the stairs instead of the elevator) can have noticeable benefits.
- **Get enough rest:** Good mental and emotional health is strongly linked with physical health. It is therefore important to ensure you get enough sleep each night. The average person needs 7 to 8 hours of sleep per night in order to function optimally, although this may increase after a long or stressful day.
- **Refuel your body with good nutrition:** maintaining a healthy body will help to maintain a healthy mind. Try to eat a balanced diet, limit alcohol intake, and avoid cigarettes in order to optimise your physical health.
- **Allow yourself adequate leisure time:** Try to maintain a good sense of work-life balance by making leisure, recreation and relaxation a priority in your life. This may include taking up a hobby, joining a sporting team, or simply taking “time-out” to watch TV, read a book, or listen to music.
- **Socialise face-to-face with people you like:** It is important to form strong social networks by socialising regularly with friends, family members, neighbours, and colleagues who are positive, upbeat and enjoyable to be around. Whilst electronic and telephone communication is often more convenient, it is equally important – and often more rewarding – to engage in face-to-face interaction that involves direct contact with others.

Low Risk = 10-18

### Mild Risk

Your score indicates that you may be experiencing a mild level of anxiety, distress and/or depression. Although everyone feels “stressed” and “under-the-weather” at times, feeling this way on a regular basis is not good for your general sense of wellbeing.

It is much easier to overcome an emotional or psychological problem if you deal with it early, rather than waiting until it has become a more major or chronic problem. It may be beneficial for you to talk with family members, friends, co-workers and/or supervisors about how you are feeling. Other “tips” for reducing any anxiety, stress or depression that you may be feeling include:

- **Exercise to relieve stress and improve your mood:** Physical activity is a powerful remedy for stress, anxiety and depression. Try to aim for 30 minutes or more of exercise per day. Even adding small doses of exercise to your day (e.g., taking the stairs instead of the elevator) can have noticeable benefits.
- **Get enough rest:** Good mental and emotional health is strongly linked with physical health. It is therefore important to ensure you get enough sleep each night. The average person needs 7 to 8 hours of sleep per night in order to function optimally, although this may increase after a long or stressful day.

Mild Risk = 19-24

• **Refuel your body with good nutrition:** maintaining a healthy body will help to maintain a healthy mind. Try to eat a balanced diet, limit alcohol intake, and avoid cigarettes in order to optimise your physical health.

• **Allow yourself adequate leisure time:** Try to maintain a good sense of work-life balance by making leisure, recreation and relaxation a priority in your life. This may include taking up a hobby, joining a sporting team, or simply taking “time-out” to watch TV, read a book, or listen to music.

• **Socialise face-to-face with people you like:** It is important to form strong social networks by socialising regularly with friends, family members, neighbours, and colleagues who are positive, upbeat and enjoyable to be around. Whilst electronic and telephone communication is often more convenient, it is equally important – and often more rewarding – to engage in face-to-face interaction that involves direct contact with others.

If you begin to feel anxious, distressed or depressed on a more regular basis, it is recommended that you contact a mental health professional for further assessment and support.

If you would like to speak to someone within the Service you can contact:

- Your Senior Psychologist/Social worker
- Police Chaplain
- You may consider talking to your co-workers or supervisor / officer in charge / manager

### Moderate Risk

Your score indicates that you may be experiencing moderate levels of distress, anxiety and/or depression. You may benefit from speaking to a mental health professional about this. Dealing with problems when they are small is much easier than waiting until they escalate.

If you would like to speak to someone within the Service you can contact:

- Your Senior Psychologist/Social worker
- Police Chaplain
- You may consider talking to your supervisor / officer in charge / manager

### High Risk

Your score indicates that you may be experiencing high levels of anxiety, distress and/or depression. It is strongly recommended that you contact a mental health professional for further assessment and support.

If you would like to speak to someone within the Service you can contact:

- Your Senior Psychologist/Social worker
- Police Chaplain
- You may consider talking to your supervisor / officer in charge / manager