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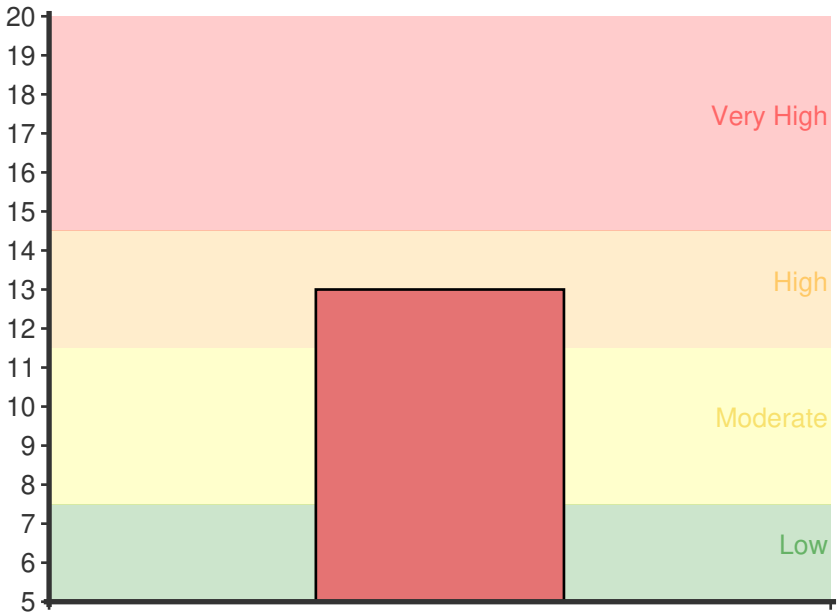
Kessler Psychological Distress Scale-5 (K5)

Client Name	Generic Client	*Date administered*	1 May 2024
Date of birth (age)	14 Dec 1980 (43)	*Time taken*	21s
Assessor	Dr David Hegarty		

Results

	Score (5 to 25)	Percentile	Descriptor
Distress	13	76	High

K5 Psychological Distress



Interpretation

This client's total score falls within the High range (76th percentile). Individuals scoring in this range are likely experiencing high levels of psychological distress. They are likely to be frequently overwhelmed with feelings of nervousness, sadness, restlessness and fatigue. Further clinical assessment is advised to investigate the impact on daily life.

Scoring and Interpretation Information

For comprehensive information on the K-5, see here.

A total score is calculated by summing all items for a possible range of 5 to 25. Higher scores indicate higher levels of psychological distress.

Four categories of psychological distress were outlined by the Australian Institute of Health and Welfare (AIHW, 2009), and include:
- Low (5–7)
- Moderate (8–11)

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

- High (12–14)
- Very High (15–25)

A normative percentile is calculated, contextualising the responses in comparison to typical patterns of responding among Aboriginal and Torres Strait Islanders (Brinkley et al., 2021; Cunningham et al., 2012). For example, a percentile of 50 indicates average (and healthy) levels of distress, while a percentile of 90 indicates the respondent has more distress than 90% of the indigenous population.

A cut off score of 11 and above is indicative of clinically significant psychological distress, such as depression or anxiety symptoms (Brinckley, 2021).

Client Responses

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1	In the last four weeks, about how often did you feel nervous?	1	2	**3**	4	5
2	In the last four weeks, about how often did you feel without hope?	1	**2**	3	4	5
3	In the last four weeks, about often did you feel restless or jumpy?	1	**2**	3	4	5
4	In the last four weeks, about how often did you feel everything was an effort?	1	2	**3**	4	5
5	In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	1	2	**3**	4	5