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Clinical Outcomes in Routine Evaluation 10 (CORE-10)

CORE-10 · SELF-REPORT

RESPONDENT NAME | DATE | CLINICIAN

Instructions

This form has 10 statements about how you have been OVER THE LAST WEEK.

Please read each statement and think how often you felt that way last week.

		NOT AT ALL	ONLY OCCASIONALLY	SOMETIMES	OFTEN	MOST OR ALL OF THE TIME
1	I have felt tense, anxious or nervous	0	1	2	3	4
2	I have felt I have someone to turn to for support when needed	4	3	2	1	0
3	I have felt able to cope when things go wrong	4	3	2	1	0
4	Talking to people has felt too much for me	0	1	2	3	4
5	I have felt panic or terror	0	1	2	3	4
6	I made plans to end my life	0	1	2	3	4
7	I have had difficulty getting to sleep or staying asleep	0	1	2	3	4
8	I have felt despairing or hopeless	0	1	2	3	4
9	I have felt unhappy	0	1	2	3	4
10	Unwanted images or memories have been distressing me	0	1	2	3	4

Total Score (sum of all 10 items)

Developer Reference:

The copyright holder for the CORE-10 is the CORE System Trust. Barkham, M., Bewick, B., Mullin, T., Gilbody, S., Connell, J., Cahill, J., Mellor-Clark, J., Richards, D., Unsworth, G. & Evans, C. (2013). The CORE-10: A Short measure of psychological distress for routine use in the psychological therapies. Counselling and Psychotherapy Research, 1–11. https://www.coresystemtrust.org.uk/home/instruments/core-10-information/

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