

OUTCOME TOOL (K10)

Today's Date: / /

In the past four weeks how often have you felt this way? Circle the correct answer.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Score
About how often did you feel tired for no good reason?	1	2	3	4	5	
About how often did you feel nervous?	1	2	3	4	5	
About how often did you feel so nervous that nothing could calm you down?	1	2	3	4	5	
About how often did you feel hopeless?	1	2	3	4	5	
About how often did you feel restless or fidgety?	1	2	3	4	5	
About how often did you feel so restless you could not sit still?	1	2	3	4	5	
About how often did you feel depressed?	1	2	3	4	5	
About how often did you feel that everything was an effort?	1	2	3	4	5	
About how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5	
About how often did you feel worthless?	1	2	3	4	5	
	K10 Score					