

K10

For all questions, please fill in the appropriate response circle. Fill in the circles like this: ●
Please do not tick or cross the circles.

In the past 4 weeks:

None of
the time

A little of
the time

Some of
the time

Most of
the time

All of
the time

1. About how often did you feel tired out for no good reason?

— — — —

2. About how often did you feel nervous?

— — — —

3. About how often did you feel so nervous that nothing could calm you down?

— — — —

4. About how often did you feel hopeless?

— — — —

5. About how often did you feel restless or fidgety?

— — — —

6. About how often did you feel so restless you could not sit still?

— — — —

7. About how often did you feel depressed?

— — — —

8. About how often did you feel that everything is an effort?

— — — —

9. About how often did you feel so sad that nothing could cheer you up?

— — — —

10. About how often did you feel worthless?

— — — —

Today's date / /
Day Month Year