

## **Derived Variable– Psychological Distress (K10)**

### **(Comprehensive Assessment)**

Psychological distress in the CLSA is ascertained by administering the Kessler Psychological Distress Scale (K10) (1), which contains 10 questions about nonspecific distress, and is designed to flag cases of serious mental illness.

There is one derived variable (DV) in the K10 module: the overall K10 score, which is obtained by summing the individual response values (2). For the purposes of the CLSA, if any of the 10 items are missing, this score will be set to missing.

The K10 was administered as part of the Comprehensive Maintaining Contact Questionnaire (MCQ).

(1)Kessler, R.C., Barker, P.R., Colpe, L.J., Epstein, J.F., Gfroerer, J.C., Hiripi, E., Howes, M.J, Normand, S-L.T., Manderscheid, R.W., Walters, E.E., Zaslavsky, A.M. (2003). Screening for serious mental illness in the general population. *Archives of General Psychiatry*. 60(2), 184-189.

(2)Andrews, G.,Slade, T. (2001). Interpreting scores on the Kessler Psychological Distress Scale (K10).*Australian and New Zealand Journal of Public Health*. 25(6), 494-497.

**Conditions of Use:** Users of K10 data must give credit to the authors of the scale by citing Kessler et al. (2003). Furthermore, the authors request that users send them citations to all publications that use the scale (ronkadm@hcp.med.harvard.edu).

#### **1) Kessler 10 - Psychological Distress Scale**

**Derived Variable Name:** K10\_DSCORE\_MCQ

**Description:** This variable is the overall score of the K10, and is obtained by summing the individual response values from the 10 items included in the tool. If any item is missing, it will be set to missing.

**Note:** Higher scores indicate higher levels of mental distress.

**Based on:** ADM\_COMPLETE\_MCQ, K10\_TIRED\_MCQ, K10\_NRVS\_MCQ, K10\_NRVSLMD\_MCQ, K10\_HPLS\_MCQ, K10\_RSTLS\_MCQ, K10\_RSTLSTL\_MCQ, K10\_DEP\_MCQ, K10\_EFFRT\_MCQ, K10\_NOCHRUP\_MCQ, K10\_WRTHLSS\_MCQ

**Temporary Reformat:** Responses to the 10 items are coded in the CLSA data as follows:

- 1 - “All of the time”
- 2 - “Most of the time”
- 3 - “Some of the time”
- 4 - “A little of the time”
- 5 - “None of the time”

In order to obtain the K10 score, the responses were temporarily reformatted for all items as follows:

- 1 - “None of the time”
- 2 - “A little of the time”
- 3 - “Some of the time”
- 4 - “Most of the time”
- 5 - “All of the time”

Values of 8 - “Don’t know/No answer” or 9 - “Refused” were kept the same. The reformatted variables are named K10\_TTIRED\_MCQ, K10\_TNRVS\_MCQ, K10\_TNRVSCLMD\_MCQ, K10\_THPLS\_MCQ, K10\_TRSTLS\_MCQ, K10\_TRSTLSSTL\_MCQ, K10\_TDEP\_MCQ, K10\_TEFFRT\_MCQ, K10\_TNOCHRUP\_MCQ, and K10\_TWRTHLSS\_MCQ, and are not included in the CLSA data.

Due to the way that the K10 was administered in the CLSA, the question about feeling so nervous that nothing could calm you down was not asked if the preceding question about how often you felt nervous was answered “none of the time”. If a participant never feels nervous, then it must also be the case that the participant never feels so nervous that nothing can calm them down. Therefore, the missing values due to this skip pattern were temporarily reformatted to “none of the time”. Similarly, the missing values for the question about feeling so restless that you could not sit still were also temporarily reformatted to “none of the time” if the preceding question about how often you felt restless was answered “none of the time”.

**Derived Variable Specifications:**

Value	Condition(s)	Description	Notes
Blank	ADM_COMPLETE_MCQ=0	DV not created for participants in Comprehensive assessment who did not complete MCQ	
99	ADM_COMPLETE_MCQ=1 and (K10_TTIRED_MCQ = (8, 9) or K10_TNRVS_MCQ = (8, 9) or K10_TNRVSCLMD_MCQ = (8, 9) or K10_THPLS_MCQ = (8, 9) or K10_TRSTLS_MCQ = (8, 9) or K10_TRSTLSSTL_MCQ = (8, 9) or K10_TDEP_MCQ = (8, 9) or K10_TEFFRT_MCQ = (8, 9) or K10_TNOCHRUP_MCQ = (8, 9) or K10_TWRTHLSS_MCQ = (8, 9))	At least one required question was not answered	
K10_TTIRED_MCQ+ K10_TNRVS_MCQ+ K10_TNRVSCLMD_MCQ+ K10_THPLS_MCQ+ K10_TRSTLS_MCQ+ K10_TRSTLSSTL_MCQ+ K10_TDEP_MCQ+ K10_TEFFRT_MCQ+ K10_TNOCHRUP_MCQ+ K10_TWRTHLSS_MCQ	ADM_COMPLETE_MCQ=1 and (( 1 ≤ K10_TTIRED_MCQ ≤ 5) and ( 1 ≤ K10_TNRVS_MCQ ≤ 5) and ( 1 ≤ K10_TNRVSCLMD_MCQ ≤ 5) and ( 1 ≤ K10_THPLS_MCQ ≤ 5) and ( 1 ≤ K10_TRSTLS_MCQ ≤ 5) and ( 1 ≤ K10_TRSTLSSTL_MCQ ≤ 5) and ( 1 ≤ K10_TDEP_MCQ ≤ 5) and ( 1 ≤ K10_TEFFRT_MCQ ≤ 5) and ( 1 ≤ K10_TNOCHRUP_MCQ ≤ 5) and ( 1 ≤ K10_TWRTHLSS_MCQ ≤ 5))	K10 score	(min: 10; max: 50)