

# TCU HLTHForm

## *Item Scoring Guide*

**Scoring Instructions.** Numbers for each item indicate its location in the administration version, in which response categories are 1=None of the time to 5=All of the time; items are summed to determine a total score; and total score greater than 30\* indicates psychological distress.

**Note.** Physical health items (Numbers 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, and 11) are not listed because they do not load on any single scale. Each item captures specific physical health information.

### **Psychological Health (K10\*\*)**

**During the PAST 30 DAYS, how often did you feel –**

12. tired out for no good reason?
13. nervous?
14. so nervous that nothing could calm you down?
15. hopeless?
16. restless or fidgety?
17. so restless that you could not sit still?
18. depressed?
19. so depressed that nothing could cheer you up?
20. that everything was an effort?
21. worthless?

\*Baillie, A. (2005). *Social Psychiatry and Psychiatric Epidemiology*, 40, 743-748.

\*\*K10 scale from Kessler, Barker, Colpe et al. (2003). *Archives of General Psychiatry*, 60(2), 184-189.

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