

# 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