

K 6 (Mental Health: Self- Report Measure)

During the past 30 days, about how often did you feel...

		All of the time	Most of the time	Some of the time	A little of the time	None of the time
1	... nervous?	4	3	2	1	0
2	... hopeless?	4	3	2	1	0
3	... restless or fidgety?	4	3	2	1	0
4	... so depressed that nothing could cheer you up?	4	3	2	1	0
5	... that everything was an effort?	4	3	2	1	0
6	... worthless?	4	3	2	1	0

Total Points (The total number of points)