

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)