

Score of 12 or more on K-10

Outcome

Youth are healthy, safe and supported

Measure

Proportion of youth aged 15-24 years with a score of 12 or more on the K-10 (Kessler Psychological Distress Scale)

Type

Contributory measure

Relationship(s) to other frameworks

This measure is included in the Youth Mental Health Project Outcomes Framework.

Details for this measure can be located via Superu's social sector outcome indicators catalogue for NZ government's priority programmes which is located at: http://www.superu.govt.nz/outcomes_catalogue

Data is sourced annually via the New Zealand Health Survey.

This measure also assimilates to indicators included in the Vulnerable Children Outcomes Framework (which is currently under review due to the establishment of the new Ministry) – specifically:

- Number and percentage of caregivers who are physically and mentally well

And the Family and Whānau with children aged 0 – 5 years Framework - specifically:

- Families and whānau are not affected by suicide or self harm
- Children are developing well physically, cognitively, and emotionally and meeting their milestones

Rationale

The Kessler Psychological Distress Scale (K-10) is designed to measure anxiety and depression through a 10-item questionnaire. It is intended to yield a global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent four week period.

The use of a consumer self-report measure is a desirable method of assessment because it is a genuine attempt on the part of the clinician to collect information on the patient's current condition and to establish a productive dialogue. When completing the K10 the consumer should be provided with privacy. (Information sourced from the NSW Mental health Outcomes and Assessment Training (MH-OAT) facilitator's Manual, NSW Health Department 2001).

The K-10 is a questionnaire for patients to complete. It is a measure of psychological distress. The numbers attached to the patients 10 responses are added up and the total score is the score on the Kessler Psychological Distress Scale (K10). Scores will range from 10 to 50.

People seen in primary care who

- score under 20 are likely to be well
- score 20-24 are likely to have a mild mental disorder
- score 25-29 are likely to have moderate mental disorder
- score 30 and over are likely to have a severe mental disorder

The K-10 is a screening instrument and practitioners should make a clinical judgement as to whether a person needs treatment. Scores usually decline with effective treatment. Patients whose scores remain above 24 after treatment should be reviewed and specialist referral considered.

Eligible population

Youth aged 15 to 24 years

Measure status

In development

Measure definition

Numerator

Number of youth who have completed the K-10 (Kessler Psychological Distress Scale) assessment in the last 12 months with a score of 12 or more

Denominator

Number of youth who have completed the K-10 (Kessler Psychological Distress Scale) assessment in the last 12 months

National target

-

Local target

Milestones to be decided by Alliance

Data Sources

NZ Health Survey

Data extracted from data sources

The questionnaire can be located at: http://www.nzgp-webdirectory.co.nz/site/nzgp-webdirectory2/files/pdfs/forms/Kessler_10.pdf

Data availability

Survey data is collected continuously but findings are reported annually.

Measure calculation process

Refer to 'Data extracted from data sources' note above.

Relationship(s) to other measures

This measure is one of a number of mental health indicators which form part of the Minister's Youth Mental Health Project. Examples include:

- Proportion of youth aged 15 – 24 years diagnosed with common mental disorder
- Number of youth with positive change on HoNOSCA
- Number of youth with positive changes on the mental health assessment tool.

Measure development notes

Data is captured at individual, regional and national levels by ethnicity and gender.

Measure testing/piloting: This measure has been assigned a status of In Development for a period of 12 months during which time, the sector will 'test/use' the measure as it is currently defined and provide feedback to the SLM Team. Modifications to the measure definition may be made, prior to its status being updated to Active from 1 July 2018.

Implementation timeline: Measure is scheduled to move from a status of 'in development' to 'active' on 1 July 2018.

Reporting frequency: The Ministry will be responsible for gathering data and releasing information to Alliances.

Measure implementation group: TBC.