

## Appendix 6

### Kessler 6

The Kessler 6 (K6) scale is a quantifier of non-specific psychological distress. The K6 questions originate from Item Response Theory (IRT) and were initially developed from pilot survey results (from [www.qcmhr.uq.edu.au/worc/measures.htm](http://www.qcmhr.uq.edu.au/worc/measures.htm)).

| A6. During the <u>past 4 weeks</u> (28 days), how much of the time did you feel... | All of the time       | Most of the time      | Some of the time      | A little of the time  | None of the time      |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A6a. ...so sad nothing could cheer you up?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A6b. ...nervous?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A6c. ...restless or fidgety?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A6d. ...hopeless?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A6e. ...that everything was an effort?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A6f. ...worthless?   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

It has demonstrated excellent internal consistency and reliability (Cronbach's  $\alpha = 0.89$ ). It also has consistent psychometric properties across major socio-demographic sub samples and strongly discriminates between community cases and non cases of DSM-IV/ SCID disorders as determined by the areas under the Receiver Operating Characteristic (ROC) curve Each of the six items on the questionnaire are rated by the respondent on a five-point scale. The K6 was scored using the unweighted sum of answer responses, where responses of "none of the time" were zero to "All of the time being" yielding a score of four. Thus the range of responses was 0–24. Using the K6, respondents were classified by being at low, moderate, high or very high risk. A K6 score of 12 to 24 was considered very high risk as this range has a stratum-specific likelihood ratios (SSLR) of 8.9 to 65.

| Paired samples                   | Mean  | Std. Deviation | Std. Error Mean | 95% Confidence Interval |       | t    | df   | Sig. (2-tailed) | Cohen's d* |  |
|----------------------------------|-------|----------------|-----------------|-------------------------|-------|------|------|-----------------|------------|--|
|                                  |       |                |                 | Lower                   | Upper |      |      |                 |            |  |
| Parent N-P Referral – End        | 9.13  | 22.85          | 2.57            | 4.01                    | 14.25 | 3.55 | 78.0 | 0.00            | .32        |  |
| Parent N-P Referral – Follow up  | 15.71 | 22.89          | 3.20            | 9.27                    | 22.14 | 4.90 | 50.0 | 0.00            | .62        |  |
| Parent SDQ Referral – End        | 1.95  | 5.62           | 0.63            | 0.69                    | 3.21  | 3.08 | 78.0 | 0.00            | .25        |  |
| Parent SDQ Referral – Follow up  | 2.12  | 5.69           | 0.80            | 0.50                    | 3.74  | 2.64 | 49.0 | 0.01            | .38        |  |
| Teacher N-P Referral – End       | 12.64 | 36.73          | 4.52            | 3.61                    | 21.67 | 2.80 | 65.0 | 0.01            | .29        |  |
| Teacher N-P Referral – Follow up | 20.15 | 38.91          | 5.40            | 9.32                    | 30.99 | 3.74 | 51.0 | 0.00            | .48        |  |
| Teacher SDQ Referral – End       | 1.82  | 6.24           | 0.77            | 0.28                    | 3.35  | 2.37 | 65.0 | 0.02            | .20        |  |
| Teacher SDQ Referral – Follow up | 2.71  | 6.85           | 0.95            | 0.80                    | 4.62  | 2.85 | 51.0 | 0.01            | .39        |  |
| Parent K6 Referral - End         | 1.72  | 4.38           | 0.67            | 0.37                    | 3.07  | 2.58 | 42.0 | 0.01            | 1.03       |  |

\*\* This statistic was computed from the pooled variance (original standard deviations, uncorrelated).