

## 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).