



## Mental health and wellbeing check-list

The K10 checklist is a simple measure of your psychological health. It uses a series of questions to rate certain aspects of your wellbeing, with results showing whether negative feelings, thoughts or emotions have affected your daily life.<sup>1</sup>

This test should only take a few minutes to complete. It is important to be as truthful as you can. It is extremely common for anxiety and depression to co-exist with inflammatory bowel disorders, but the good news is there are treatments and support options that can help.<sup>2-4</sup>

**Please tick the box next to each question that best reflects your thoughts, feelings and behaviour over the past four weeks.**

For all questions, please select the appropriate response.

Today's Date \_\_\_\_\_

In the past 4 weeks:	None of the time	A little of the time	Some of the time	Most of the time	All of the time
1. About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. About how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. About how often did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. About how often did you feel so restless you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. About how often did you feel depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. About how often did you feel that everything was an effort?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. About how often did you feel so sad that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. About how often did you feel worthless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A total score can be calculated by tallying results across all questions using a 5-point scale where 1 = None of the time, 2 = A little of the time, 3 = Some of the time, 4 = Most of the time and 5 = All of the time.

A score of 30 or more indicates you may be experiencing high levels of psychological distress and should seek support from your specialist, GP or other health care professional.

**You might like to take this questionnaire with you to discuss the results with your healthcare professional.**





## Need Support Now?

There are a number of places that people living with IBD can go for support, advice or just a friendly ear.



**Crohn's & Colitis Australia | [crohnsandcolitis.com.au](http://crohnsandcolitis.com.au)**  
**IBD helpline - 1800 138 029**

Crohn's & Colitis Australia (CCA) has programs and services including information forums, support groups, online and telephone helpline, research programs, youth camps, 'Can't Wait Card' and Crohn's & Colitis Hub. Their IBD helpline is a free national service that connects callers with experienced volunteer counsellors or IBD nurses.

**gastro  
central**



**GastroCentral | [gastrocentral.com.au](http://gastrocentral.com.au)**

GastroCentral provides comprehensive information about living well with IBD including advice for managing symptoms and tips for diet and lifestyle. Listen to the personal journeys of people living well with IBD and access general information and advice from healthcare professionals on living with the condition.



**Mind Over Gut | [mindovergut.com](http://mindovergut.com)**

MindOverGut provides information and free online evidence-based psychological programs developed by Australian Psychogastroenterology expert Dr Simon Knowles. This site also contains a list of other psychology-oriented clinicians with an interest in IBD.

### TAME YOUR GUT

**Tame your Gut | [tameyourgut.com](http://tameyourgut.com)**

Tame your Gut is a 10-week program of cognitive-behavioural therapy (CBT) specially developed for people living with IBD by Australian researchers and clinicians.

If you or someone you know is at immediate risk of harm, call triple zero (000). If you are in crisis or need support visit website or call:

- **Lifeline** Anyone having a personal crisis [lifeline.org.au](http://lifeline.org.au) 131114;
- **Suicide Call Back** Anyone thinking about suicide [suicidcallbackservice.org.au](http://suicidcallbackservice.org.au) 1300 659 467; or
- **Beyond Blue** Anyone feeling anxious or depressed [beyondblue.org.au](http://beyondblue.org.au) 1300 22 4636

### Your local contacts

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1. Beyond Blue 2019. <https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10> 2. Mikocka-Walus, A. et. al. Clinical Gastroenterology and Hepatology, Volume 14, Issue 6, 829 - 835.e1. 3. Bonaz B.L., and Bernstein, C.N., Gastroenterology 2013 (Jan) 144 (1), 36-49. 4. Oligschlaeger, Y., Yadati, T., Houben, T., et al. Cells, 8, 659, 1-26, June 2019.