**CORE-10 PSYCHOLOGICAL DISTRESS FORM**

This form has 10 statements about how you have been OVER THE LAST WEEK.

Please read each statement and think how often you felt that way last week.

*(Please use a dark pen (not pencil) and tick clearly within the boxes)*

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| --- | --- | --- | --- |
| **Client Name:** |  | **Date:** |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **CORE-10**  **Over the last week…..** | | **Not**  **at all**  **0** | **Only Occasionally**  **1** | **Sometimes**  **2** | **Often**  **3** | **Most or all of the time**  **4** |
| 1 | I have felt tense, anxious or nervous |  |  |  |  |  |
| 2 | I have felt I have someone to turn to for support when needed |  |  |  |  |  |
| 3 | I have felt able to cope when things go wrong |  |  |  |  |  |
| 4 | Talking to people has felt too much for me |  |  |  |  |  |
| 5 | I have felt panic or terror |  |  |  |  |  |
| 6 | I made plans to end my life |  |  |  |  |  |
| 7 | I have had difficulty getting to sleep or staying asleep |  |  |  |  |  |
| 8 | I have felt despairing or hopeless |  |  |  |  |  |
| 9 | I have felt unhappy |  |  |  |  |  |
| 10 | Unwanted images or memories have been distressing me |  |  |  |  |  |
| **Total Scores** | |  |  |  |  |  |

Thank you for your time in completing this questionnaire

**INSTRUCTIONS FOR SCORING THE CORE-10**

The CORE-10 is very easy to score. It comprises ten questions about how you have been feeling over

the past week.

1. Before you score the questionnaire, check you have answered all ten questions.
2. Each answer has a number next to it between 0 and 4. Simply add up all ten numbers to give you a score between 0 and 40. This is the total score.
3. The CORE-10 estimates your level of psychological distress and is an indication of your mental health. Broad interpretations of the total score are:

Total score Interpretation

0-5 Healthy

>5 to 10 Low level problems

>10 to 15 Mild psychological distress

>15 to 20 Moderate distress

>20 to 25 Moderately severe

>25 to 40 Severe psychological distress

1. Remember that this is just a snapshot of how things have been in the last week. Your score may vary from week to week in the normal course of events.
2. People starting psychological therapy usually score over 10, although some people with lower scores want to see a therapist for personal development rather than because they are in mental health difficulties.

6. If you score in the severe range (more than 25) for three weeks or more, it’s definitely a good idea to seek professional help, such as from your GP or a clinical psychologist