

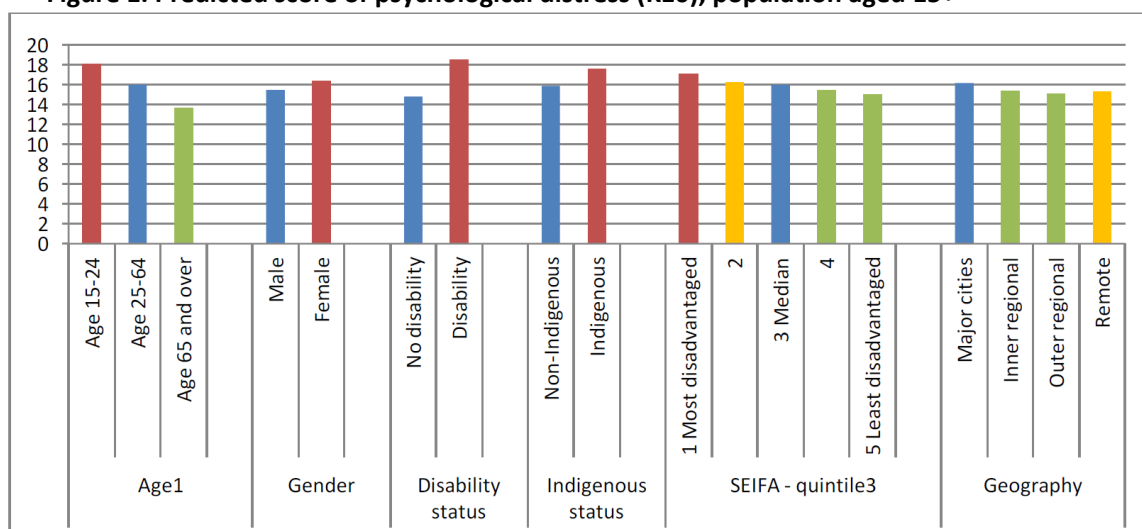
## Appendix: 2. Psychological distress: demographic characteristic associations

In population studies, the Kessler 10 (K10) is a widely used measure of mental health to determine the level of non-specific psychological distress of an individual. It measures the likelihood of having experienced anxiety and/or depression in the past four weeks. Psychological distress is used as an indicative measure of the mental health needs of a population rather than measuring rates of mental illness.

A 2013 analysis of Hilda data illustrates the association between socio-demographic characteristics factors and psychological distress (Figure 1).

- Young people aged 15 to 24 years - significantly higher levels than 25 to 64 year olds
- People aged 65 and over had significantly lower levels
- Females had higher levels of psychological distress than males
- People with a disability and Indigenous people had higher levels of psychological distress than people with no disability and non-Indigenous people respectively
- People living in the most disadvantaged areas had higher levels of psychological distress
- People in least disadvantaged areas the lowest levels of psychological distress
- People living in regional areas had lower levels of psychological distress than people in major cities<sup>1</sup>

**Figure 1. Predicted score of psychological distress (K10), population aged 15+**



Source: Based on logistic regression from HILDA 2013 data, n = 15,088

Notes: Results based on responding person file results, including all control variables above.

Socioeconomic Index for Areas: quintile of relative disadvantage

<sup>1</sup> Cited by Reeve, R., Marjolin, A., Muir, K., Powell, A., Hannigan, N., Ramia, I. and Etuk, L. (Eds.) (2016) Australia's Social Pulse. Centre for Social Impact: UNSW Australia, Sydney and UWA, Perth.