

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 |

4. 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.
5. 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.