

# Appendix 1: K-10

For all questions, please fill in the appropriate response circle. Fill in the circles like this: ●  
Please do not tick or cross the circles.

| In the past 4 weeks: | None<br>of the<br>time | A little<br>of the<br>time | Some<br>of the<br>time | Most<br>of the<br>time | All of<br>the<br>time |
|----------------------|------------------------|----------------------------|------------------------|------------------------|-----------------------|
|----------------------|------------------------|----------------------------|------------------------|------------------------|-----------------------|

1. About how often did you feel tired out for no good reason?  —  —  —  —
2. About how often did you feel nervous?  —  —  —  —
3. About how often did you feel so nervous that nothing could calm you down?  —  —  —  —
4. About how often did you feel hopeless?  —  —  —  —
5. About how often did you feel restless or fidgety?  —  —  —  —
6. About how often did you feel so restless you could not sit still?  —  —  —  —
7. About how often did you feel depressed?  —  —  —  —
8. About how often did you feel that everything is an effort?  —  —  —  —
9. About how often did you feel so sad that nothing could cheer you up?  —  —  —  —
10. About how often did you feel worthless?  —  —  —  —

## Appendix 2: DASS-21

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you *over the past week*. There are no right or wrong answers. Do not spend too much time on any statement.

*The rating scale is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time

|    |  |   |   |   |   |
|----|--|---|---|---|---|
| 1  | I found it hard to wind down   | 0 | 1 | 2 | 3 |
| 2  | I was aware of dryness of my mouth   | 0 | 1 | 2 | 3 |
| 3  | I couldn't seem to experience any positive feeling at all  | 0 | 1 | 2 | 3 |
| 4  | I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion)           | 0 | 1 | 2 | 3 |
| 5  | I found it difficult to work up the initiative to do things  | 0 | 1 | 2 | 3 |
| 6  | I tended to over-react to situations   | 0 | 1 | 2 | 3 |
| 7  | I experienced trembling (e.g., in the hands)   | 0 | 1 | 2 | 3 |
| 8  | I felt that I was using a lot of nervous energy  | 0 | 1 | 2 | 3 |
| 9  | I was worried about situations in which I might panic and make a fool of myself  | 0 | 1 | 2 | 3 |
| 10 | I felt that I had nothing to look forward to   | 0 | 1 | 2 | 3 |
| 11 | I found myself getting agitated  | 0 | 1 | 2 | 3 |
| 12 | I found it difficult to relax  | 0 | 1 | 2 | 3 |
| 13 | I felt down-hearted and blue   | 0 | 1 | 2 | 3 |
| 14 | I was intolerant of anything that kept me from getting on with what I was doing  | 0 | 1 | 2 | 3 |
| 15 | I felt I was close to panic  | 0 | 1 | 2 | 3 |
| 16 | I was unable to become enthusiastic about anything   | 0 | 1 | 2 | 3 |
| 17 | I felt I wasn't worth much as a person   | 0 | 1 | 2 | 3 |
| 18 | I felt that I was rather touchy  | 0 | 1 | 2 | 3 |
| 19 | I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat) | 0 | 1 | 2 | 3 |
| 20 | I felt scared without any good reason  | 0 | 1 | 2 | 3 |
| 21 | I felt that life was meaningless   | 0 | 1 | 2 | 3 |

## Appendix 3: Interview/survey questions for providers

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### Questions for clinical psychologists and registered psychologists

1. **In the last year approximately how many clients have you seen whose treatment has been partially or fully funded via the Medicare item numbers for psychological services?**
2. **Have the Medicare item numbers for psychological services had an impact on your consultations with clients? [For example: Have the Medicare item numbers had an impact on your overall caseload? Have you found the Medicare item numbers make any difference to the way in which you consult with individual clients?]**
3. **How have you found the process of communicating with other mental health care providers? [For example: How appropriate have you found the GP referrals? How have you found the referral information provided in the GP mental health care plan? What referral information from the GP would be most useful to you? How have you communicated information about the consumer back to the GP during and after treatment?]**
4. **How have you found the process of communicating with other mental health care providers? [For example: How appropriate have you found the GP referrals? How have you found the referral information provided in the GP mental health care plan? What referral information from the GP would be most useful to you? How have you communicated information about the consumer back to the GP during and after treatment?]**
5. **How have you found the logistics of billing Medicare for delivering psychological services? [For example: What was your experience of registering with Medicare as eligible to provide services? How about the billing process itself? Have you adopted a particular charging policy (e.g., bulk-billing clients on low incomes)?]**
6. **Have you found that being able to provide psychological services via the Medicare item numbers has had positive impacts for you? If so, what have these impacts been?**
7. **Have you found that being able to provide psychological services via the Medicare item numbers has had negative impacts for you? If so, what have these impacts been?**
8. **Would you say that your being able to provide psychological services via the Medicare item numbers has benefited clients under your care? If so, in what way?**
9. **Would you say that your being able to provide psychological services via the Medicare item numbers has had any negative impacts for clients under your care? If so, in what way?**
10. **Are there any additional comments you'd like to make about the Medicare item numbers for psychological services?**
11. **Sex (Tick response):**  
[ ] Male  
[ ] Female

**12. Age group (Tick response):**

- ≤29
- 30-39
- 40-49
- 50-59
- 60-69
- ≥70

**13. On average, how many hours per week do you currently spend working in a private practice setting where you see clients with mental health problems?**

**14. On average, how many clients with mental health problems do you see in a private practice setting per week?**

## Questions for GPs

- 1. In the last year approximately how many patients have you seen whose treatment has been partially or fully funded via the Medicare item numbers for psychological services?**
- 2. Have the Medicare item numbers for psychological services had an impact on your consultations with patients? [For example: Have the Medicare item numbers had an impact on your overall caseload? Have you found the Medicare item numbers make any difference to the way in which you consult with individual patients?]**
- 3. How have you found the process of communicating with other mental health care providers? [For example: Have you found that the item numbers have facilitated collaborative care arrangements between yourself and other mental health care providers, such as private psychiatrists and psychologists?]**
- 4. How have you found the logistics of billing Medicare for delivering psychological services? [For example: What was your experience of registering with Medicare as eligible to provide services? How about the billing process itself? Have you adopted a particular charging policy (e.g., bulk-billing patients on low incomes)?]**
- 5. Have you found that being able to provide psychological services via the Medicare item numbers has had positive impacts for you? If so, what have these impacts been?**
- 6. Have you found that being able to provide psychological services via the Medicare item numbers has had negative impacts for you? If so, what have these impacts been?**
- 7. Would you say that your being able to provide psychological services via the Medicare item numbers has benefited patients under your care? If so, in what way?**
- 8. Would you say that your being able to provide psychological services via the Medicare item numbers has had any negative impacts for patients under your care? If so, in what way?**
- 9. Are there any additional comments you'd like to make about the Medicare item numbers for psychological services?**
- 10. Sex (Tick response):**
  - Male
  - Female

**11. Age group (Tick response):**

≤29

30-39

40-49

50-59

60-69

≥70

**12. On average, how many hours per week do you currently spend working in a private practice setting where you see patients with mental health problems?**

**13. On average, how many patients with mental health problems do you see in a private practice setting per week?**

## Appendix 4: Interview/survey questions for consumers

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1. **Was it a psychiatrist, psychologist or GP who asked you to participate in the evaluation?**  
 Psychiatrist  
 Psychologist  
 GP
  
2. **Had you seen a psychiatrist, psychologist or GP for psychological services prior to 1 November 2006?**  
  
Psychiatrist       Yes    No    Not sure  
Psychologist       Yes    No    Not sure  
GP                     Yes    No    Not sure
  
3. **Has cost been a barrier to your seeking care from a psychiatrist, psychologist or GP for psychological services in the past?**  
  
Psychiatrist       Yes    No    Not sure  
Psychologist       Yes    No    Not sure  
GP                     Yes    No    Not sure
  
4. **Have there been other barriers to your seeking psychological care from any of these providers?**
  
5. **Thinking about your recent visits to the provider who asked you to participate in the evaluation, can you describe what prompted you to seek care from this provider?**
  
6. **If you did not continue with you psychological care or referral can you please tell me a little about why you discontinued?**
  
7. **How did you find the process of receiving psychological services that were refundable by Medicare?**
  
8. **Were you satisfied with the care you received from the psychiatrist, psychologist or GP? What aspects of the care were good or bad?**
  
9. **Have you noticed any change in your health and wellbeing since seeing the psychiatrist, psychologist or GP? To what extent would you attribute any change to the care provided by this provider?**
  
10. **Sex :**  
 Male  
 Female
  
11. **Age grouping :**  
 ≤29  
 30-39  
 40-49  
 50-59  
 60-69  
 ≥70