**Basic Questions**

1️⃣ **What is your age?**

* (Dropdown selection: 13-17, 18-24, 25-34, 35-49, 50+ etc.)
* *Why?* Age affects mental health concerns.

2️⃣ **What is your gender?**

* (Male / Female / Non-binary / Prefer not to say)
* *Why?* Depression and anxiety can manifest differently in different genders.

3️⃣ **What country are you in?**

* (Dropdown of countries)
* *Why?* You can provide localized mental health resources if needed.

4️⃣ **What is your relationship status?**

* (Single / In a relationship / Married / Divorced / Prefer not to say)
* *Why?* Relationships impact emotional well-being.

5️⃣ **Do you have children?**

* (Yes / No / Prefer not to say)
* *Why?* Parenting stress can influence mental health.

6️⃣ **What is your sexual orientation?** *(Optional)*

* (Straight / LGBTQ+ / Prefer not to say)
* *Why?* LGBTQ+ individuals sometimes face unique mental health challenges.

7️⃣ **What is your current employment status?**

* (Employed / Student / Unemployed / Retired / Other)
* *Why?* Work stress can affect mental well-being.

8️⃣ **Are you currently receiving mental health support?** *(Optional)*

* (Yes / No / Thinking about it)
* *Why?* This helps understand whether they are already seeking help.

**Opening message**

"We understand that life can be challenging sometimes. This short check-in is designed to help you understand your emotions and well-being. There are no right or wrong answers, just answer honestly based on how you’ve been feeling lately. Take your time. We’re here for you. 💙"

**PHQ-9**

1️⃣ **"Have you felt like you've lost interest or joy in things that usually make you happy?"**  
🔹 A) Not at all 😊 (0)  
🔹 B) A little bit 🤔 (1)  
🔹 C) Quite often 😕 (2)  
🔹 D) Almost always 😞 (3)

2️⃣ **"Have you been feeling down, sad, or hopeless more than usual?"**  
🔹 A) Not really ☀️ (0)  
🔹 B) Occasionally 😐 (1)  
🔹 C) Often 😞 (2)  
🔹 D) Almost every day 😔 (3)

3️⃣ **"How has your sleep been lately?"**  
🔹 A) I sleep well and wake up refreshed 😴 (0)  
🔹 B) Some nights are tough, but I manage 😕 (1)  
🔹 C) I struggle to fall or stay asleep 💤 (2)  
🔹 D) My sleep is really bad or I sleep too much 😔 (3)

4️⃣ **"Do you often feel tired or low on energy?"**  
🔹 A) I feel good and energized ⚡ (0)  
🔹 B) Sometimes I feel a bit sluggish 😐 (1)  
🔹 C) I often feel drained and struggle to do things 😓 (2)  
🔹 D) I barely have any energy at all 😞 (3)

5️⃣ **"Have you noticed changes in your appetite?"**  
🔹 A) No, my appetite is normal 🍽️ (0)  
🔹 B) I eat a little more or less than usual 🤷‍♂️ (1)  
🔹 C) I’ve lost or gained a lot of appetite 🍞 (2)  
🔹 D) I hardly eat or eat too much without control 😞 (3)

6️⃣ **"How do you feel about yourself these days?"**  
🔹 A) I feel okay about myself 💪 (0)  
🔹 B) Sometimes I doubt myself, but it’s manageable 🤔 (1)  
🔹 C) I often feel like I’m not good enough 😞 (2)  
🔹 D) I feel like I’ve let myself or others down completely 😢 (3)

7️⃣ **"Do you find it hard to concentrate on things like reading or watching TV?"**  
🔹 A) Not at all, I focus well 📖 (0)  
🔹 B) Sometimes I get distracted 😐 (1)  
🔹 C) Often, I struggle to stay focused 😕 (2)  
🔹 D) It’s really difficult to focus on anything 😞 (3)

8️⃣ **"Have you been feeling more restless or slowed down lately?"**  
🔹 A) No, I feel normal 😊 (0)  
🔹 B) A little, but not a big problem 🤔 (1)  
🔹 C) Yes, I feel either restless or sluggish a lot 😕 (2)  
🔹 D) I feel really slow or agitated most of the time 😞 (3)

9️⃣ **"Have you had thoughts that life isn’t worth living or thought about hurting yourself?"** *(Serious Question, Must Be Handled Carefully)*  
🔹 A) No, never ❌ (0)  
🔹 B) Rarely, but I wouldn’t act on them 😕 (1)  
🔹 C) Sometimes, and it worries me 😞 (2)  
🔹 D) Often, I feel overwhelmed by these thoughts 😢 (3)

📢 **🚨 If the user selects option 3 on this question, show an immediate message:**  
*"You are not alone. We care about you and want to help. Please consider reaching out to someone you trust or professional support. 💙 If you need immediate help, please contact a crisis helpline in your area."*

**GAD-7**

🔟 **"Do you often feel nervous, anxious, or on edge?"**  
🔹 A) Not at all 😊 (0)  
🔹 B) Occasionally 😕 (1)  
🔹 C) Quite often 😞 (2)  
🔹 D) Almost all the time 😢 (3)

1️⃣1️⃣ **"Do you have trouble stopping yourself from worrying too much?"**  
🔹 A) No, I manage well 😊 (0)  
🔹 B) Sometimes, but I can control it 🤔 (1)  
🔹 C) I worry a lot and it’s hard to stop 😞 (2)  
🔹 D) My worries are overwhelming 😢 (3)

1️⃣2️⃣ **"Do you find yourself worrying about lots of different things?"**  
🔹 A) Not really 🤷‍♂️ (0)  
🔹 B) A little bit 🤔 (1)  
🔹 C) Yes, I worry a lot about many things 😕 (2)  
🔹 D) I worry constantly and it’s exhausting 😞 (3)

1️⃣3️⃣ **"Do you struggle to relax, even when things are okay?"**  
🔹 A) No, I can relax fine 😊 (0)  
🔹 B) Sometimes 😕 (1)  
🔹 C) Often, it’s really hard to relax 😞 (2)  
🔹 D) I feel tense almost all the time 😢 (3)

1️⃣4️⃣ **"Do you feel so restless that you can’t sit still?"**  
🔹 A) No, I feel calm 😊 (0)  
🔹 B) Occasionally, but I manage 🤔 (1)  
🔹 C) Quite often, I feel uneasy 😞 (2)  
🔹 D) Almost always, I feel restless 😢 (3)

1️⃣5️⃣ **"Have you been feeling more irritable or easily annoyed lately?"**  
🔹 A) Not really 😊 (0)  
🔹 B) A little bit 🤔 (1)  
🔹 C) Quite often 😞 (2)  
🔹 D) Almost always 😢 (3)

1️⃣6️⃣ **"Do you sometimes feel like something bad is going to happen, even when there’s no reason?"**  
🔹 A) No, not at all 😊 (0)  
🔹 B) Sometimes, but I can manage 🤔 (1)  
🔹 C) Often, I feel like I’m in danger 😞 (2)  
🔹 D) Almost always, and it scares me 😢 (3)

**Final Message**

"Thank you for sharing. Based on your answers, we will provide some insights about your emotional well-being. Remember, you are not alone, and support is always available for you. 💙"