

Mental Health & Wellness Screener User Manual

Table of Contents

1. Introduction	2
2. Starting The System	2
2.1 Step 1 - Opening Terminal	2
2.2 Step 2 - Navigating Through Terminal	2
2.3 Step 3 - Running The Program	2
2.4 Step 4 - Done	2
3. Completing The Screener	2
3.1 Step 1 - Main Page	2
3.2 Step 2 - Questionnaire	3
3.3 Step 3 - Results	4

Introduction:

This user guide is to assist the user in using the Mental Health & Wellness Screener. This guide assumes you have already followed the installation process.

Starting The System:

Step 1 - Open up the terminal

This is done by pressing command+space together or clicking the magnifying glass in the top right corner of the computer (Mac only).
Type in "terminal" and open it.

Step 2 - Navigate to the folder

Assuming the folder is on your desktop, all you need to do is type in
`cd ./Desktop/422Project2-Screener`

This will take you to the folder where the files and program is stored.

Step 3 - Running the program

Assuming you have done the installation guide properly you should already have python3 installed. To run the program simply type in the terminal
`python3 UI.py`

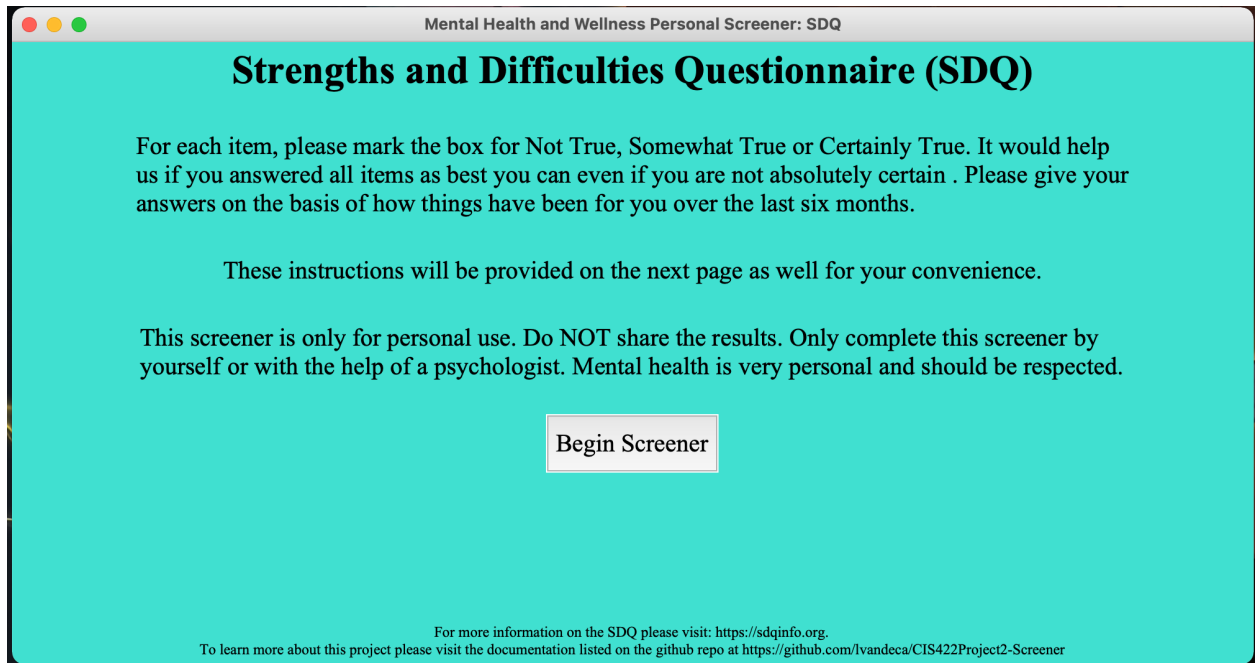
Step 4 - Done

You can now begin the screener!

Completing The Screener:

Step 1 - Main Page

Assuming you have started the screener properly following the last steps you should now be faced with this screen.



Mental Health and Wellness Personal Screener: SDQ

Strengths and Difficulties Questionnaire (SDQ)

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain. Please give your answers on the basis of how things have been for you over the last six months.

These instructions will be provided on the next page as well for your convenience.

This screener is only for personal use. Do NOT share the results. Only complete this screener by yourself or with the help of a psychologist. Mental health is very personal and should be respected.

[Begin Screener](#)

For more information on the SDQ please visit: <https://sdqinfo.org>.
To learn more about this project please visit the documentation listed on the github repo at <https://github.com/lvandeca/CIS422Project2-Screener>

Figure 1: Main Menu for the SDQ self-report screener

To start the screener, simply click on Begin Screener. Make sure you read all that is on the screen before beginning the test. This will provide background information on what this screener is about and the context in which you should take the screener in.

Step 2 - Questionnaire

Next, you will be presented with 25 questions which the screener consists of. Answer Not True, Somewhat True, or Absolutely Certain by clicking on the first, second, or third button accordingly

Mental Health and Wellness Personal Screener: SDQ

Strengths and Difficulties Questionnaire (SDQ)

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain. Please give your answers on the basis of how things have been for you over the last six months.

	Not True	Somewhat True	Certainly True
I try to be nice to other people. I care about their feelings	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am restless, I cannot stay still for long	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get a lot of headaches, stomach-aches or sickness	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually share with others, for example CD's, games, food	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get very angry and often lose my temper	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would rather be alone than with people of my age	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually do as I am told	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry a lot	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am helpful if someone is hurt, upset or feeling ill	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am constantly fidgeting or squirming	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have one good friend or more	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I fight a lot. I can make other people do what I want	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am often unhappy, depressed or tearful	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people my age generally like me	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily distracted, I find it difficult to concentrate	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am nervous in new situations. I easily lose confidence	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am kind to younger children	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am often accused of lying or cheating	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other children or young people pick on me or bully me	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often offer to help others (parents, teachers, children)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think before I do things	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take things that are not mine from home, school or elsewhere	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get along better with adults than with people my own age	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have many fears, I am easily scared	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I finish the work I'm doing. My attention is good	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Figure 2: Answer question interface

Once you have finished completing all the questions (it is highly encouraged to answer all the questions for an appropriate result) you can click the button at the bottom of the screener labeled "Submit Screener"

Step 3 - Results

After completing the screener you will see the following window:

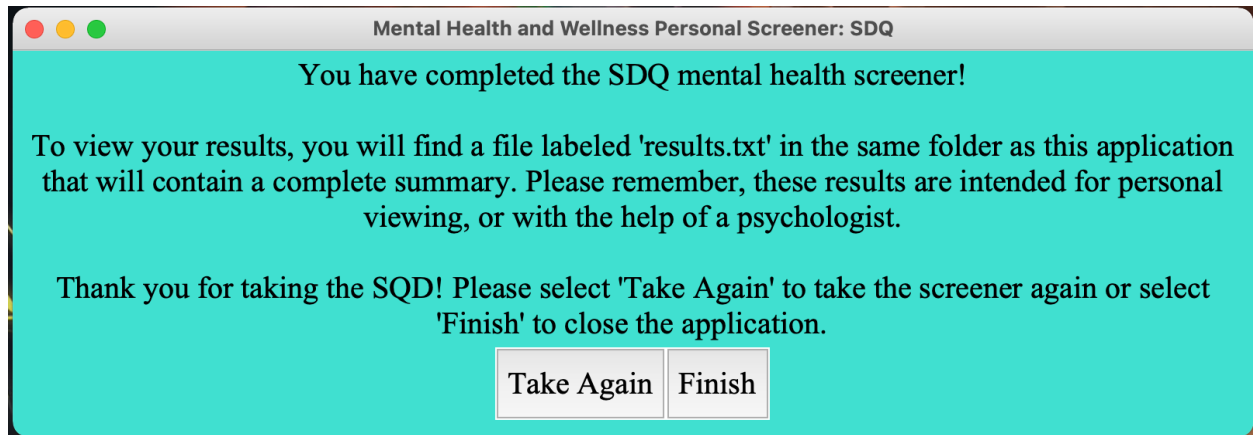



Figure 3: Final window

Following the instructions on screen you can either take the screener again, or simply close the application. If you decide to take the screener again, please move back to step 1. Please note that if you decide to take the screener again, previous results will not be saved so be sure to move your results file if you wish to save your results.

Once closing the application, there will now be a file titled 'results.txt' in the same directory as the Screener. One can access it by using the terminal and typing 'vim results.txt', or using a file explorer and double-clicking on the results.txt file. Opening it will provide the user with their Emotional, Conduct, Hyper, Peer, Prosocial, and Total Difficulty Scores. The file will also contain all the questions and their respective user-inputted answers.

 *results - Notepad

File Edit Format View Help

Emotional Score: 5, Risk Amount: Slightly Raised

Conduct Score: 5, Risk Amount: High

Hyper Score: 5, Risk Amount: Close to Average

Peer Score: 5, Risk Amount: Very High

Prosocial Score: 5, Risk Amount: High

Total Difficulty Score: 20, Risk Amount: Very High

Questions & Answers

Question: I try to be nice to other people. I care about their feelings

Answer: Somewhat True

Question: I am restless, I cannot stay still for long

Answer: Somewhat True

Question: I get a lot of headaches, stomach-aches or sickness

Answer: Somewhat True

Question: I usually share with others, for example CD's, games, food

Answer: Somewhat True

Question: I get very angry and often lose my temper

Answer: Somewhat True

Question: I would rather be alone than with people of my age

Answer: Somewhat True

Question: I usually do as I am told

Answer: Somewhat True

Question: I worry a lot

Answer: Somewhat True

Question: I am helpful if someone is hurt, upset or feeling ill

Answer: Somewhat True

Question: I am constantly fidgeting or squirming

Answer: Somewhat True

Question: I have one good friend or more

Answer: Somewhat True

Question: I fight a lot. I can make other people do what I want

Answer: Somewhat True

Question: I am often unhappy, depressed or tearful

Answer: Somewhat True

Question: Other people my age generally like me

Answer: Somewhat True

Question: I am easily distracted, I find it difficult to concentrate

Figure 4: Example screenshot of a user's results after completing the SDQ. For additional information about each of the categories and what various risk levels mean please visit <https://www.sdqinfo.org>.