

## Comprehensive Anxiety Test Results

Total Score: 6

Anxiety Level: Extremely Low Anxiety

Interpretation:

Individuals with scores in this range typically experience minimal anxiety symptoms. They are likely to feel calm and less impacted by common anxiety-provoking situations, demonstrating a strong ability to manage stress and maintain emotional stability.

Recommendations:

Sessions Required: 4-5 sessions

Recommended Actions:

1. Continue Positive Coping Mechanisms
2. Engage in Preventive Mental Health Practices
3. Maintain a Healthy Lifestyle
4. Set Realistic Goals and Expectations
5. Stay Socially Connected
6. Learn and Practice Relaxation Techniques
7. Seek Enjoyable Challenges and New Experiences

Q1: Do you feel that you are punished without any crime? - Answer:

Yes

Q2: Do you lose the balance of your mind even under ordinary pressure of circumstance? - Answer: Yes

Q3: Do you generally have unsteady mind? - Answer: Yes

Q4: Do you generally stutter while talking to strangers? - Answer:

Yes

Q5: Do you sometimes feel that your life is useless? - Answer: Yes

Q90: Do you get disturbed even by the imaginary sadness? -

Answer: Yes