Pseudocode

START

   OPEN file "survey_results.txt" in append mode

   IF file opening fails THEN

      PRINT "Error opening file!"

      EXIT

   ENDIF

   PRINT "Mental Health Survey"

   WRITE "Mental Health Survey" to file

   CALL askGeneralMoodQuestions(file)

   CALL askStressAndAnxietyQuestions(file)

   CALL askSleepAndRestQuestions(file)

   CALL askPhysicalActivityQuestions(file)

   CLOSE file

   PRINT "Thank you for completing the survey!"

END

FUNCTION askGeneralMoodQuestions(file)

   PRINT and WRITE "# General Mood"

   ASK and READ mood, stress, sadness, satisfaction, motivation

   WRITE responses to file

   ANALYZE responses and PRINT suggestions

END FUNCTION

FUNCTION askStressAndAnxietyQuestions(file)

PRINT and WRITE "# Stress and Anxiety"

       ASK and READ stress, anxiety, management

       WRITE responses to file

       ANALYZE responses and PRINT suggestions

END FUNCTION

FUNCTION askSleepAndRestQuestions(file)

       PRINT and WRITE "# Sleep and Rest"

       ASK and READ sleepQuality, troubleSleeping, sleepHours

       WRITE responses to file

       ANALYZE responses and PRINT suggestions

END FUNCTION

FUNCTION askPhysicalActivityQuestions(file)

       PRINT and WRITE "# Physical Activity and Self-Care"

       ASK and READ exercise, eatingHabits, selfCare

       WRITE responses to file

       ANALYZE responses and PRINT suggestions

END FUNCTION