# Simple Mental Health Assessment Script

def get\_response(question):

print(question)

print("Rate your response (1 - Strongly Disagree, 2 - Disagree, 3 - Neutral, 4 - Agree, 5 - Strongly Agree)")

while True:

try:

response = int(input("Your response (1-5): "))

if 1 <= response <= 5:

return response

else:

print("Please enter a number between 1 and 5.")

except ValueError:

print("Invalid input. Please enter a number between 1 and 5.")

def assess\_mental\_health():

questions = [

"I feel overwhelmed with my responsibilities.",

"I have trouble focusing on tasks.",

"I feel disconnected from people around me.",

"I find it difficult to relax.",

"I often feel anxious or stressed without a clear reason.",

"I am not getting enough quality sleep.",

"I have lost interest in activities I used to enjoy.",

"I feel emotionally exhausted."

]

score = 0

for question in questions:

score += get\_response(question)

# Calculate the average score

avg\_score = score / len(questions)

# Provide assessment based on average score

print("\nAssessment Result:")

if avg\_score <= 2:

print("Low level of distress. You seem to be doing well. Keep up with your healthy habits!")

elif avg\_score <= 3.5:

print("Moderate level of distress. Some stress is present, but it seems manageable. Consider mindfulness exercises or talking to friends.")

else:

print("High level of distress. You might benefit from talking to a mental health professional.")

# Run the assessment

if \_\_name\_\_ == "\_\_main\_\_":

print("Welcome to the Mental Health Self-Assessment Tool\n")

assess\_mental\_health()