

Agent: Hi, this is (name_AI) how may I assist you today?

User: Hi, I have not been feeling like my self lately I think I may be suffering from depression

(Exchange count: 1)

Agent: May I get your name, please?

User: My name is (name_user)

(Exchange count: 2)

Agent: Hi (name_user), I'm going to ask you a series of questions to access the possibility of you suffering from depression.

Is that okay with you?

User: Yes, that should be fine.

(Exchange count : 3)

Agent: Ok, for these questions reply with a score from 1-4 (1 meaning a little of the time, 2 meaning some of the time, 3 meaning good part of the time, and 4 meaning most of the time)

Do you understand the scoring?

User: Yes, I understand

(Exchange count : 4)

Agent: Ok first question, I feel down-hearted and blue (1-4)

User: 3

(Exchange count : 5)

Agent: 2nd question, morning is when I feel the best (1-4) "reversed score"

User: 2

(Exchange count : 6)

Agent: 3rd question, I have crying spells or feel like it (1-4)

User: 2

(Exchange count : 7)

Agent: The fourth question, I have trouble sleeping at night (1-4)

User: 4

(Exchange count : 8)

Agent: The fifth question, I eat as much as I used to (1-4) "reversed scored"

User: 2

(Exchange count : 9)

Agent: The sixth question, I still enjoy sex (1-4) "reversed scored"

User: 3

(Exchange count : 10)

Agent: The seventh question, I notice that I am losing weight (1-4)

User: 2

(Exchange count : 11)

Agent: The eighth question, I have trouble with constipation (1-4)

User: 2

(Exchange count : 12)

Agent: The ninth question, my heart beats faster than usual (1-4)

User: 2

(Exchange count : 13)

Agent: The tenth question, I get tired for no reason (1-4)

User: 2

(Exchange count : 14)

Agent: The eleventh question, my mind is as clear as it used to be (1-4) "reversed scored"

User: 2

(Exchange count : 15)

Agent: The twelfth question, I find it easy to do the things I used to do. (1-4) “reversed scored”

User: 3

(Exchange count : 16)

Agent: The thirteenth question, I am restless and can't keep still (1-4)

User: 2

(Exchange count : 17)

Agent: The fourteenth question, I feel hopeful about the future (1-4) “reversed scored”

User: 2

(Exchange count : 18)

Agent: The fifteenth question, I am more irritable than usual (1-4)

User: 2

(Exchange count : 19)

Agent: The sixteenth question, I find it easy to make decisions (1-4) “reversed scored”

User: 1

(Exchange count : 20)

Agent: The seventeenth question, I feel that I am useful and needed (1-4) “reversed scored”

User: 2

(Exchange count : 21)

Agent: The eighteenth question, my life is pretty full (1-4) “reversed scored”

User: 2

(Exchange count : 22)

Agent: The nineteenth question, I feel that others would be better off if I was dead. (1-4)

User: 1

(Exchange count : 23)

Agent: The twentieth question, I still enjoy things I used to do (1-4) “reversed scored”

User: 3

(Exchange count : 24)

Agent: Thanks, (user_name) for completing the series of questions. You have a total score of 50 which unfortunately falls in the range of mild depression. Would you like me to explain the symptoms of mild depression?

User: Sure, that will be helpful.

(Exchange count : 25)

Agent: People with mild depression may experience the following: feelings of sadness, loss of appetite, reduced energy levels, sleeping problems, and difficulties with concentration. Mild depression is associated with a less intense feeling with those symptoms. It is highly recommended people with mild depression seek treatment. Do you have any more questions?

User: How can I seek treatment for this?

(Exchange count : 26)

Agent: To seek the treatment you first need to visit your local psychiatrist who will examine you and confirm the results. After confirming your results, the psychiatrist will decide the most effective treatment option for you. Do you have any more questions?

User: Do you know what treatment is used for depression?

(Exchange count : 27)

Agent: Most treatments for depression use a form of therapy and or antidepressants as well, but there are some other treatment methods available as well. Do you have any other questions?

User: Yes, do u know how the treatment works using the therapy method?

(Exchange count : 28)

Agent: There are many types of therapies that mental health representatives use to treat depression and other mental illnesses. The therapy or therapies chosen depends on the patient's illness; an example of this can be interpersonal therapy can be used when a person is experiencing grief that has not been resolved. Do you have any more questions?

User: Yes, how do antidepressant medications work in treating depression, and are they safe?

(Exchange count : 29)

Agent: Antidepressants are used to help balance chemicals in the brain called neurotransmitters, these chemicals affect your mood and emotion. So in taking antidepressants you may experience relief of some or all of your symptoms. Antidepressants are generally considered safe, but there are some risks and some people do experience certain side effects from taking the medication. Do u have any other questions?

User: No that was everything.

(Exchange count : 30)

Agent: It was nice talking to you (user_name), have a great day.