

# **PROJECT REPORT**

## **GENERAL ANXIETY DISORDER ANALYSIS**

### **INTRODUCTION**

We say that we take it seriously just like we take physical health. However, would you ever ask someone with a disease like cancer to fight harder or make themselves feel better? It's an illness, asking people to cheer up is not a solution. This questionnaire called the GAD-7 screening tool can help you find out if you might have an anxiety disorder that needs treatment. It calculates how many common symptoms you have and based on your answers suggests where you might be on a scale, from mild to severe anxiety.

The purpose of this project is to develop a program that analyzes the user's anxiety level based on their responses to a set of questions. The program uses the GAD-7 screening tool, which is a questionnaire designed to identify symptoms of General Anxiety Disorder (GAD). The analysis provides an indication of the user's anxiety severity, ranging from no anxiety to severe anxiety, and suggests appropriate actions based on the results.

### **IMPLEMENTATION**

The project is implemented in C programming language and consists of several functions:

- **Heading():** This function displays a heading for the program.
- **Introduction():** This function provides an introduction to the GAD-7 screening tool and explains its purpose.
- **questions(int choice):** This function displays the questions to the user based on the choice parameter.
- **Main(int i):** This function handles the main logic of the program. It prompts the user with each question, validates their input, and returns the user's answer.
- **main():** This is the entry point of the program. It initializes variables, calls the necessary functions, calculates the user's score based on their answers, and displays the result.

## **QUESTIONNAIRE**

The program uses a set of 7 questions to assess the user's anxiety level. Each question provides four response options: A, B, C, and D. The user selects the option that best represents their feelings and experiences.

## **ANALYSIS AND SCORING**

After the user answers all the questions, the program calculates the total score by assigning a weight to each response option. The scoring criteria used in this program are as follows:

A or a: 0 points

B or b: 1 point

C or c: 2 points

D or d: 3 points

The total score is calculated by summing the scores of all the questions. The program then categorizes the user's anxiety level based on the total score and provides a result with an explanation.

## **RESULT INTERPRETATION**

The program categorizes the user's anxiety level into the following categories:

- No Anxiety: A score of 0 indicates no anxiety. The program displays a congratulatory message and suggests consulting a professional if the user still feels low.
- Mild Anxiety: A score between 1 and 4 indicates mild anxiety. The program explains the impact of mild anxiety and warns about the potential development of more severe conditions.
- Moderate Anxiety: A score between 5 and 9 indicates moderate anxiety. The program highlights that people with moderate anxiety can manage their symptoms with professional help or self-help strategies.
- Moderately Severe Anxiety: A score between 10 and 14 indicates moderately severe anxiety. The program emphasizes the higher distress levels and the need to contact a doctor to prevent further deterioration.
- Severe Anxiety: A score between 15 and 21 indicates severe anxiety. The program describes the symptoms of severe anxiety and advises the user to consult a doctor for betterment.

## **CONCLUSION**

The General Anxiety Disorder Analysis project provides a simple yet effective way to assess an individual's anxiety level based on their responses to a set of questions. By calculating the total score and categorizing the anxiety level, the program helps users understand their mental health status and provides suggestions for further action.

The project can be expanded by adding additional questions, refining the scoring criteria, and incorporating more comprehensive analysis methods. It can also be integrated into a larger mental health assessment system or used as a standalone tool for self-evaluation.