**Interpretation**:

* The scores are interpreted using the following severity ratings:

| **Severity** | **Depression** | **Anxiety** | **Stress** |
| --- | --- | --- | --- |
| Normal | 0-9 | 0-7 | 0-14 |
| Mild | 10-13 | 8-9 | 15-18 |
| Moderate | 14-20 | 10-14 | 19-25 |
| Severe | 21-27 | 15-19 | 26-33 |
| Extremely Severe | 28+ | 20+ | 34+ |

**For depression-**

**Severity Depression**

Normal 0-9

Mild 10-13

Moderate 14-20

Severe 21-27

Extremely Severe 28+

**Mild Depression**

1. \*\*Self-Help Strategies\*\*: Encouraging regular physical activity, maintaining a healthy diet, and ensuring adequate sleep.

2. \*\*Psychotherapy\*\*: Cognitive Behavioral Therapy (CBT) and Interpersonal Therapy (IPT) are effective.

3. \*\*Lifestyle Changes\*\*: Stress management techniques such as mindfulness, yoga, and relaxation exercises.

4. \*\*Support Groups\*\*: Participation in support groups or peer support programs.

**Moderate Depression**

1. \*\*Psychotherapy\*\*: More intensive CBT or interpersonal therapy sessions, possibly combined with other forms of therapy.

2. \*\*Medication\*\*: Antidepressants might be prescribed if there is no sufficient response to psychotherapy alone.

3. \*\*Lifestyle Modifications\*\*: Emphasize lifestyle changes, including exercise, nutrition, and sleep hygiene, and consider joining support groups or therapy groups.

**Severe Depression**

1. \*\*Medication\*\*: Higher doses of antidepressants or a combination of medications might be necessary. Atypical antipsychotics or mood stabilizers may also be used.

2. \*\*Intensive Psychotherapy\*\*: More frequent sessions of CBT, interpersonal therapy sessions, or other appropriate therapies.

3. \*\*Lifestyle and Support\*\*: Enhanced support from mental health professionals, family, and peer support groups.

**Extremely Severe Depression**

1. \*\*Medication Management\*\*: Aggressive pharmacological treatment, often involving a combination of medications.

2. \*\*Long-Term Management\*\*: Once stabilized, a comprehensive plan for long-term therapy and support to prevent relapse, including regular follow-up with a psychiatrist and therapist.

3. \*\*Support Systems\*\*: Strong support from family, friends, and mental health professionals is essential. Crisis intervention services and several tailored programs may also be necessary.

**\*\*General Tips for All Levels\*\***

- \*\*Regular Follow-Up\*\*: Consistent check-ins with mental health professionals to monitor progress and adjust treatment plans.

- \*\*Healthy Lifestyle\*\*: Encourage physical activity, a healthy diet, and sufficient sleep.

- \*\*Support Networks\*\*: Engage with support groups, friends, and family who can offer emotional support.

In all cases, the treatment plan should be personalized to the individual's specific needs and adjusted over time as necessary.

**For stress-**

| **Severity** | **Stress** |
| --- | --- |
| Normal | 0-14 |
| Mild | 15-18 |
| Moderate | 19-25 |
| Severe | 26-33 |
| Extremely Severe | 34+ |

**\*\*Mild Stress\*\***

- \*\*Lifestyle Changes\*\*: Incorporate regular physical activity, ensure a balanced diet, and get adequate sleep.

- \*\*Relaxation Techniques\*\*: Practice mindfulness, meditation, yoga, or deep-breathing exercises.

- \*\*Time Management\*\*: Improve time management skills to balance work and personal life.

- \*\*Hobbies and Interests\*\*: Engage in activities that you enjoy to help relax and take your mind off stressors.

- \*\*Social Support\*\*: Spend time with friends and family, and talk about your feelings and experiences.

**\*\*Moderate Stress\*\***

- \*\*Cognitive Behavioral Therapy (CBT)\*\*: This form of therapy can help identify and change negative thought patterns that contribute to stress.

- \*\*Counseling or Therapy\*\*: Speaking with a counselor or therapist can provide strategies to manage stress more effectively.

- \*\*Mindfulness and Relaxation\*\*: Continued practice of mindfulness, meditation, and relaxation techniques.

- \*\*Exercise\*\*: Regular physical activity can help reduce stress hormones and increase endorphins.

- \*\*Healthy Lifestyle\*\*: Maintain a healthy lifestyle with proper nutrition, sleep, and hydration.

**\*\*Severe Stress\*\***

- \*\*Psychotherapy\*\*: Intensive therapy such as CBT or Dialectical Behavior Therapy (DBT) can be beneficial.

- \*\*Medication\*\*: In some cases, a healthcare provider may prescribe medication such as anti-anxiety drugs or antidepressants to help manage symptoms.

- \*\*Structured Stress Management Programs\*\*: Participate in structured programs designed to reduce stress, which may include various therapeutic techniques. VAANI offers you a detailed program to help you cope with stress.

- \*\*Support Groups\*\*: Join support groups to share experiences and coping strategies with others facing similar challenges.

- \*\*Self-Care\*\*: Prioritize self-care activities and ensure you’re taking time for yourself to recharge.

**\*\*Extremely Severe Stress\*\***

- \*\*Crisis Intervention\*\*: Immediate support from mental health professionals is crucial. This may involve a crisis hotline, emergency counseling, or hospitalization. VAANI allows you to directly book an appointment and consult with a licensed therapist via teletherapy.

- \*\*Intensive Therapy\*\*: Engage in intensive psychotherapy sessions, which could include CBT, DBT, or other specialized therapies.

- \*\*Medication\*\*: A psychiatrist may prescribe and closely monitor medications to manage symptoms effectively.

- \*\*Long-Term Therapy\*\*: Ongoing, long-term therapy to address the underlying causes of extreme stress and develop coping mechanisms.

- \*\*Strong Support Network\*\*: Ensure a robust support network of family, friends, and healthcare professionals.

**\*\*General Tips for All Levels\*\***

- \*\*Regular Follow-Up\*\*: Maintain regular check-ins with healthcare providers to monitor stress levels and treatment effectiveness.

- \*\*Healthy Lifestyle\*\*: Promote a healthy lifestyle, including regular physical activity, balanced nutrition, and adequate sleep.

- \*\*Mindfulness and Relaxation\*\*: Practice mindfulness, meditation, and relaxation techniques regularly to manage stress.

- \*\*Support Networks\*\*: Leverage support from friends, family, and support groups to provide emotional and practical assistance.

A professional should make a tailored approach to deal with a specific client. VAANI allows you to directly book an appointment and consult with a licensed therapist via teletherapy.

**For anxiety –**

| **Severity** | **Anxiety** |
| --- | --- |
| Normal | 0-7 |
| Mild | 8-9 |
| Moderate | 10-14 |
| Severe | 15-19 |
| Extremely Severe | 20+ |

**\*\*Mild Anxiety\*\***

- \*\*Lifestyle Changes\*\*: Incorporate regular physical activity, a balanced diet, and sufficient sleep.

- \*\*Relaxation Techniques\*\*: Practice mindfulness, meditation, yoga, or deep-breathing exercises.

- \*\*Cognitive Behavioral Therapy (CBT)\*\*: This type of therapy can help identify and change negative thought patterns that contribute to anxiety.

- \*\*Social Support\*\*: Spend time with friends and family, and discuss your feelings and experiences.

**\*\*Moderate Anxiety\*\***

- \*\*Psychotherapy\*\*: CBT or other forms of talk therapy can be effective.

- \*\*Medication\*\*: A healthcare provider may prescribe anti-anxiety medications to help manage symptoms.

- \*\*Relaxation Techniques\*\*: Practice regular mindfulness, meditation, and relaxation exercises to deal with anxiety.

- \*\*Support Groups\*\*: Joining support groups can provide community and reduce feelings of isolation.

- \*\*Healthy Lifestyle\*\*: Continue maintaining a healthy lifestyle with proper diet, exercise, and sleep.

**\*\*Severe Anxiety\*\***

- \*\*Intensive Therapy\*\*: Engage in more intensive therapy sessions, such as CBT, Dialectical Behavior Therapy (DBT), or other specialized therapies.

- \*\*Medication\*\*: Higher doses or a combination of medications may be prescribed and closely monitored by a psychiatrist.

- \*\*Crisis Intervention\*\*: Immediate support from mental health professionals may be required during severe anxiety episodes. VAANI allows you to directly book an appointment and consult with a licensed therapist via teletherapy.

- \*\*Lifestyle and Support\*\*: Maintain a healthy lifestyle and strong support network.

**\*\*Extremely Severe Anxiety\*\***

- \*\*Emergency Care\*\*: Immediate medical and psychiatric intervention is crucial, often involving hospitalization to ensure safety.

- \*\*Intensive Therapy\*\*: Continuous and possibly intensive therapy sessions, including CBT, DBT, or other specialized therapies.

- \*\*Medication\*\*: High doses of anti-anxiety medications, possibly combined with other medications like antipsychotics or mood stabilizers, under close supervision.

- \*\*Support Systems\*\*: Strong support from family, friends, and mental health professionals is essential, along with crisis intervention services and several tailored prevention programs.

**\*\*General Tips for All Levels\*\***

- \*\*Regular Follow-Up\*\*: Consistent check-ins with mental health professionals to monitor progress and adjust treatment plans.

- \*\*Healthy Lifestyle\*\*: Encourage physical activity, a healthy diet, and sufficient sleep.

- \*\*Mindfulness and Relaxation\*\*: Regular practice of mindfulness, meditation, and relaxation techniques to manage anxiety.

- \*\*Support Networks\*\*: Strong support from family, friends, and mental health professionals is essential, along with crisis intervention services and several tailored prevention programs.

Always consult with a healthcare provider to tailor the treatment plan to the individual's specific needs and circumstances.

Explore Vaani, your go-to online platform for mental health care. Connect with experienced therapists from home, ensuring easy access to professional support when you need it most. Whether managing stress, anxiety, depression, or seeking personal growth, Vaani offers tailored services. Benefit from flexible scheduling, secure audio sessions, and a supportive environment focused on your well-being. Start your journey to better mental health today with Vaani—because your mental well-being is important to us.