

REPORT

Name: Prajeesh s

Age: 23

Gender: Male

Date: 15-01-25

Greetings from Vyli!

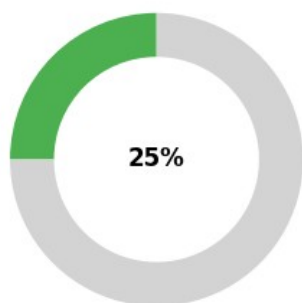
Congratulations! You have taken a huge step towards achieving your goal of resolute well-being, leading you to a happy and fruitful life.

Emotional Analysis Summary: This analysis outlines the participant's emotional condition, gathered from facial and text analysis, before proceeding with the assessments.

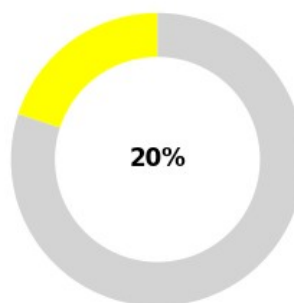
- Facial Emotion Recognition (FER): The analysis identified NEUTRAL as the primary emotion and ANGRY as the secondary emotion displayed by the participant during the session.
- Text Emotion Analysis: The participant's responses revealed a dominant emotion of NEUTRAL, reflecting their emotional state during the interaction.

Now let's have a look at your scores:

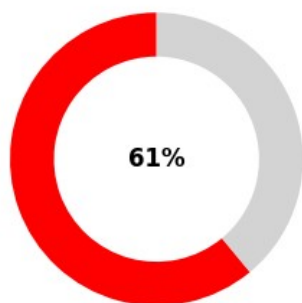
PSS-score



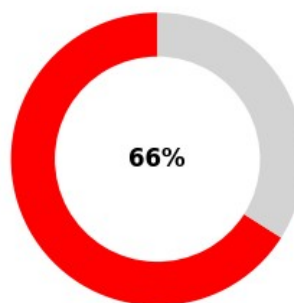
PHQ15-score



HADS-Anxiety-score



HADS-Depression-score



● Low
 ● Mild
 ● Moderate
 ● High

Perceived Stress Scale (PSS – 10) - Evaluates the degree to which an individual has perceived life as unpredictable, uncontrollable and overloading over the previous month.

Score: 10 (Low stress)

Great news! You're experiencing low levels of stress. You likely feel in control of your life and can manage challenges effectively. Continue practicing your self-care routines, as they seem to be working well for you!

Patient Health Questionnaire (PHQ-15) - A brief, self-administered questionnaire that may be useful in screening for somatization and in monitoring somatic symptom severity in clinical practice and research.

Score: 6 (Mild somatic symptoms)

You may have some minor physical complaints, but they're not severely affecting your daily life. It might be helpful to monitor how you're feeling and practice some self-care.

Hospital Anxiety and Depression Scale (HADS) - A self-report scale used to measure the severity of depression and anxiety in patients with comorbid medical conditions.

➤ **Anxiety Score: 13 (Abnormal)**

You're experiencing significant anxiety that can feel overwhelming. It's important to seek support. Consider reaching out to a healthcare professional who can help you find effective coping strategies.

➤ **Depression Score: 14 (Abnormal)**

You're experiencing significant depressive symptoms that can greatly affect your daily activities. Please seek help from a mental health professional as soon as possible. You don't have to go through this alone.

Recommendations:

- Regular Physical Activity
- Mindfulness and Deep Breathing
- Healthy Lifestyle (Sleep Hygiene, Nutrition Health)
- Social Connection

Conclusion:

Your dominant emotions, as identified through the Facial Emotion Recognition (FER), are NEUTRAL and ANGRY, reflecting an overall NEUTRAL (textual emotional state). However, your scores on the other assessments indicate PSS as 10 (Low stress), PHQ15 as 6 (Mild somatic symptoms), HADS Anxiety as 13 (Abnormal) and HADS Depression as 14 (Abnormal), which suggest the presence of clinically significant concerns that may require further attention.

We strongly recommend consulting a healthcare professional for a comprehensive evaluation and tailored support. In the meantime, we recommend adopting the practices mentioned above, along with the results that may help manage your mental well-being while you seek professional guidance.

Next Steps from Vyli:

- *Track Your Progress Over Time- Seeing your progress, whether big or small, can help you understand what's working for you and where you might need more support.*
- *It is recommended that you connect with our mental health professional from **Vyli**- You don't have to navigate stress, anxiety, or physical symptoms alone. Further assessment and therapy sessions can help you make sense of your feelings and give you tools to cope in a way that fits your life.*

WHY US?

We believe in taking a holistic approach and integrate evidence-based therapies, mindfulness practices and personalized nutrition plans for ensuring overall wellbeing.

Our mission is to break down barriers to mental health care, fostering resilience and hope within our community. Through psychological and Neuropsychological evaluations, we assist in identifying problems and offer appropriate counselling and psychotherapy.

We Help Address Conditions Like:

- ✦ Anxiety
- ✦ Personality Disorders
- ✦ Behavioral Issues
- ✦ Depression
- ✦ Obsessive Compulsive Disorder
- ✦ Mood disorders
- ✦ Trichotillomania (an intense compulsion that results in self-hair pulling)
- ✦ Neurotic, stress related and somatoform disorders
- ✦ Eating disorders
- ✦ Psychoactive substance use disorders
- ✦ Behavioral and emotional disorders occurring in childhood and adolescence



Vyli is a Digital Health platform to diagnose and address Behavioral & Mental Health issues alongside Medical Treatment, using the principles of Integrated Care.

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