1. Is there anyone in your life who can support you and be there for you?

**Answer:**

Yes – 1 (Positive)

No – 0 (Negative)

2. how were you feeling lately?

**Answer:**

Overwhelmed – 1 (Positive)

Fulfilled – 2 (Positive)

Satisfactory – 3 (Positive)

Confused – 4 (Negative)

Disappointed – 5 (Negative)

Frustrated – 6 (Negative)

3. Have you been sleeping well?

**Answer:**

Yes – 1 (Positive)

No – 0 (Negative)

4. Have you been worried or anxious lately?

**Answer:**

Yes – 0 (Negative)

No – 1 (Positive)

5. Are you enjoying your daily activities and hobbies?

**Answer:**

Yes – 1 (Positive)

No – 0 (Negative)

6. Have you been feeling like you have a good support system in place?

**Answer:**

Yes – 1 (Positive)

No – 0 (Negative)

7. Are you having any thoughts of self-harm or suicide?

**Answer:**

Yes – 0 (Negative)

No – 1 (Positive)

8. How do you usually handle stress and negative emotions?

**Answer:**

By sharing your problem with parents –1

By listening music – 2

By talking to myself –3

Music,Podcaste– 4

by motivational videos on youtube – 5

9. Have you talked to anyone about how you're feeling?

**Answer:**

Yes – 1 (positive)

No – 0 (Negative)

10. With whom do you share your feelings?

**Answer:**

Family -1 (Positive)

No one - 2 (Negative)

Bestfriend - 3 (Positive)

**Result: Postive Answer**

**6 - 10 : No Depression ( 0 )**

**4-5 : Minor Depression ( 1 )**

1. **3 : Major Depression**