

Neurona

Mental Health Assessment Report

Report ID: 2A54F461

Date: October 22, 2025

Patient Information

Name: Praveen Kumar

Age: 34

Gender: male

Assessment Summary

Overall Score: 13.5/30

Severity: MODERATE

Recommendation: Consult a THERAPIST

Detailed Assessment

Mood: neutral

Energy Level: 4/5

Sleep Quality: fair

Anxiety Level: 4/5

Appetite: decreased

Concentration: sometimes

Social Withdrawal: sometimes

Symptom Duration: 3-6 months

Previous Treatment: Yes

Professional Analysis

Based on your comprehensive mental health assessment (overall score: 13.5/30), you are experiencing some notable mental health challenges. Working with a therapist can help you develop effective coping strategies and address the underlying issues contributing to your symptoms.

Areas of primary concern include: high anxiety levels, appetite changes, duration.

The duration of your symptoms suggests that these challenges have been persistent, making professional intervention even more important for your wellbeing.

Since you have received treatment before, a professional can help review your treatment history and optimize your care plan.

Remember, seeking help is a sign of strength. Mental health professionals are here to support you on your journey to better mental wellbeing. Early intervention often leads to better outcomes.

Recommended Actions

1. Therapy sessions with a qualified therapist recommended
2. Learn and practice stress management techniques
3. Cognitive Behavioral Therapy (CBT) may be beneficial
4. Regular exercise and healthy diet
5. Consider mindfulness and meditation practices

& p Important Information

This assessment is not a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of qualified health providers with any questions regarding your mental health.

Ø<Ý~ Emergency Helpline: 9152987821 (iCALL - 8 AM to 10 PM, All days)