

# Neurona

## Mental Health Assessment Report

Report ID: EED6EC06

Date: October 22, 2025

### Patient Information

Name: Praveen Kumar

Age: 34

Gender: male

### Assessment Summary

Overall Score: 20.5/30

Severity: **SEVERE**

Recommendation: Consult a PSYCHIATRIST

### Detailed Assessment

Mood: depressed

Energy Level: 2/5

Sleep Quality: insomnia

Anxiety Level: 4/5

Appetite: decreased

Concentration: sometimes

Social Withdrawal: sometimes

Symptom Duration: 3-6 months

Previous Treatment: No

## Professional Analysis

Based on your comprehensive mental health assessment (overall score: 20.5/30), you appear to be experiencing significant mental health challenges that require immediate professional attention. We strongly recommend consulting with a psychiatrist who can provide comprehensive evaluation and treatment, which may include medication management along with therapeutic interventions.

Areas of primary concern include: significant mood disturbances, very low energy levels, poor sleep quality, 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. Immediate professional help is strongly recommended
2. Consider medication evaluation with a psychiatrist
3. Regular monitoring and follow-up sessions needed
4. Involve family support system
5. Consider emergency helpline if experiencing crisis: 9152987821 (iCALL)

### & 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.

📞 Emergency Helpline: 9152987821 (iCALL - 8 AM to 10 PM, All days)