1. Describe your current mood?
   1. Terrible, I’m fed up 4 pts
   2. I’m worried about some things 2 pts
   3. Antisocial 3 pts
   4. Pretty happy 1 pts
2. How Do people describe you?
   1. Happy 1 pts
   2. Unhappy 4 pts
   3. Socially awkward 2 pts
   4. Cold 3 pts
3. Do you think you have a mental health issue?
   1. Well, I feel very sad a lot of the time 4
   2. I’m worried that I’m too anxious 2
   3. I don’t think so 1
   4. I think I’m too antisocial 3
4. What’s your role in your family?
   1. I don’t have a role,I’m an outsider 3
   2. The sensible one 2
   3. The fun,sociable one 1
   4. The quiet one 4
5. Do you like to socialize?
   1. Yes, if it’s with people I know 2
   2. Yes,I love hanging out 1
   3. No,I like being alone 3
   4. If I can avoid it,I will 4
6. Choose a quote?
   1. Life’s a bitch, then you die 3
   2. Hard times reveal true friends 4
   3. Worrying is as productive as chewing gum 2
   4. Always look on the bright side of life 1
7. Are you in control of your emotions?
   1. Yes,I,d say so 4
   2. I don’t really have emotions 3
   3. Yes,pretty much all of the time 1
   4. Not really,no 2

1. How do you spend your free time ?
   1. Thinking about things 2
   2. I love to watch horror ,ovies 3
   3. Listening to music 4
   4. Seeing friends and family 1
2. Choose one wish?
   1. To always be this happy 1
   2. To be on my own more 3
   3. To be able to stop worrying 2
   4. To at least feel content 4
3. Do you Love life?
   1. I try,but it’s struggle for me 4
   2. I do,but I wish it was easier 2
   3. Yes, I really do 1
   4. No, not really 3

Let’s see whether you have symptoms of a mental illness.

If you are suffering from a mental health issue, talk to a professional as soon as possible.

10-16 points disorder free

You don’t seem to be suffering from any symptoms, and overall, you are balanced and happy. Remember that mental health issues affect a lot of people, so keep an eye on your friends and family to make sure

They’re well and happy.

17-24 points Anxiety

You are serious worrier, and you fear that a panic attack could strike

At any time, this holds you back from living your life to the full.

Confiding in those around you and talking about your worries can help, and meditation and breathing exercises may calm your racing mind.

25-32 points antisocial

You prefer to be on your own and you struggle to develop relationships with others. you lack empathy and you don’t exhibit any emotions.

Getting to the root of this problem will help you to understand it and tackle it, so speak up.

33-40 points depression

You are burdened by feelings of hopelessness and helplessness, and you aren’t truly engaged in life. You deserve to be happy and healthy ,and talking to a doctor could go a long way towards getting you to a more content place.