|  |  |  |  |
| --- | --- | --- | --- |
| Stages of Depression | Emotion | Reaction | Reasons |
| Normal | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  |  | | --- | --- | | Happy |  | | Sad |  | | Angry |  | | Surprise |  | | Fearful |  | | Neutral |  | | Disgust |  | |
| Mild | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  |  | | --- | --- | | Happy |  | | Sad |  | | Angry |  | | Surprise |  | | Fearful |  | | Neutral |  | | Disgust |  | |
| Moderate | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  |  | | --- | --- | | Happy |  | | Sad |  | | Angry |  | | Surprise |  | | Fearful |  | | Neutral |  | | Disgust |  | |
| Severe | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  |  | | --- | --- | | Happy |  | | Sad |  | | Angry |  | | Surprise |  | | Fearful |  | | Neutral |  | | Disgust |  | |
| Extreme | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  | | --- | | Happy | | Sad | | Angry | | Surprise | | Fearful | | Neutral | | Disgust | | |  |  | | --- | --- | | Happy |  | | Sad |  | | Angry |  | | Surprise |  | | Fearful |  | | Neutral |  | | Disgust |  | |

25 questions if user take first option for all question that means 0 score.

25 questions if user take second option for all question that means 25 score.

25 questions if user take third option for all question that means 50 score.

25 questions if user take fourth option for all question that means 75 score.

25 questions if user take fifth option for all question that means 100 score.

**Coping Mechanisms**: Sometimes, people develop ways to hide their true feelings as a way to cope with difficult emotions. They might put on a smile even when they're feeling sad inside.

**Avoidance:** Some people try to avoid dealing with their emotions by pretending everything is fine. They might act happy to avoid facing their feelings of sadness or depression.

**Fear of Judgment**: People might worry about how others will see them if they admit they're feeling sad or depressed. So, they keep their true feelings hidden to avoid being judged or misunderstood.

**Denial:** In some cases, people might not even realize they're feeling sad or depressed. They might brush off their emotions and try to ignore them, which can lead to a disconnect between how they appear and how they truly feel.

**Social Expectations:** Society often expects us to be happy and positive all the time, so people might feel pressure to act happy even when they're struggling with depression.