

# Mental health

Are you currently living with any of the following medically diagnosed difficulties? \*

- ☐ Addiction (e.g., Alcohol, Drugs, Gambling, ...)
- ☐ Attention Deficit Hyperactivity Disorder (ADHD)
- ☐ Autism
- ☐ Bipolar Disorder
- ☐ Borderline Personality Disorder (BPD)
- ☐ Generalized Anxiety Disorder (GAD)
- ☐ Major Depressive Disorder (MDD)
- ☐ Obsessive-Compulsive Disorder (OCD)
- ☐ Panic Disorder
- ☐ Post-Traumatic Stress Disorder (PTSD)
- ☐ Schizophrenia
- ☐ Social Anxiety Disorder (Social Phobia)
- ☐ Specific Phobias
- ☐ Eating Disorders (e.g., Anorexia, Bulimia, ...)
- ☐ None
- ☐ Other

Are you currently undergoing any of the following treatments \*

- ☐ Antidepressant Medication (e.g., PROZAC, ZOLOFT, EFFEXOR...)
- ☐ Anxiolytic Medication (e.g., XANAX, VALIUM, ...)
- ☐ Psychotherapy/Counseling (e.g., CBT, ACT, ...)
- ☐ Mood Stabilizers (e.g., LITHIUM, LAMICTAL, ...)
- ☐ Antipsychotic Medication (e.g., RISPERDAL, SEROQUEL, ...)
- ☐ Lifestyle Changes (e.g., diet, exercise, ...)
- ☐ Mindfulness and Stress Management Techniques
- ☐ Alternative Therapies (e.g., acupuncture, herbal remedies, ...)
- ☐ None
- ☐ Other

Continue