

Mental Health Prediction Result

Prediction: Generalized anxiety disorder (GAD)

Your mental health prediction is **Generalized anxiety disorder (GAD)**, indicating a potential concern. Please consider seeking professional help or using self-help resources.

Confidence: 99%

Symptoms

Generalized anxiety disorder (GAD):

1. Behavioral symptoms: The person becomes irritable, gets startled easily, and has trouble concentrating.
2. Physical symptoms: Includes—fatigue, nausea, headaches, body aches, sweating, shortness of breath and dizziness.

Treatment

Generalized anxiety disorder (GAD):

1. Treatment for GAD may involve therapy (Psychotherapy—also called talk therapy, cognitive behavioral therapy (CBT)), medications (antidepressants, Anti-anxiety medications), and lifestyle changes (exercise, stress management).
2. Lifestyle modifications like healthy eating and making sleep a priority can help manage symptoms.

Recommendations

1. Keeping yourself physically active can help alleviate symptoms by releasing endorphins and reducing stress.
2. Practicing mindfulness, meditation and yoga.
3. Avoid alcohol, recreational drugs, quit smoking and quit drinking coffee.

For immediate assistance, contact a mental health professional.