

# Your Mental Health Report from PANDA

Time: 00:02

Date: 2024-10-06

Number of user inputs: 7

## Symptoms:

- Sadness
- Feelings of guilt or worthlessness
- Chronic feelings of emptiness

## Symptoms Definitions:

- Sadness:

Sadness is an emotional state characterized by feelings of sorrow, unhappiness, or disappointment. It can arise in response to loss, hardship, or unmet expectations and may be accompanied by physical sensations such as fatigue or heaviness.

- Feelings of guilt or worthlessness:

Feelings of guilt refer to the emotional response that arises when a person believes they have done something wrong, violated their moral standards, or failed to meet their own expectations. This emotion often involves a sense of remorse and self-blame, prompting individuals to reflect on their actions and, in some cases, seek to make amends.

- Chronic feelings of emptiness:

Chronic feelings of emptiness refer to a persistent and pervasive sense of emotional void or lack of fulfillment that can last for an extended period. Individuals experiencing this sensation often describe it as feeling numb, hollow, or disconnected from themselves and their surroundings.