

User Information

Name: Rik

Age: 23

Gender: Male

PHQ-9 Depression Score Analysis

Depression Score: 15

There are several treatments for moderate depression, including:

1. Lifestyle changes:

- Exercise: Regular exercise such as jogging, cycling, swimming, or hiking can help relieve or prevent depression.
- Sleep: Getting enough quality sleep is important for both physical and mental health.
- Diet: Eating a healthy diet and avoiding alcohol can help improve depression symptoms.
- Social support: Spending time with people you care about can help.

2. Psychological treatments: Talking therapies like CBT, IPT, behavior therapy, and MBCT.

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