Choose an option

Well-being Survey

Mental Health Disorder Detection

Well-being Survey



If you are not sure, predict your probable mental issue using any one of the 6 options available on the left before filling.

There a total of 12 questions: 2 for each of the 6 parameters from Ryff's Scale of Psychological Wellbeing. The Overall Scores are displayed at the end along with the updated Association Matrix.

Questions with (R) are reverse scored.

- $1 \rightarrow$ Strongly Disagree
- $2 \Rightarrow Disagree$
- 3 → Slightly Disagree
- $4 \rightarrow Slightly Agree$
- 5 → Agree
- 6 → Strongly Agree

Q00. What is Your Predicted Mental Issue?

- Anxiety
- Bipolar
- Depression
- O Normal
- O PTSD

Q01. When I look at the story of my life, I am pleased with how things have turned out.

 \bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5 \bigcirc 6

Q02. In many ways I feel disappointed about my achievements in life. (R)

 \bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5 \bigcirc 6

Q03. People would describe me as a giving person, willing to share my time with others.

□ 1 □ 2 □ 3 □ 4 □ 5 □ 6								
Q04. Maintaining close relationships has been difficult and frustrating for me. (R)								
○ 1								
Q05. I have confidence in my own opinions, even if they are different from the way most other people think.								
\bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5 \bigcirc 6								
Q06. I tend to be influenced by people with strong opinions. (R)								
○ 1								
Q07. In general, I feel I am in charge of the situation in which I live.								
○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6								
Q08. The demands of everyday life often get me down. (R)								
<pre>1</pre>								
Q09. Some people wander aimlessly through life, but I am not one of them.								
<pre>1</pre>								
Q10. I sometimes feel as if I've done all there is to do in life. (R)								
\bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5 \bigcirc 6								
Q11. For me, life has been a continuous process of learning, changing, and growth.								
○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6								
Q12. I gave up trying to make big improvements or changes in my life a long time ago. (R)								
\bigcirc 1 \bigcirc 2 \bigcirc 3 \bigcirc 4 \bigcirc 5 \bigcirc 6								
Submit Responses								
Responses Submitted Successfully!								

Overall Scores (Max: 12 for each parameter) and Interpretation:

Self Acceptance: 9 (Medium Scorer)

Generally content with self but sometimes struggles with self-doubt; recognizes strengths but occasionally fixates on weaknesses.

Positive Relations with Others: 11 (High Scorer)

Has warm, satisfying, trusting relationships; concerned about the welfare of others; capable of strong empathy, affection, and intimacy.

Autonomy: 10 (High Scorer)

Is self-determining and independent; able to resist social pressures; regulates behavior from within and follows personal standards.

Environmental Mastery: 8 (Medium Scorer)

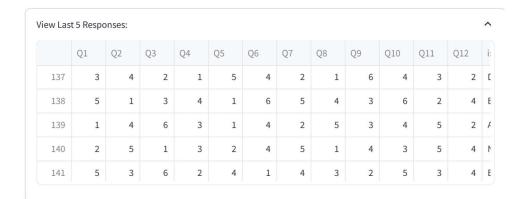
Generally manages daily life well but sometimes struggles with external challenges; adapts but may not always feel in control.

Purpose in Life: 4 (Low Scorer)

Lacks a sense of meaning; has few goals or aims; does not see purpose in past life; has no outlook or beliefs that give life meaning.

Personal Growth: 6 (Medium Scorer)

Has a desire to grow but sometimes feels stuck; enjoys learning but may not actively seek change or self-improvement.



Total Number of Respondents: 142

Total Number of Respondents on (2025-05-20): 1

 $\label{thm:condition} \textbf{Updated Association Matrix successfully.}$

Updated Association Matrix:

parameter	anxiety	bipolar	depression	normal	ptsd
self acceptance	3	2	2	5	2

parameter	anxiety	bipolar	depression	normal	ptsd
positive relations with others	3	4	3	5	3
autonomy	2	3	1	4	1
environmental mastery	2	3	4	5	5
purpose in life	3	3	3	5	3
personal growth	3	3	3	5	4