

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 → Strongly Disagree
- 2 → Disagree
- 3 → Slightly Disagree
- 4 → Slightly Agree
- 5 → Agree
- 6 → Strongly Agree

Q00. What is Your Predicted Mental Issue?

- ☐ Anxiety
- ☒ Bipolar
- ☐ Depression
- ☐ Normal
- ☐ PTSD

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

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 ☐ 6

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

- ☐ 1 ☐ 2 ☒ 3 ☐ 4 ☐ 5 ☐ 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 ☒ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Q05. I have confidence in my own opinions, even if they are different from the way most other people think.

☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 ☐ 6

Q06. I tend to be influenced by people with strong opinions. (R)

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

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)

☐ 1 ☐ 2 ☒ 3 ☐ 4 ☐ 5 ☐ 6

Q09. Some people wander aimlessly through life, but I am not one of them.

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Q10. I sometimes feel as if I've done all there is to do in life. (R)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 ☐ 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)

☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 ☐ 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.

View Last 5 Responses:

	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	i:
137	3	4	2	1	5	4	2	1	6	4	3	2	l
138	5	1	3	4	1	6	5	4	3	6	2	4	E
139	1	4	6	3	1	4	2	5	3	4	5	2	/
140	2	5	1	3	2	4	5	1	4	3	5	4	M
141	5	3	6	2	4	1	4	3	2	5	3	4	E

Total Number of Respondents: 142

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

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