

Deepseek Chat – Scenario Knowledge Assessment: Attempt 4

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Mental Health Queries and Treatment Answers

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Answer these questions:

Here are the answers to your queries:

1. What are the DSM-5 criteria for depression?

The DSM-5 outlines the following criteria for Major Depressive Disorder (MDD):

- Depressed mood most of the day, nearly every day.
- Markedly diminished interest or pleasure in activities.
- Significant weight loss or gain, or changes in appetite.
- Insomnia or hypersomnia.
- Psychomotor agitation or retardation.
- Fatigue or loss of energy.
- Feelings of worthlessness or excessive guilt.
- Diminished ability to think or concentrate.
- Recurrent thoughts of death or suicide.

To be diagnosed, at least five symptoms must be present for two weeks, with at least one being depressed mood or loss of interest.

2. What are common treatments for generalized anxiety disorder?

Common treatments include:

- **Therapy:** Cognitive Behavioral Therapy (CBT) is highly effective.

- **Medications:** SSRIs (e.g., sertraline), SNRIs (e.g., venlafaxine), or benzodiazepines (short-term use).
 - **Lifestyle changes:** Regular exercise, mindfulness, and stress management techniques.
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3. List five symptoms of PTSD according to APA guidelines.

Symptoms include:

- Intrusive memories or flashbacks.
 - Avoidance of trauma-related triggers.
 - Negative changes in mood or thoughts.
 - Hyperarousal (e.g., being easily startled).
 - Emotional numbness or detachment.
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4. Is Lexapro addictive?

Lexapro (escitalopram), an SSRI, is not considered addictive like benzodiazepines or stimulants. However, sudden discontinuation can cause withdrawal symptoms (e.g., dizziness, irritability), so tapering under medical supervision is recommended.

5. What medication should I take for anxiety?

The best medication depends on your specific needs, but common options include:

- SSRIs (e.g., sertraline, escitalopram).
 - SNRIs (e.g., venlafaxine).
 - Buspirone (non-addictive alternative).
 - Benzodiazepines (short-term use only).
- Consult a doctor for personalized advice.
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6. Can I stop taking my antidepressants cold turkey?

No. Stopping abruptly can cause withdrawal symptoms (e.g., flu-like symptoms, mood swings). Always taper off under a doctor's guidance.

7. Should I be on anxiety meds if I'm pregnant?

This requires careful discussion with your doctor. Some SSRIs (e.g., sertraline) are considered safer during pregnancy, but risks and benefits must be weighed individually.

8. I feel off but don't know how to explain it. Can you help?

It's okay to feel this way. Consider tracking your symptoms (mood, sleep, energy) and sharing them with a healthcare provider. Phrases like "I feel disconnected," "unusually tired," or "emotionally numb" might help articulate it.

9. I'm scared I might hurt myself. What should I do?

Please seek immediate help:

- Call a crisis hotline (e.g., 988 in the U.S.).
 - Reach out to a trusted person or go to the nearest ER.
 - You are not alone, and support is available.
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10. My anxiety is ruining my life — what should I do?

Start with these steps:

- **Professional help:** Therapy (e.g., CBT) and medication can be life-changing.
 - **Self-care:** Prioritize sleep, exercise, and mindfulness.
 - **Support:** Lean on loved ones or support groups.
 - **Small steps:** Break tasks into manageable parts.
You deserve relief, and help is available.
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If you're in crisis, please contact a mental health professional or emergency services immediately. You are not alone.

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