



Pasadena City College Personal Counseling
1570 E Colorado Blvd Pasadena, CA 91106 D203
Monday to Friday 8am-4pm
626-585-7273

www.pasadena.edu/campus-life/personal-counseling/index.php

Below is personalized feedback based on your responses. These data will never be attached to your name or any identifying information you have provided.

We hope this feedback will help put your experiences and feelings in perspective for you. You may have had these feelings for a short amount of time, or for a while. These feelings are common and may come and go. We encourage you to reach out to a trusted person for support.

Once you have read this information, please click "CONTINUE" to submit the survey and view a list of resources.

The Healthy Minds Study includes several commonly used screening tools that are used to determine symptom levels and risk for various mental health conditions. Note that **this screening is not a substitute for a clinical evaluation.** To print or save this feedback page, please right-click the page and click "print".

Here's what your responses indicate:

Depression (PHQ-9): You answered a series of 9 questions used to assess symptoms of depression. Scores range from 0 to 27, with higher scores indicating higher levels of depression.

Scores are interpreted as follows: 0-4 "no signs of depression", 5-9 "mild depression", 10-14 "moderate depression", 15-19 "moderately severe depression", and 20-27 "severe depression". **Your score is 8.** If your score is above 4, you may be having feelings of sadness, hopelessness, and may no longer enjoy activities you usually participate in. Sometimes people with answers similar to yours may struggle to feel healthy or happy.

Anxiety (GAD-7): You answered a series of 7 questions used to assess symptoms of anxiety. Scores range from 0 to 21, with higher scores indicating higher levels of anxiety.

Scores are interpreted as follows: 0-4 "no signs of anxiety", 5-9 "mild anxiety", 10-14 "moderate anxiety", and 15-21 "severe anxiety". **Your score is 8.** If your score is above 4, you may be feeling worried, nervous, anxious, or on edge lately. Sometimes people with answers similar to yours may struggle to feel healthy or happy.

Eating disorder (SCOFF): You answered a series of 5 questions used to assess symptoms of eating disorders.

Scores range from 0 to 5, with higher scores indicating higher levels of disordered eating. A score of 2 or higher is considered a positive screen for an eating disorder.

Your score is 0. If your score is 2 or higher, some of the ways you are interacting with your body image, weight, or shape may be affecting your health.