Beyond the Blues; Am I depressed?

1. Topic: Depression test
2. Title: Beyond the Blues; Am I depressed?
3. Problem statement:
   - Develop a program that helps users identify potential symptoms of depression through a structured self-assessment, providing them with insights about their mental health status and appropriate next steps for care.
4. Problem Objectives:
   - To assess whether a person may be experiencing symptoms consistent with depression
   - To differentiate between temporary sadness and potential clinical depression
   - To provide users with actionable next steps based on their assessment result
5. Planned Features:
   - Get the user's personal details (age, gender, etc.).
   - Let them take the depression test.
   - If they turn out to have most of the symptoms of depression,we could insert a number where a person can look for help after an entire round of questions. Advanced features?
6. Planned inputs/outputs:
   I. Inputs:
      - Demographic Info: Age range
      - Duration: How long symptoms have persisted
      - Help-seeking: previous mental health treatment

   II. Outputs:
      - Risk Category: Minimal, Mild, Moderate, or Severe symptoms
      - Personalized summary of results
      - Advice according to their risk category

7. Logic Plan: PSEUDOCODE

BEGIN PROGRAM

   DISPLAY centered "BEYOND THE BLUES"

   DISPLAY centered "Am I Depressed?"

   DISPLAY blank line

DISPLAY "This tool helps you check your mental health."

DISPLAY "Answer honestly. No one will see this but you."

DISPLAY blank line

        PART 1: ABOUT YOU

ASK user for Name → name

ASK user for Age → age

DISPLAY "Gender Options:"

    1. Male

    2. Female

    3. Non-binary/Other

    4. Prefer not to say

ASK "Pick one (1–4): " → gender_choice

IF gender_choice == 1 THEN gender ← "Male"

ELSE IF gender_choice == 2 THEN gender ← "Female"

ELSE IF gender_choice == 3 THEN gender ← "Non-binary/Other"

ELSE gender ← "Prefer not to say"

IF gender == "Male" THEN

   IF age < 18 THEN category ← "Male (Below 18)"

   ELSE category ← "Male (18 or older)"

ELSE IF gender == "Female" THEN

    IF age < 18 THEN category ← "Female (Below 18)"

    ELSE category ← "Female (18 or older)"

ELSE

    IF age < 18 THEN category ← gender + " (Below 18)"

    ELSE category ← gender + " (18 or older)"

DISPLAY "How long have you felt this way?"

    1. Less than 2 weeks

    2. 2 weeks to 1 month

    3. 1 to 3 months

    4. More than 3 months

ASK "Pick one (1–4): " → duration_choice

SET duration based on duration_choice

DISPLAY "Ever talked to a professional about mental health?"

    1. Yes

    2. No

ASK "Pick one (1–2): " → treatment_choice

IF treatment_choice == 1 THEN previous_treatment ← "Yes"

ELSE previous_treatment ← "No"

PART 2 & 3: ASSESSMENT QUESTIONS

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IF gender == "Male" THEN

    IF age < 18 THEN

        DISPLAY "PART 2: How You Act (Male Under 18)"

        ASK 5 behavior questions (Q1–Q5)

        DISPLAY "PART 3: How You Feel"

        ASK 5 emotion questions (Q6–Q10)

    ELSE

        DISPLAY "PART 2: How You Act (Male Adult)"

        ASK 5 behavior questions (Q1–Q5)

        DISPLAY "PART 3: How You Feel"

        ASK 5 emotion questions (Q6–Q10)

ELSE IF gender == "Female" THEN

    IF age < 18 THEN

        DISPLAY "PART 2: How You Act (Female Under 18)"

        ASK 5 behavior questions (Q1–Q5)

        DISPLAY "PART 3: How You Feel"

        ASK 5 emotion questions (Q6–Q10)

    ELSE

        DISPLAY "PART 2: How You Act (Female Adult)"

        ASK 5 behavior questions (Q1–Q5)

        DISPLAY "PART 3: How You Feel"

        ASK 5 emotion questions (Q6–Q10)

ELSE

    IF age < 18 THEN

        ASK questions for "Male Under 18" version
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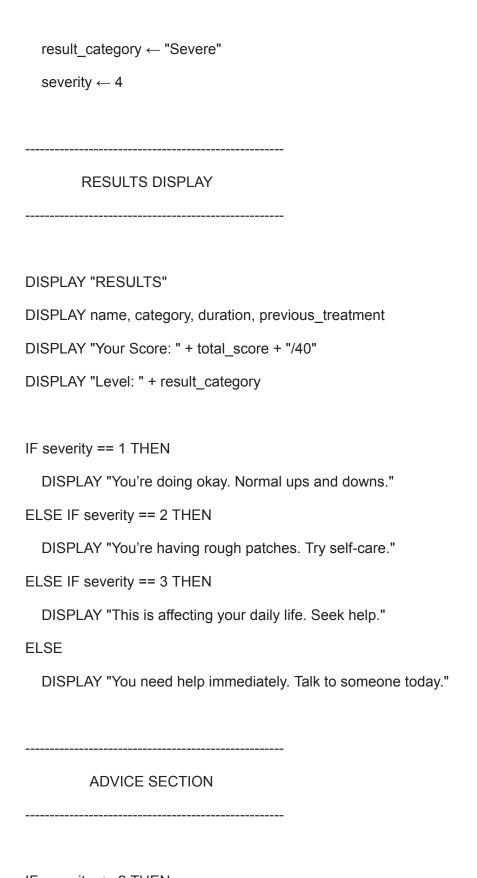
ELSE

    ASK questions for "Male Adult" version

SCORING

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total_score ← sum of all 10 answers

IF duration == "1 to 3 months" OR "More than 3 months"

    duration_multiplier ← 1.1

ELSE

    duration_multiplier ← 1.0

adjusted_score ← total_score × duration_multiplier

IF adjusted_score < 13 THEN

    result_category ← "Minimal"

    severity ← 1

ELSE IF adjusted_score < 20 THEN

    result_category ← "Mild"

    severity ← 2

ELSE IF adjusted_score < 28 THEN

    result_category ← "Moderate"

    severity ← 3

ELSE

result_category ← "Severe"

        severity ← 4

        RESULTS DISPLAY

DISPLAY "RESULTS"

DISPLAY name, category, duration, previous_treatment

DISPLAY "Your Score: " + total_score + "/40"

DISPLAY "Level: " + result_category

IF severity == 1 THEN

    DISPLAY "You're doing okay. Normal ups and downs."

ELSE IF severity == 2 THEN

    DISPLAY "You're having rough patches. Try self-care."

ELSE IF severity == 3 THEN

    DISPLAY "This is affecting your daily life. Seek help."

ELSE

    DISPLAY "You need help immediately. Talk to someone today."

        ADVICE SECTION

IF severity <= 2 THEN

DISPLAY self-care tips:

- Exercise, eat well, rest

- Talk to friends/family

- Do enjoyable activities

- Try journaling or meditation

- Seek help if things worsen

ELSE

DISPLAY urgent advice:

- Talk to a professional

- Visit doctor or therapist

- Tell someone you trust

- Don't isolate yourself

DISPLAY mental health hotlines (NCMH, Hopeline, DOH, etc.)

IF severity == 4 THEN

DISPLAY "If you have thoughts of self-harm, call now."

REMINDERS

DISPLAY "This is a screening tool, not a diagnosis."

DISPLAY "Only professionals can give a real diagnosis."

DISPLAY "If you got a high score, please seek help."

DISPLAY motivational messages:

- You're not alone

- People can help

- Things can get better

- You matter

DISPLAY "Thank you for taking the test."

DISPLAY "Taking care of your mental health is important."

END PROGRAM

Example questions:

1. How often do you feel overwhelmed by your daily tasks?

1 Rarely

2 Sometimes

3 Often

4 Always

2. Do you struggle to focus due to stress?

1 Rarely

2 Sometimes

3 Often

4 Always

3. How frequently do you feel irritable or easily frustrated?

1 Rarely

2 Sometimes

3 Often

4 Always

8. PLAN:

1. Ask the user for their age
2. Ask the gender
3. After the input, it will fall under what category they are
   Male(Below 18 years old)
   Male(18 years or older)
   Female(Below 18 years old)
   Female(18 years or older)
4. Ask 5 specific behavioral questions–How they act when something happens or how they act in general–.
5. Ask 5 specific emotional questions–How they could be feeling after something happens,how they usually feel, etc.
6. Based on their answers, we can categorize them between; Minimal, Mild, Moderate, or Severe symptoms.
7. If the user has severe/moderate symptoms, advise them to seek help and give them phone numbers of professionals
8. Tell them to search "Therapists near me" online
9. And lastly, print("If you're pagod sa buhay, nandito lang kami to make your resting permanent :)")