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| MENTAL HEALTH SELF MONITORING APP |
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MENTAL HEALTH SELF MONITORING APP

INSTRUCTIONS

* Take a Self Monitor Test
* Attempt the questions honestly to get true results
* Follow the recommended action plan
* Assess your mental health according to score

PROCEDURE

* Attempt the question
* Select most relatable alternative
* **PRESS NEXT**
* After attempting all questions view your score and work according to remarks given

REMARKS

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| RANGE | REMARKS |
| [60,70) | Kudos! you are working just fine Spread positivity :) |
| [50,60) | Try to be more positive and stay in touch with your family and  friends |
| [45,50) | Try to be  positive and stay in touch with your family and friend |
| [40,45) | You need to have a word with your family and friends |
| (Less than 40) | We recommend to consult a therapist |