

Reflections of mind



Reflection

ID: 11

Age: 54

Date of Birth: 88

Date of Assessment: 31/05/2024

Time: 12:07:43

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Self-Assessment Psychometric Evaluation:

Thank you for completing the self-assessment psychometric evaluation.

Your responses have been analyzed to provide insights into your mental health, stress and potential risks.

Note: This evaluation is for screening purposes only and does not constitute a diagnosis.

Below are the results and recommendations based on your responses:

Results:

1. Scale for psychological Stress:

? Based on your responses, your level of mental stress is evaluated to find out if you have a significant level of stress.

? Stress affects us all but high level of stress can cause issues which might be difficult to resolve alone for most people.

Your report indicates significant level of psychological stress

2. Scale for Assessment of Mental Health Symptoms:

? The evaluation also assesses your risk for mental health conditions based on your responses.

? It finds out if there is any suggestion of a symptom or presence of a particular risk factor

? It can help early understanding of any mental health issues.

Your report indicates significant level of psychological stress

Caution:

- This evaluation is **not** a diagnosis. Kindly interpret the results only in conjunction with professional guidance.
- If you feel overwhelmed or distressed by the results, do not hesitate to seek support from trusted individuals, such as family members, friends, or mentors.
- If you feel overwhelmed or distressed by the results, do not hesitate to seek support from trusted individuals, such as family members, friends, or mentors.
- In case of immediate concerns about thoughts of self-harm, suicide, or severe distress, please seek immediate help by contacting emergency services, helplines, or visiting the nearest hospital.

Remember:

Taking care of your mental health is important.

It takes a strong person to ask for help, when needed

Do not hesitate

Reach Out!

Disclaimer: Dedicated to Universities and Teaching Institutions for Students in age range of 16 to 25 years only