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# Results of DEPRESSION Assessment Survey

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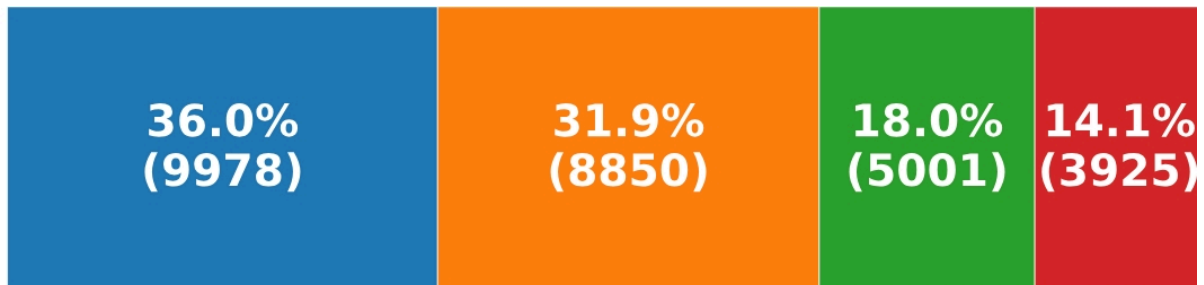
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# PART ONE [QAS]

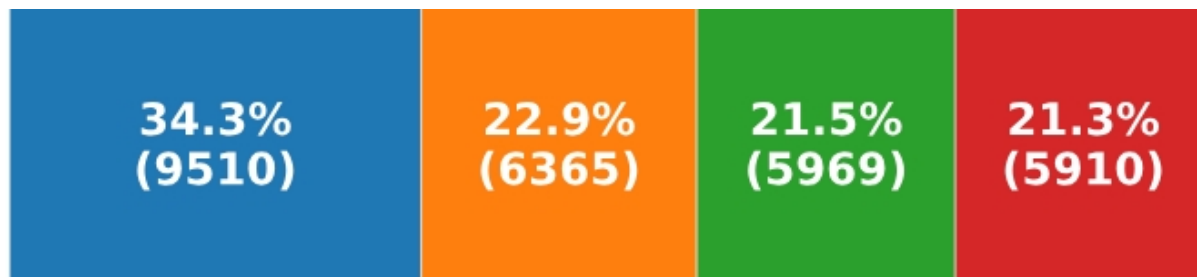
**Question: I couldn't seem to experience any positive feeling at all**

- **1 - Did not apply to me at all:** 8850 respondents (31.9%)
- **2 - Applied to me to some degree, or some of the time:** 9978 respondents (36.0%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5001 respondents (18.0%)
- **4 - Applied to me very much, or most of the time:** 3925 respondents (14.1%)



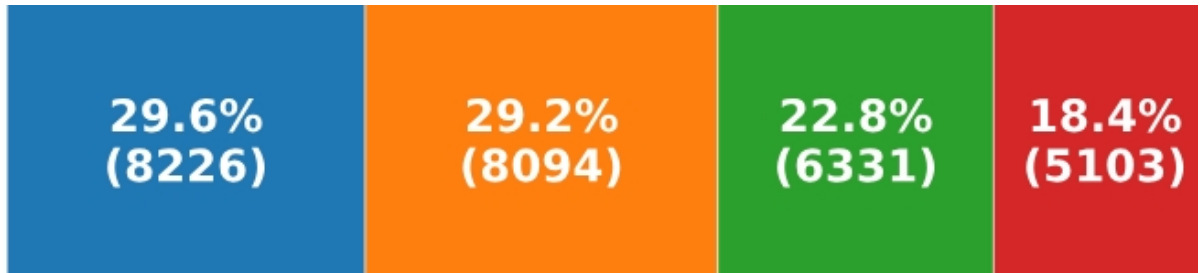
**Question: I just couldn't seem to get going**

- **1 - Did not apply to me at all:** 6365 respondents (22.9%)
- **2 - Applied to me to some degree, or some of the time:** 9510 respondents (34.3%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5969 respondents (21.5%)
- **4 - Applied to me very much, or most of the time:** 5910 respondents (21.3%)



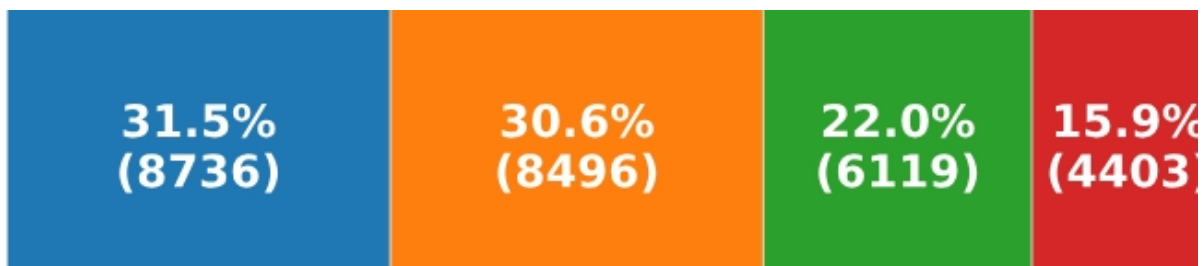
### Question: I felt that I had nothing to look forward to.

- **1 - Did not apply to me at all:** 8226 respondents (29.6%)
- **2 - Applied to me to some degree, or some of the time:** 8094 respondents (29.2%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5103 respondents (18.4%)
- **4 - Applied to me very much, or most of the time:** 6331 respondents (22.8%)



### Question: I felt sad and depressed.

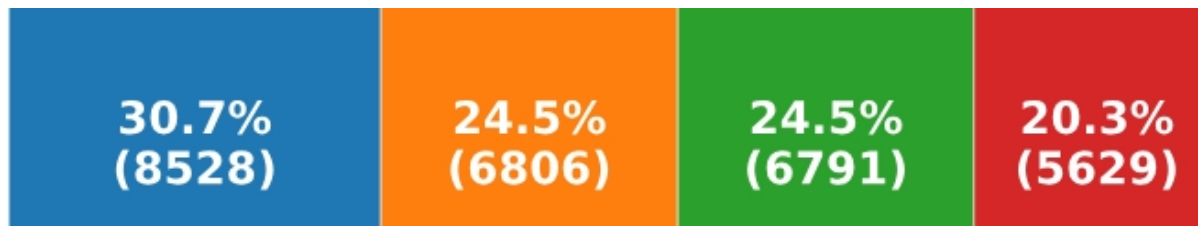
- **1 - Did not apply to me at all:** 4403 respondents (15.9%)
- **2 - Applied to me to some degree, or some of the time:** 8496 respondents (30.6%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 6119 respondents (22.0%)
- **4 - Applied to me very much, or most of the time:** 8736 respondents (31.5%)



### Question: I felt that I had lost interest in just about everything.

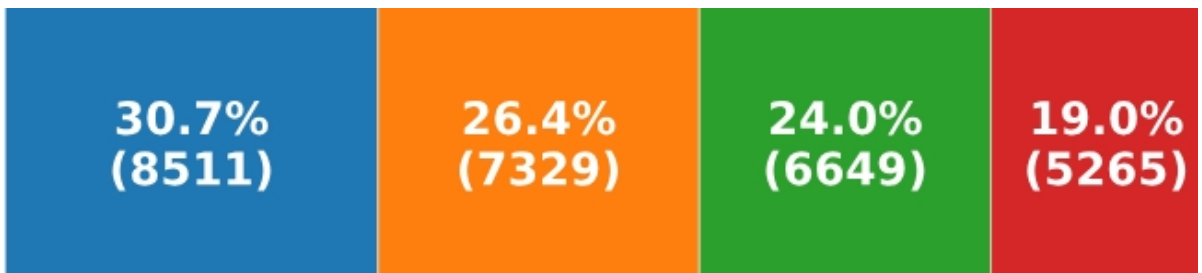
- **1 - Did not apply to me at all:** 6806 respondents (24.5%)
- **2 - Applied to me to some degree, or some of the time:** 8528 respondents (30.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5629 respondents (20.3%)

- **4 - Applied to me very much, or most of the time:** 6791 respondents (24.5%)



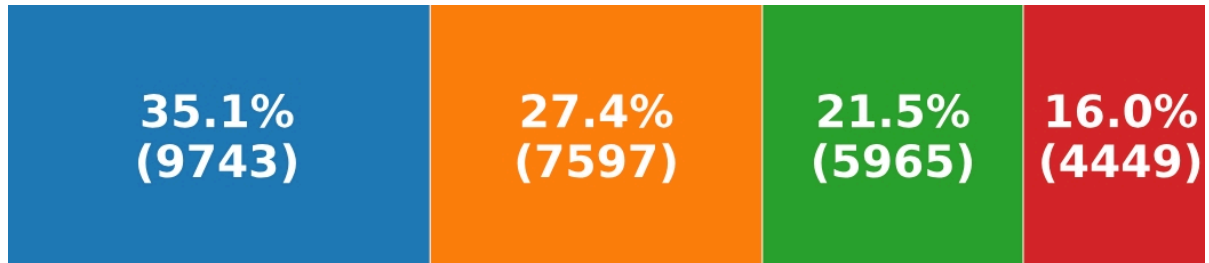
**Question: I felt I wasn't worth much as a person.**

- **1 - Did not apply to me at all:** 6649 respondents (24.0%)
- **2 - Applied to me to some degree, or some of the time:** 7329 respondents (26.4%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5265 respondents (19.0%)
- **4 - Applied to me very much, or most of the time:** 8511 respondents (30.7%)



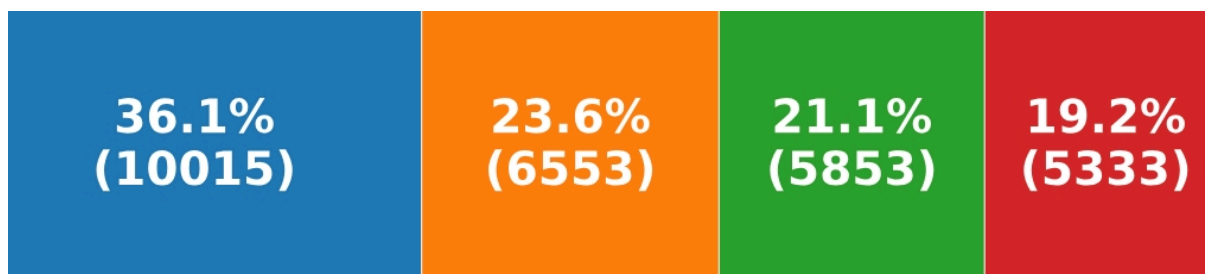
### Question: I felt that life wasn't worthwhile.

- **1 - Did not apply to me at all:** 9743 respondents (35.1%)
- **2 - Applied to me to some degree, or some of the time:** 7597 respondents (27.4%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 4449 respondents (16.0%)
- **4 - Applied to me very much, or most of the time:** 5965 respondents (21.5%)



### Question: I couldn't seem to get any enjoyment out of the things I did.

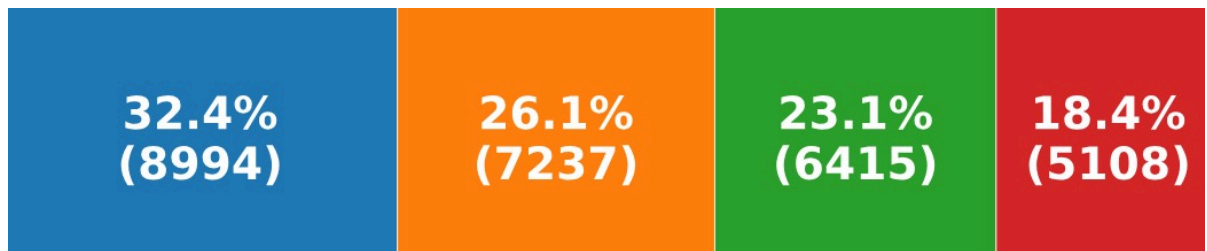
- **1 - Did not apply to me at all:** 6365 respondents (23.6%)
- **2 - Applied to me to some degree, or some of the time:** 10015 respondents (36.1%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5853 respondents (21.1%)
- **4 - Applied to me very much, or most of the time:** 5333 respondents (19.2%)



### Question: I felt down-hearted and blue.

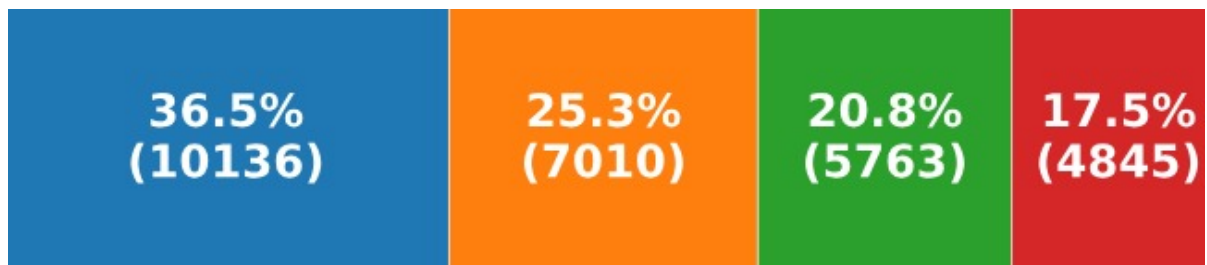
- **1 - Did not apply to me at all:** 5108 respondents (18.4%)
- **2 - Applied to me to some degree, or some of the time:** 8994 respondents (32.4%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 6415 respondents (23.1%)

- **4 - Applied to me very much, or most of the time:** 7237 respondents (26.1%)



**Question: I was unable to become enthusiastic about anything.**

- **1 - Did not apply to me at all:** 7010 respondents (25.3%)
- **2 - Applied to me to some degree, or some of the time:** 10136 respondents (36.5%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5763 respondents (20.8%)
- **4 - Applied to me very much, or most of the time:** 4845 respondents (17.5%)



**Question: I felt I was pretty worthless.**

- **1 - Did not apply to me at all:** 6666 respondents (24.0%)
- **2 - Applied to me to some degree, or some of the time:** 7767 respondents (28.0%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 5171 respondents (18.6%)
- **4 - Applied to me very much, or most of the time:** 8150 respondents (29.4%)



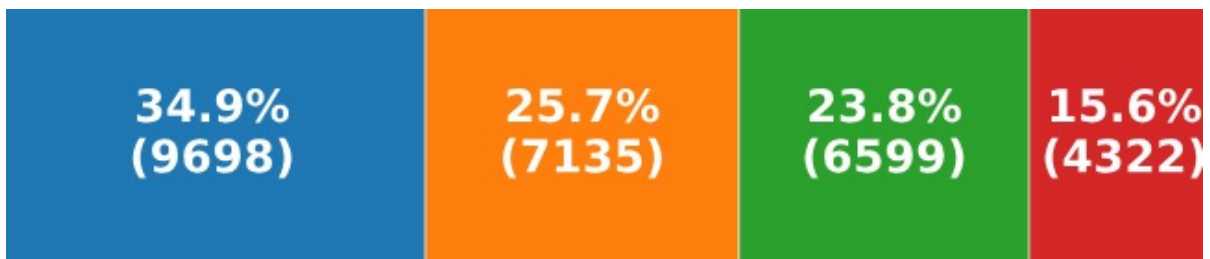
**Question: I could see nothing in the future to be hopeful about.**

- **1 - Did not apply to me at all:** 8786 respondents (31.7%)
- **2 - Applied to me to some degree, or some of the time:** 8243 respondents (29.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 4780 respondents (17.2%)
- **4 - Applied to me very much, or most of the time:** 5945 respondents (21.4%)



**Question: I felt that life was meaningless..**

- **1 - Did not apply to me at all:** 9698 respondents (34.9%)
- **2 - Applied to me to some degree, or some of the time:** 7135 respondents (25.7%)
- **3 - Applied to me to a considerable degree, or a good part of the time:** 4322 respondents (15.6%)
- **4 - Applied to me very much, or most of the time:** 6599 respondents (23.8%)



**Question: I found it difficult to work up the initiative to do things.**

- **1 - Did not apply to me at all:** 4384 respondents (15.8%)
- **2 - Applied to me to some degree, or some of the time:** 9831 respondents (35.4%)

- **3 - Applied to me to a considerable degree, or a good part of the time:** 6706 respondents (24.2%)
- **4 - Applied to me very much, or most of the time:** 6833 respondents (24.6%)

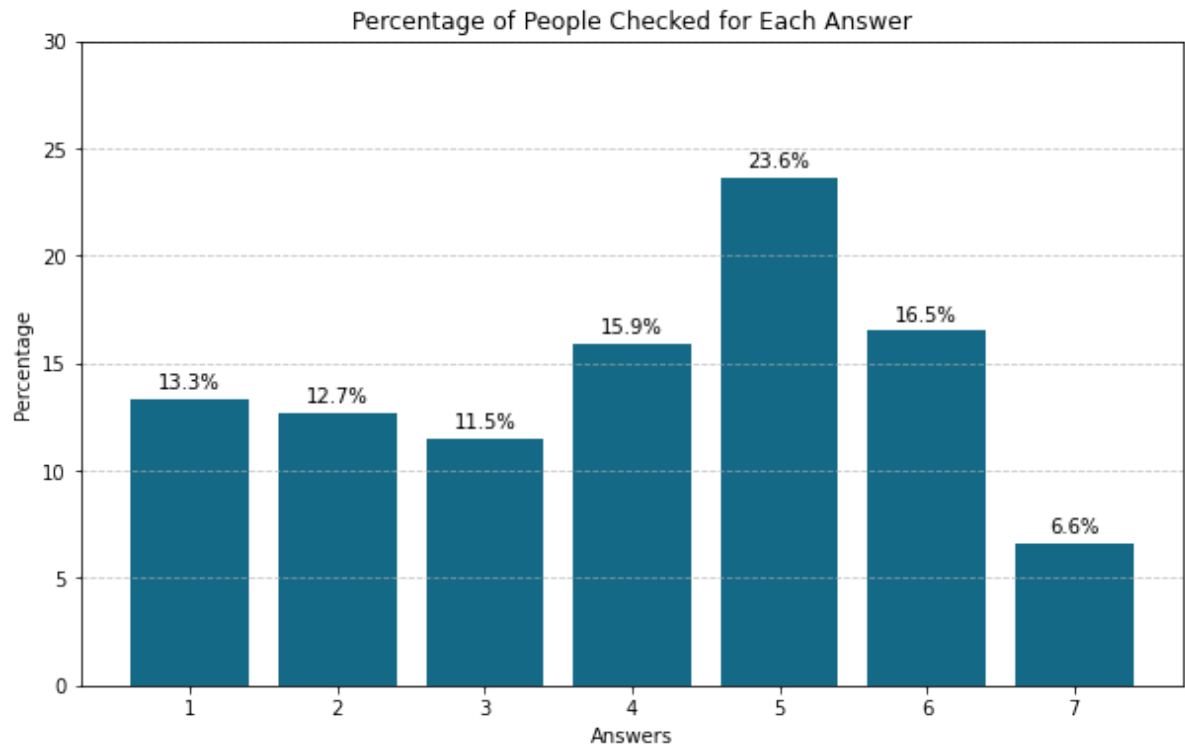


## PART TWO [TIPIS]



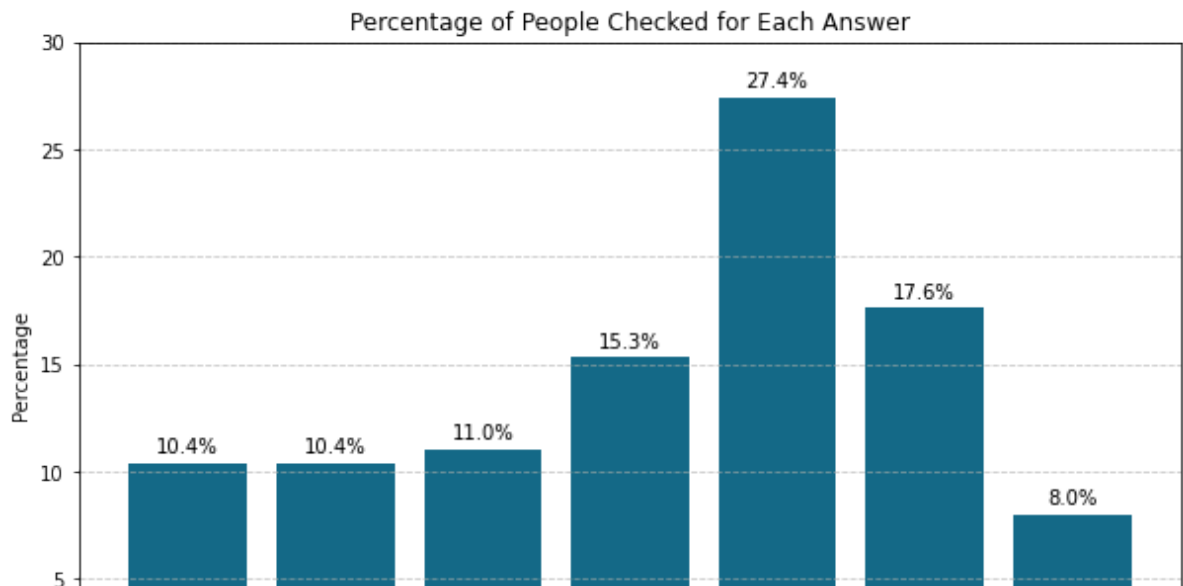
### Question: i see my self as Extraverted, enthusiastic.

- **1 - Disagree strongly:** 3690 respondents (13.3%)
- **2 - Disagree moderately:** 3516 respondents (12.7%)
- **3 - Disagree a little:** 3181 respondents (11.5%)
- **4 -Neither agree nor disagree:** 4406 respondents (15.9%)
- **5 -Agree a little:** 6540 respondents (23.6%)
- **6 -Agree moderately:** 4586 respondents (16.5%)
- **7 -Agree strongly:** 1835 respondents (6.6%)



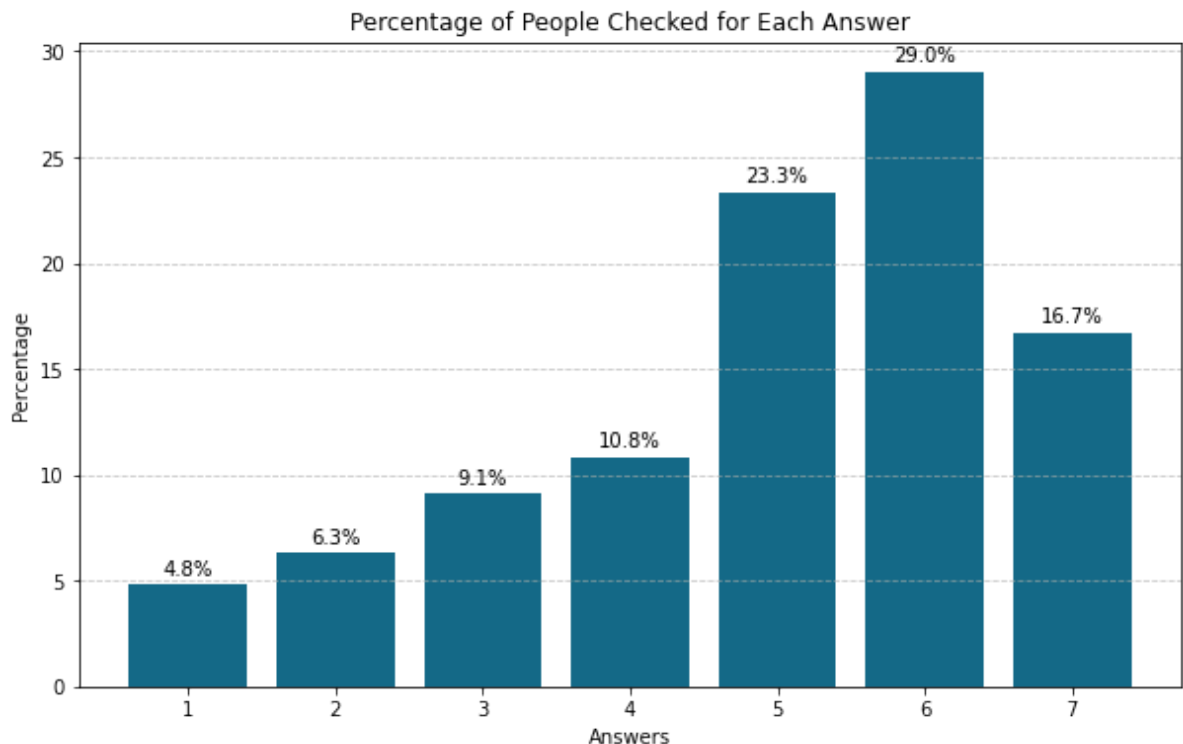
### Question: i see my self as Critical, quarrelsome.

- **1 - Disagree strongly:** 2881 respondents (10.4%)
- **2 - Disagree moderately:** 2875 respondents (10.3%)
- **3 - Disagree a little:** 3042 respondents (11.0%)
- **4 -Neither agree nor disagree:** 4248 respondents (15.3%)
- **5 -Agree a little:** 7611 respondents (27.4%)
- **6 -Agree moderately:** 4878 respondents (17.6%)
- **7 -Agree strongly:** 2219 respondents (8.0%)



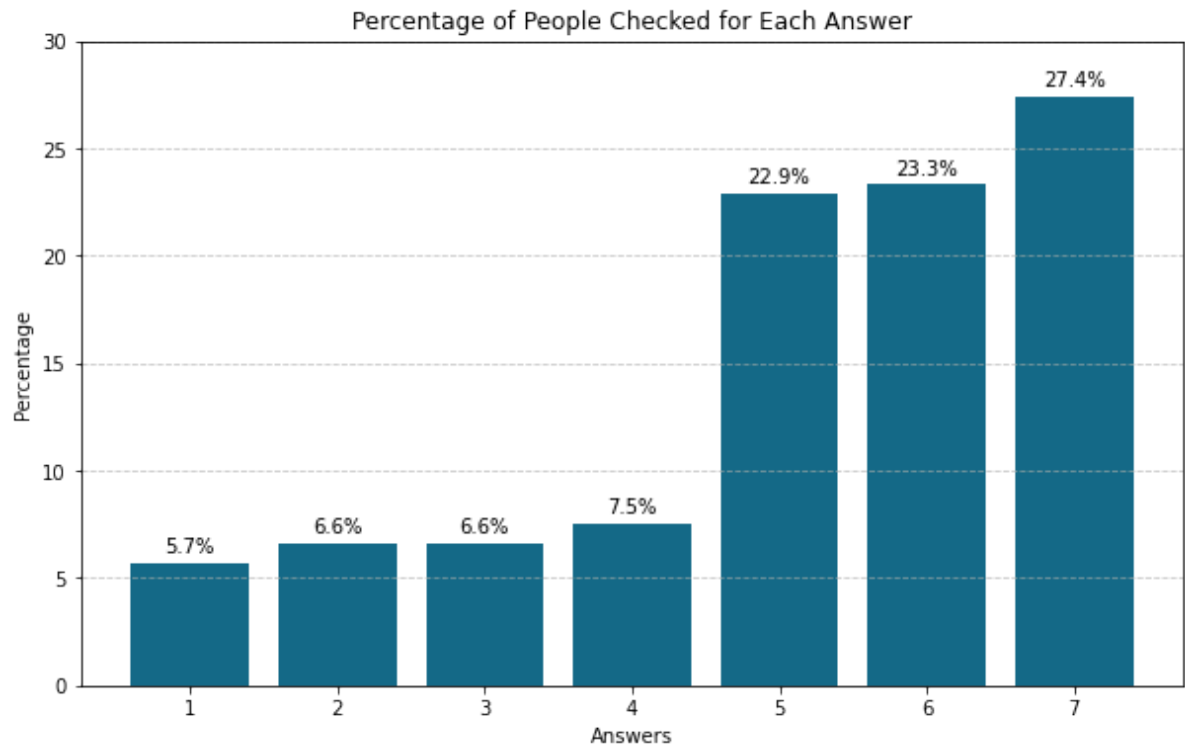
**Question: i see my self as Dependable, self-disciplined.**

- **1 - Disagree strongly:** 1346 respondents (4.8%)
- **2 - Disagree moderately:** 1752 respondents (6.3%)
- **3 - Disagree a little:** 2529 respondents (9.1%)
- **4 -Neither agree nor disagree:** 2994 respondents (10.8%)
- **5 -Agree a little:** 6457 respondents (23.3%)
- **6 -Agree moderately:** 8037 respondents (29.0%)
- **7 -Agree strongly:** 4639 respondents (16.7%)



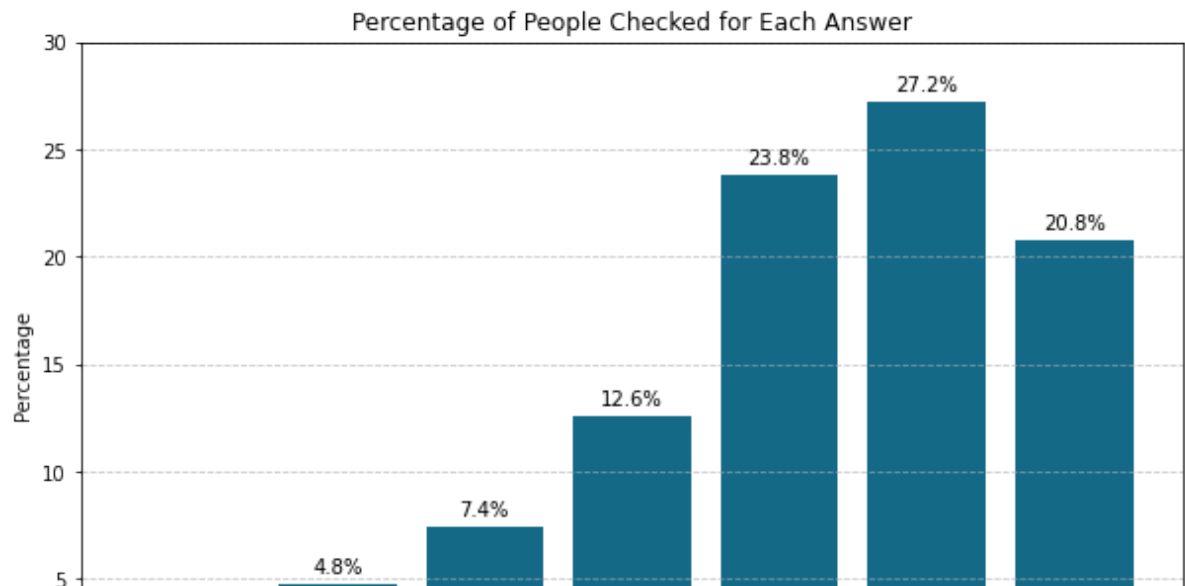
### Question: i see my self as Anxious, easily upset.

- **1 - Disagree strongly:** 1565 respondents (5.6%)
- **2 - Disagree moderately:** 1840 respondents (6.6%)
- **3 - Disagree a little:** 1836 respondents (6.6%)
- **4 -Neither agree nor disagree:** 2085 respondents (7.5%)
- **5 -Agree a little:** 6351 respondents (22.9%)
- **6 -Agree moderately:** 6470 respondents (23.3%)
- **7 -Agree strongly:** 7607 respondents (27.4%)



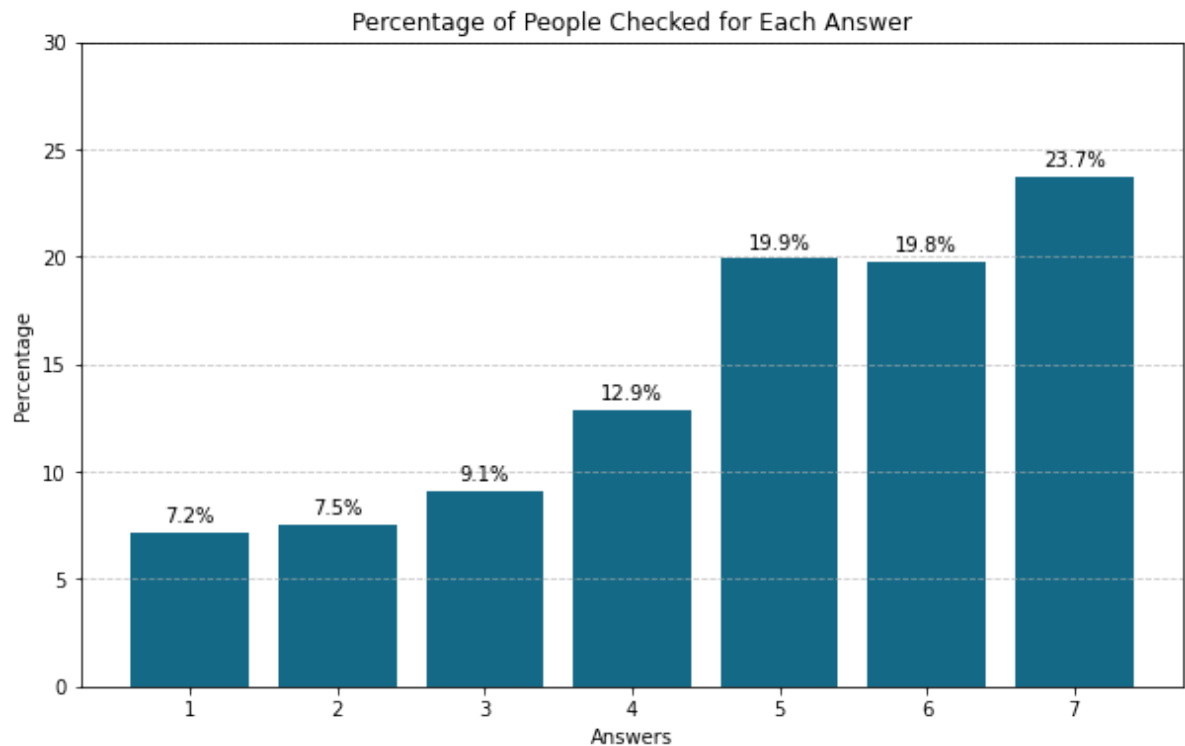
### Question: i see my self as Open to new experiences, complex.

- **1 - Disagree strongly:** 933 respondents (3.4%)
- **2 - Disagree moderately:** 1321 respondents (4.8%)
- **3 - Disagree a little:** 2055 respondents (7.4%)
- **4 -Neither agree nor disagree:** 3500 respondents (12.6%)
- **5 -Agree a little:** 6617 respondents (23.8%)
- **6 -Agree moderately:** 7545 respondents (27.2%)
- **7 -Agree strongly:** 5783 respondents (20.8%)



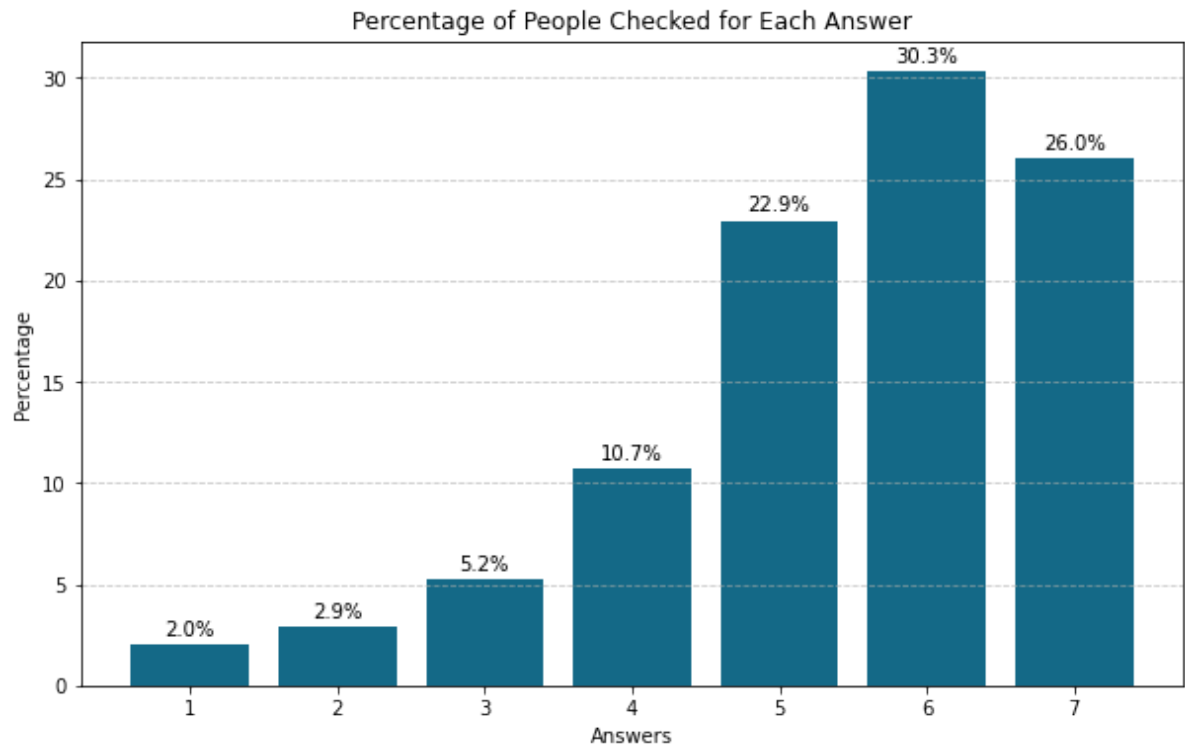
**Question: i see my self as Reserved, quiet.**

- **1 - Disagree strongly:** 2009 respondents (7.2%)
- **2 - Disagree moderately:** 2069 respondents (7.5%)
- **3 - Disagree a little:** 2539 respondents (9.1%)
- **4 -Neither agree nor disagree:** 3568 respondents (12.9%)
- **5 -Agree a little:** 5510 respondents (19.9%)
- **6 -Agree moderately:** 5494 respondents (19.8%)
- **7 -Agree strongly:** 6565 respondents (23.7%)



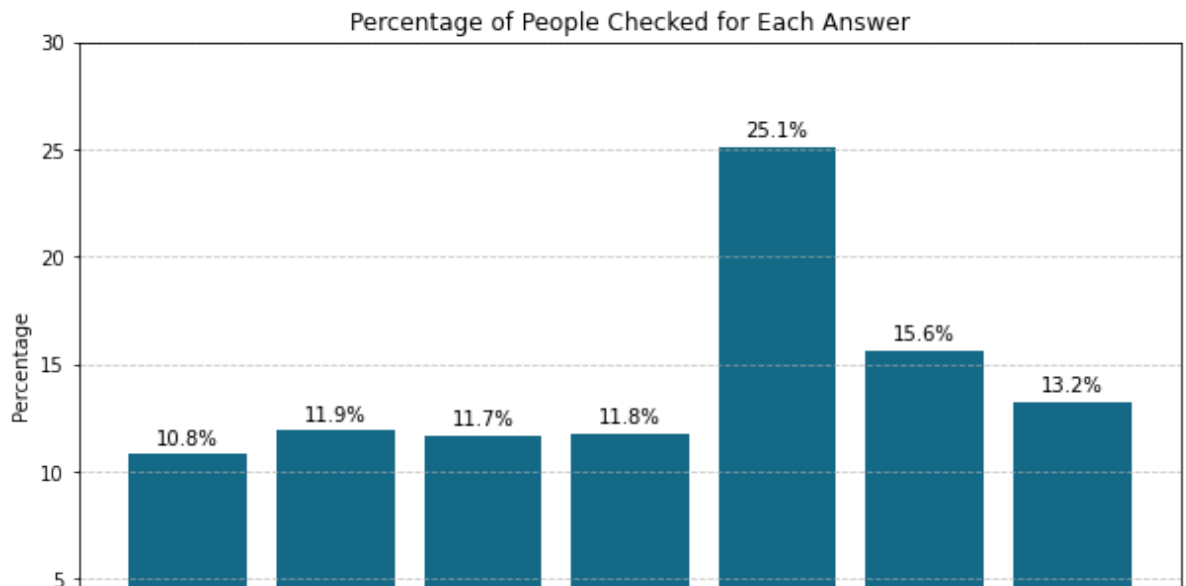
### Question: i see my self as Sympathetic, warm.

- **1 - Disagree strongly:** 551 respondents (2.0%)
- **2 - Disagree moderately:** 817 respondents (2.9%)
- **3 - Disagree a little:** 1433 respondents (5.2%)
- **4 -Neither agree nor disagree:** 2979 respondents (10.7%)
- **5 -Agree a little:** 6367 respondents (22.9%)
- **6 -Agree moderately:** 8402 respondents (30.3%)
- **7 -Agree strongly:** 7205 respondents (26.0%)



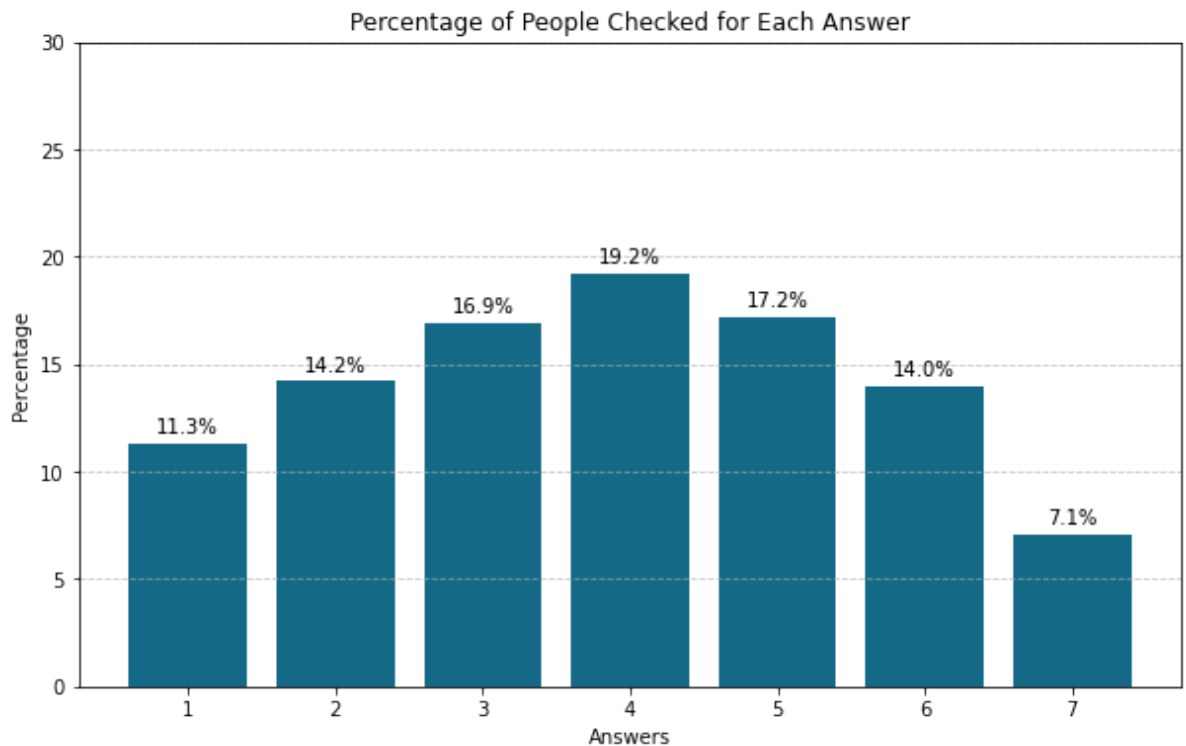
### Question: i see my self as Disorganized, careless.

- **1 - Disagree strongly:** 3001 respondents (10.8%)
- **2 - Disagree moderately:** 3300 respondents (11.9%)
- **3 - Disagree a little:** 3238 respondents (11.7%)
- **4 -Neither agree nor disagree:** 3267 respondents (11.8%)
- **5 -Agree a little:** 6963 respondents (25.1%)
- **6 -Agree moderately:** 4316 respondents (15.6%)
- **7 -Agree strongly:** 3669 respondents (13.2%)



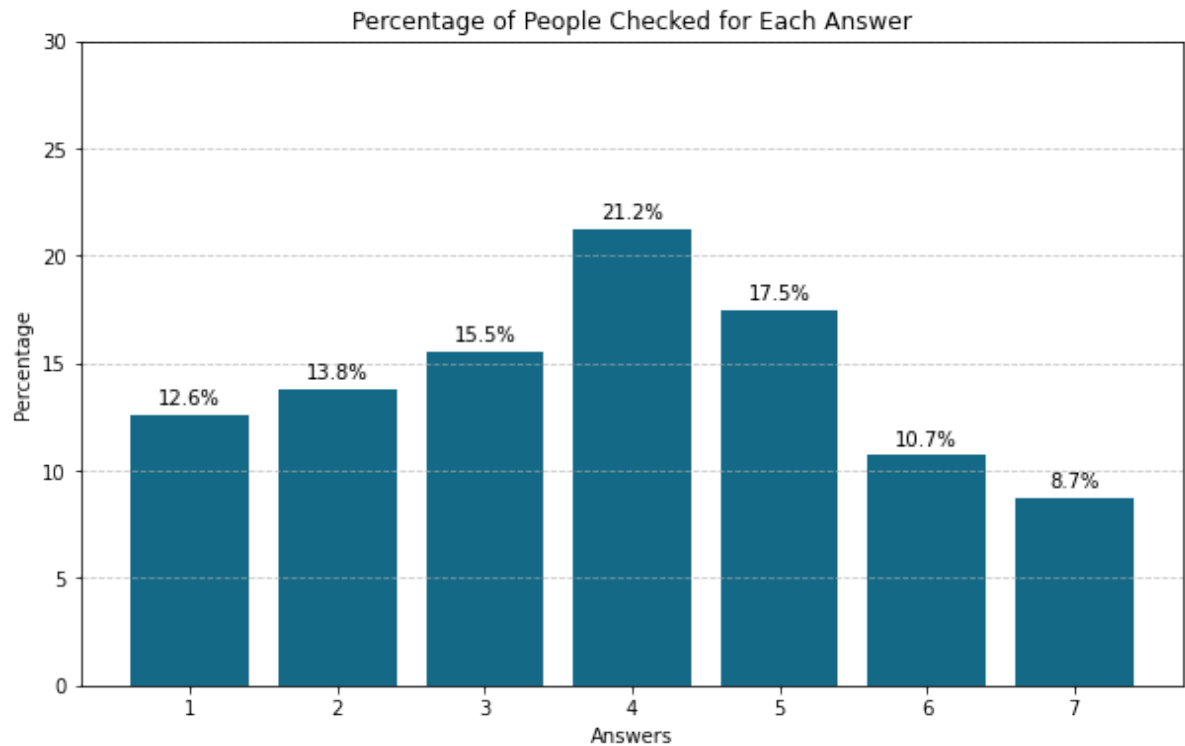
**Question: i see my self as Calm, emotionally stable.**

- **1 - Disagree strongly:** 3131 respondents (11.3%)
- **2 - Disagree moderately:** 3946 respondents (14.2%)
- **3 - Disagree a little:** 4694 respondents (16.9%)
- **4 -Neither agree nor disagree:** 5331 respondents (19.2%)
- **5 -Agree a little:** 4784 respondents (17.2%)
- **6 -Agree moderately:** 3885 respondents (14.0%)
- **7 -Agree strongly:** 1983 respondents (7.1%)



**Question: i see my self as Conventional, uncreative.**

- **1 - Disagree strongly:** 3487 respondents (12.6%)
- **2 - Disagree moderately:** 3828 respondents (13.8%)
- **3 - Disagree a little:** 4293 respondents (15.5%)
- **4 -Neither agree nor disagree:** 5887 respondents (21.2%)
- **5 -Agree a little:** 4856 respondents (17.5%)
- **6 -Agree moderately:** 2979 respondents (10.7%)
- **7 -Agree strongly:** 2424 respondents (8.7%)

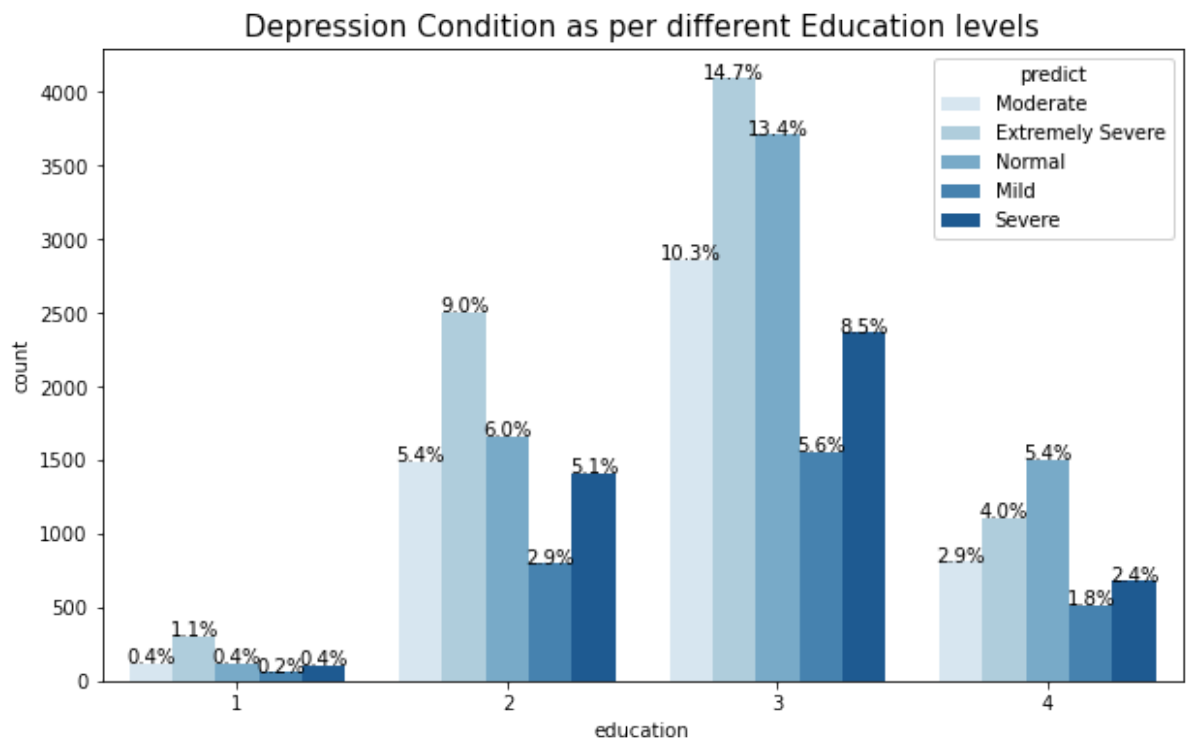


## PART THREE [EDUCATIONS]

**Question: How much education have you completed?.**

- **1 - Less than high school:**
  - (0.4%) Normal
  - (0.2%) Mild
  - (0.4%) Moderate
  - (0.4%) Severe
  - (1.1%) Extremely Severe

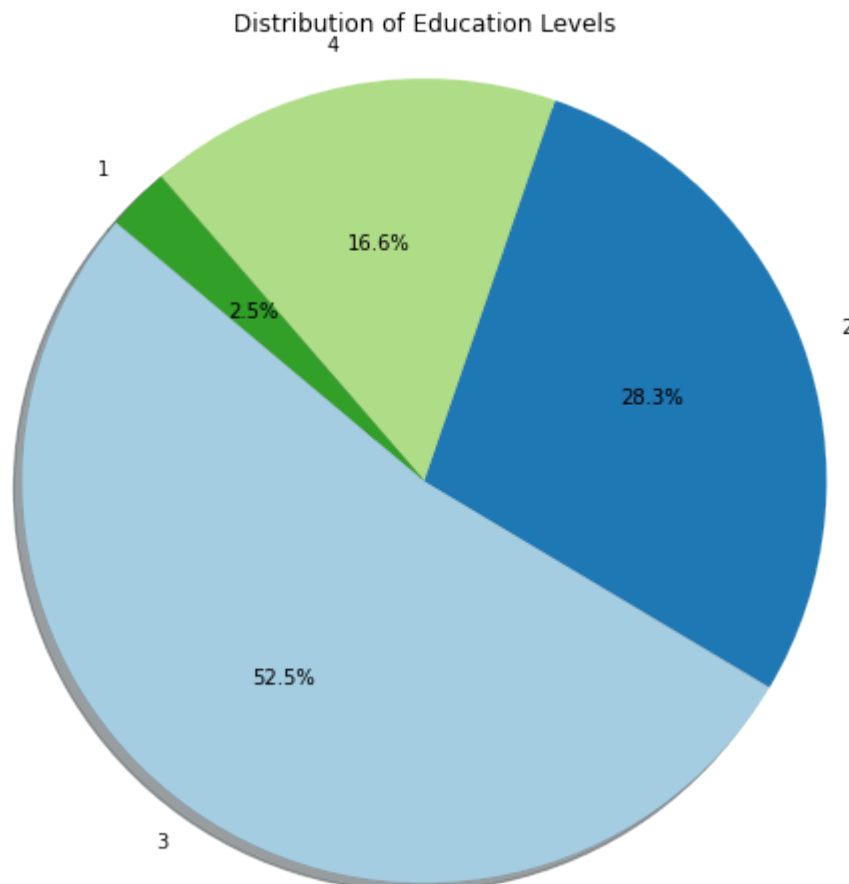
- **2 - High school:**  
 (6.0%) Normal  
 (2.9%) Mild  
 (5.4%) Moderate  
 (5.1%) Severe  
 (9.0%) Extremely Severe
- **3 - University degree:**  
 (13.4%) Normal  
 (5.6%) Mild  
 (10.3%) Moderate  
 (8.5%) Severe  
 (14.7%) Extremely Severe
- **4 -Graduate degree:**  
 (5.4%) Normal  
 (1.8%) Mild  
 (2.9%) Moderate  
 (2.4%) Severe  
 (4.0%) Extremely Severe



**Question:** The percentage of Education levels that filling a depression form.

- **1 - Less than high school:** (2.5%) From people who fill the form
- **2 - High school:** (28.3%) From people who fill the form
- **3 - University degree:** (52.5) From people who fill the form
- **4 -Graduate degree:** (16.6) From people who fill the form

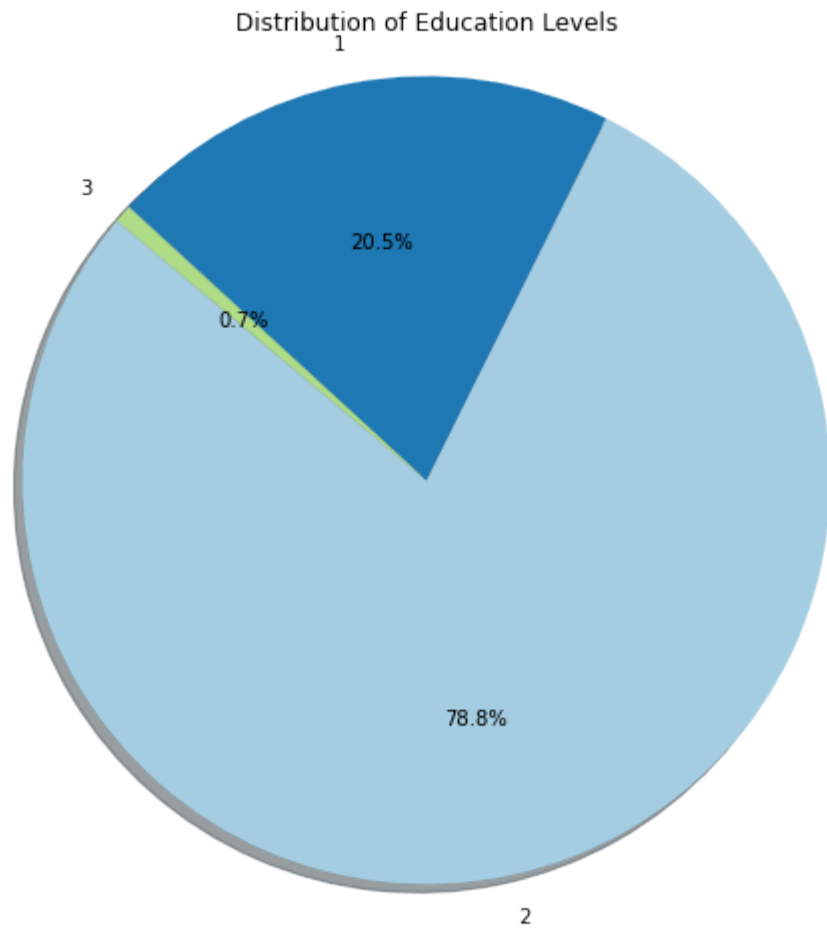




## PART FOUR [Gender]

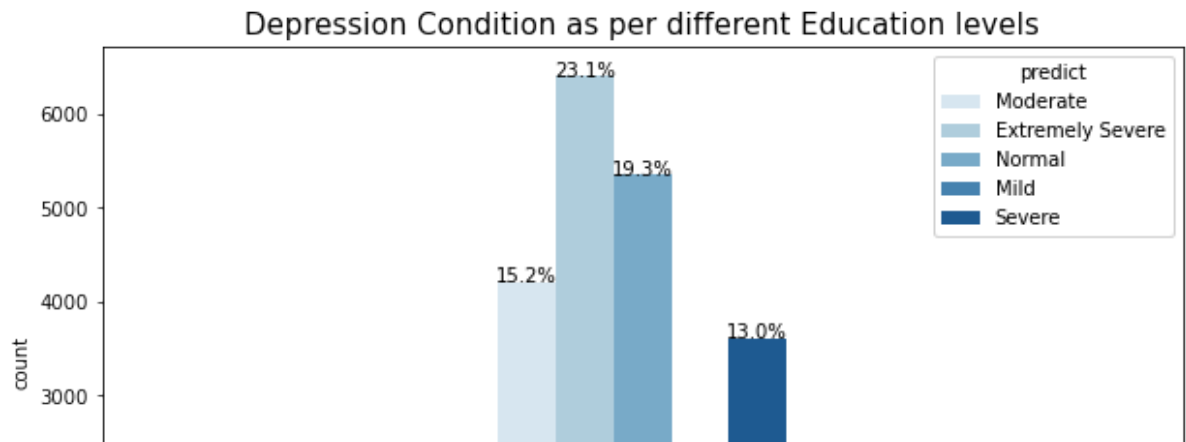
**Question: The percentage of Gender levels that filling a depression form.**

Gender Level	Percentage of Respondents
1 - Male	(20.5%)
2 - Female	(78.8%)
3 - Other	(0.7%)



**Question: How much education have you completed?.**

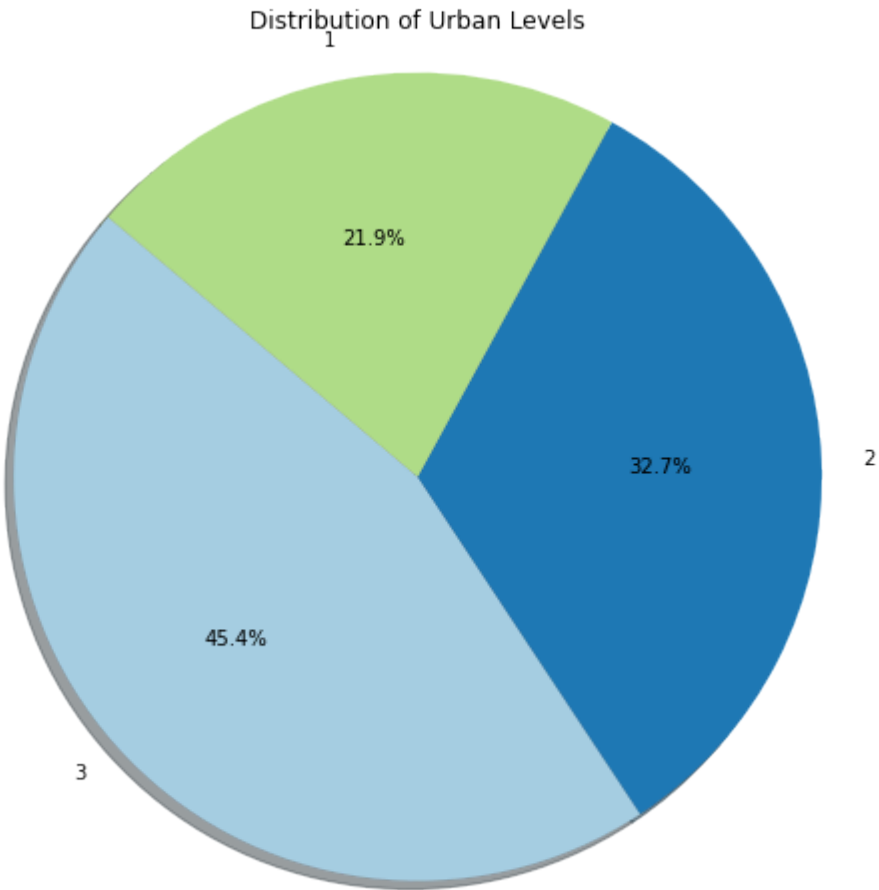
Education Level	Normal	Mild	Moderate	Severe	Extremely Severe
1 - Male	(5.8%)	(2.2%)	(3.7%)	(3.3%)	(5.5%)
2 - Female	(19.3%)	(8.3%)	(15.2%)	(13.0%)	(23.1%)
3 - Other	(0.1%)	(0.1%)	(0.1%)	(0.1%)	(0.3%)



# PART FIVE [Urban]

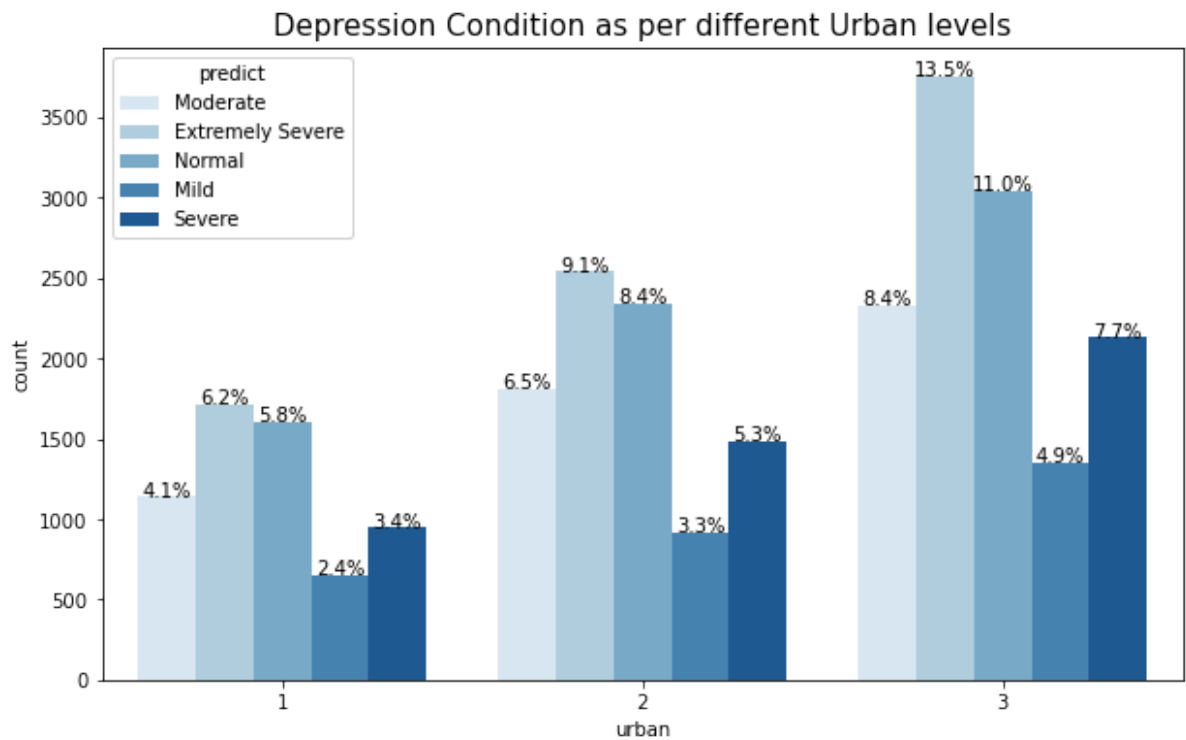
###Question: What type of area did you live when you were a child?.

Urban Type	Percentage of Respondents
1 -Rural (countryside)	(20.5%)
2 - Suburban	(78.8%)
3 - Urban (town, city)	(0.7%)



Question: How much education have you completed?.

Education Level	Normal	Mild	Moderate	Severe	Extremely Severe
1 - Rural (countryside)	(5.8%)	(2.2%)	(3.7%)	(3.3%)	(5.5%)
2 - Suburban	(19.3%)	(8.3%)	(15.2%)	(13.0%)	(23.1%)
3 - Urban (town, city)	(0.1%)	(0.1%)	(0.1%)	(0.1%)	(0.3%)

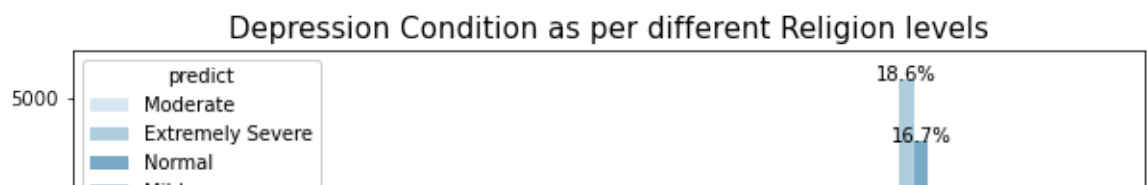
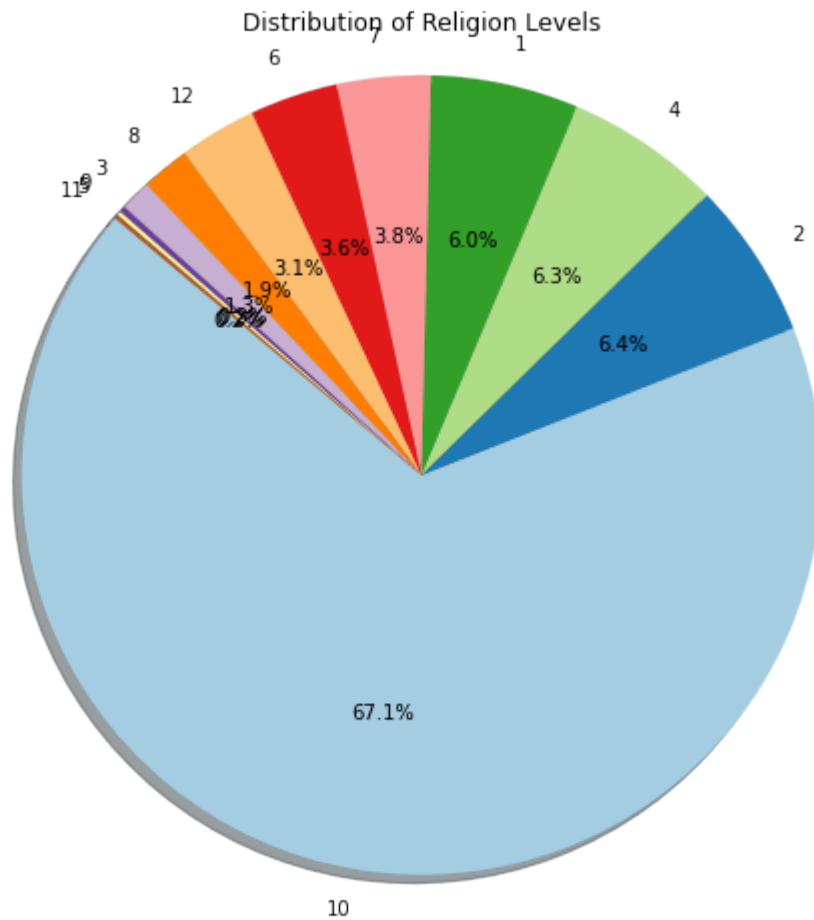


## PART SIX [Religion]

**Question: What is your sexual Religion?**

67.1% of the people who filled out the depression form are Muslims

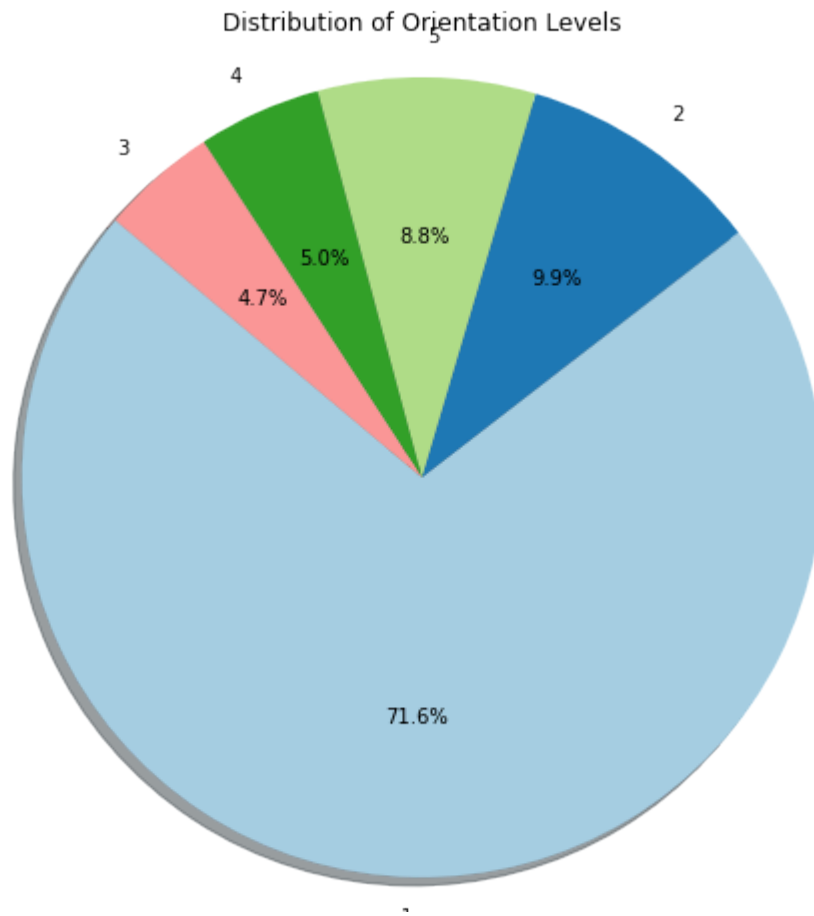
Most expectations for them were 18.6 Mild



## PART SEVEN [Orientation]

**Question:** The percentages of Orientation levels that filling a depression form.

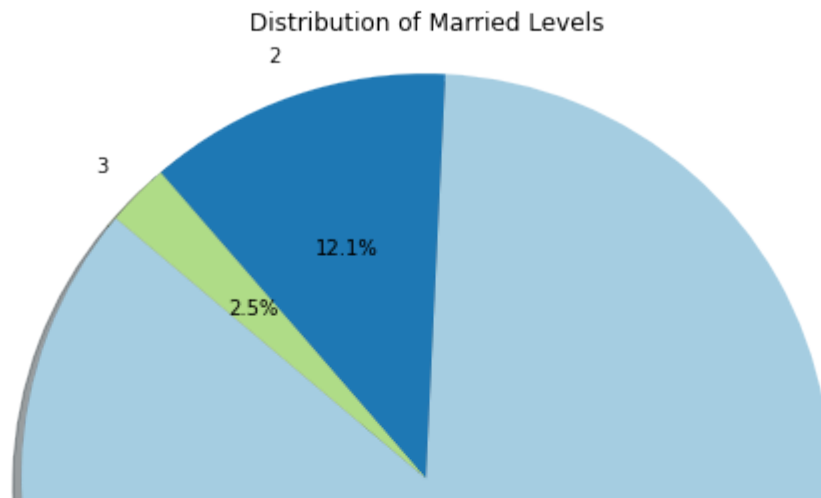
- **1 - Heterosexual:** (71.6%) From people who fill the form
- **2 - Bisexual:** (9.9%) From people who fill the form
- **3 - Homosexual:** (4.7%) From people who fill the form
- **4 -Asexual:** (5.0%) From people who fill the form
- **5 -Other:** (8.8%) From people who fill the form



## PART EIGHT [Married]

**Question:** The percentages of Orientation levels that filling a depression form.

- **1 - Never married:** (85.3%) From people who fill the form
- **2 - Currently married:** (12.1%) From people who fill the form
- **3 - Previously married:** (2.5%) From people who fill the form



## PART NINE [Religioin]

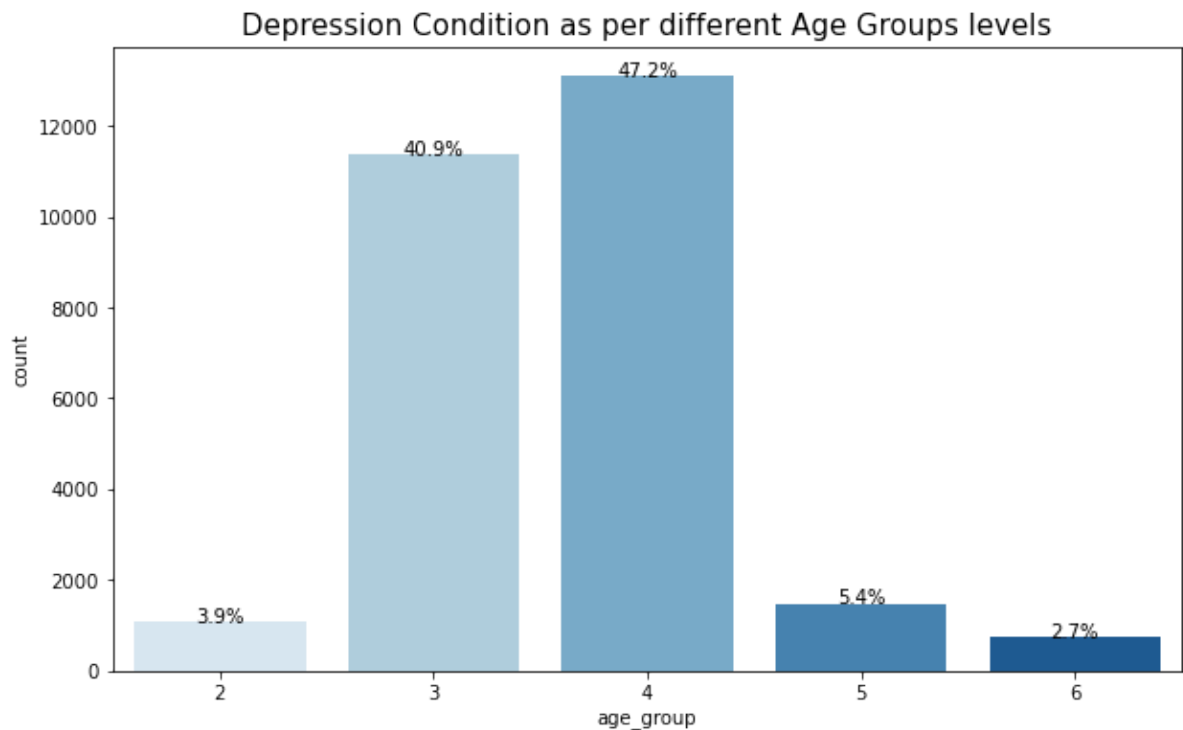
**Question:** The percentages of Race levels that filling a depression form.

- **10- Asian:** (67.7%) From people who fill the form
- **20- Arab:** (0.8%) From people who fill the form
- **30- Black:** (1.1%) From people who fill the form
- **40- Indigenous Australian:** (0.1%) From people who fill the form
- **50- Native American:** (0.3%) From people who fill the form
- **60- White:** (18.0%) From people who fill the form
- **70- Other:** (12.0%) From people who fill the form

## PART TEN [Age Group]

**Question:** The percentages of Orientation levels that filling a depression form.

- **1 - Under 10 Years:** (0%) From people who fill the form
- **2 -Between10 & 17:** (3.9%) From people who fill the form
- **3 - Between 17 & 21:** (40.9%) From people who fill the form
- **4 - Between 21 & 35:** (47.2%) From people who fill the form
- **5 - Between 36 & 48:** (5.4%) From people who fill the form
- **6 - Above 39:** (2.7%) From people who fill the form



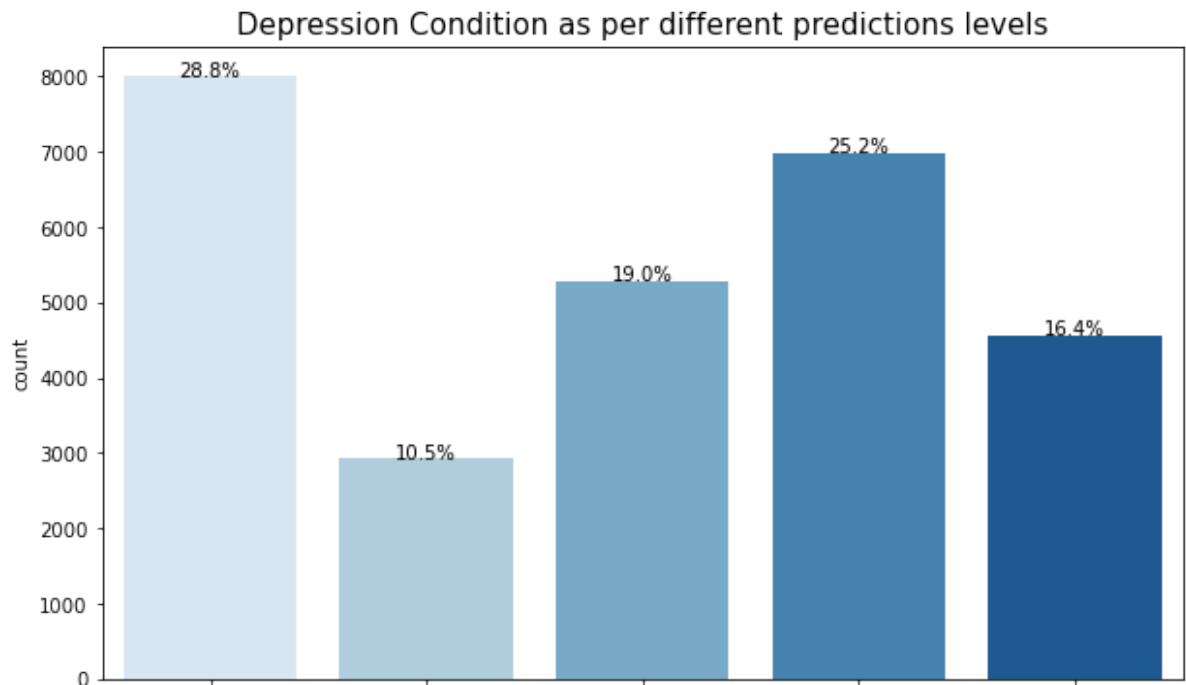
## PART ELEVEN [Prediction]

**Question:** The percentages of Prediction levels that filling a



## depression form.

- **1 - Normal:** (25.2%) From people who fill the form
- **2 -Mild:** (10.5%) From people who fill the form
- **3 - Moderate:** (19.0%) From people who fill the form
- **4 - Severer:** (16.4%) From people who fill the form
- **5 - Extremaly Severer:** (28.8%) From people who fill the form



## PART TWELVE [GPT INFO]

### Depression: Understanding Mental Health

#### Prevalence

Depression is one of the most prevalent mental health disorders worldwide. According to the World Health Organization (WHO), more than 264 million people of all ages suffer from depression globally.

#### Symptoms

Symptoms of depression can vary widely but often include:

- Persistent sadness
- Feelings of worthlessness or guilt
- Loss of interest or pleasure in activities

- Changes in appetite or weight
- Sleep disturbances
- Fatigue
- Difficulty concentrating
- Thoughts of death or suicide

## Causes

Depression is believed to be caused by a combination of genetic, biological, environmental, and psychological factors. Traumatic life events, chronic stress, medical conditions, and certain medications can also contribute to the development of depression.

## Types

There are different types of depression, including:

- Major depressive disorder (MDD)
- Persistent depressive disorder (dysthymia)
- Bipolar disorder (manic-depressive illness)
- Seasonal affective disorder (SAD)
- Postpartum depression, among others.

## Treatment

Depression is treatable, and there are several effective treatment options available, including:

- Psychotherapy (such as cognitive-behavioral therapy or interpersonal therapy)
- Medication (such as antidepressants)
- Lifestyle changes (such as regular exercise and healthy eating habits)
- Self-care strategies (such as stress reduction techniques and social support).

## Impact

Depression can have a significant impact on an individual's quality of life, relationships, work or school performance, and overall functioning. It may also increase the risk of developing other health problems, such as heart disease, diabetes, and substance abuse disorders.

## Stigma and Awareness

Despite its prevalence, depression is often stigmatized, and many people hesitate to seek help due to fear of judgment or misunderstanding. Increasing awareness and understanding of depression can help reduce stigma and encourage individuals to seek support and treatment.

If you or someone you know is struggling with depression, it's essential to reach out to a healthcare provider or mental health professional for support and guidance.

In [ ]:

1