Distribution of the Composite Mental Health Score with Risk Category Boundaries

5-tier thresholds at 0, 2, 4, 6 create balanced risk categories based on quintiles.

Legend:
- Critical (score < 0)
- High (0 ≤ score < 2)
- Medium (2 ≤ score < 4)
- Low (4 ≤ score < 6)
- Healthy (score ≥ 6)
- Risk Thresholds
- Mean (2.88)

X-axis: Mental Health Score (mood − stress)
Y-axis: Frequency