PSYCHIFY

We aware…!

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**WHAT IS PSYCHOLOGY?**

**The scientific study of the human mind and its functions, especially those affecting behaviour in a given context.**

**The Importance of Psychology**

**• The building of relationships:** Psychology makes it easier to live with others by understanding them more and working with their behavior. Below, University of Texas professor James Pennebaker explains one way psychology can be used to predict romantic compatibility.

**• Improving communication:** A greater understanding of how humans think and behave will help people communicate better. They will be more effective in understanding what a person really means by gestures and actions.

**• Building self-confidence:** By understanding more about yourself and your personality, you can gain more self-confidence. You will learn more about your weaknesses and can build on them.

**• Enriching careers:** You will be able to understand your coworkers more and stand a better chance of building friendships. It helps to deal with their actions to enrich your career.

# IMPORTANCE OF PSYCHOLOGICAL HEALTH

***Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.***

**FOR SUCCESS IN LIFE ONE SHOULD BE MENTALLY HEALTHY!**

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**WE HAVE SEVERAL REPORTS TO CHECK WHETHER YOU HAVE THAT DISEASE OR NOT!!**

**STEPS**:

* ONE HAVE TO CHOOSE FROM THE GIVEN DECEASE (HE/SHE WANT TO CHECK)
* RELATED TO THAT DISEASE ,WILL ASK SOME RELATED QUESTION ON BASIS OF WHICH REPORT WILL GENERATE.
* REPORT WILL SHOW WHETHER YOU’RE FIT OR NOT.

Why??

* In this Developing Era , our Youngsters are suffering from many Psychological Disorders/ Difficulties and don’t even have any clue about their problems.
* Even teenagers are suffering from mental problems like temper,stress, narcissism, etc due to social , educational and family pressure
* Many People hesitates to consult any psychologist even if they are suffering from problems due to society issues.

What’s Psychify???

Psychify - our screening tool evaluates whether you show symptoms of certain mental disorders. For the most part, the criteria used to determine whether you might be diagnosed with a disorder are taken from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), which is the standard text used by mental health professionals. It is highly advisable that you seek professional help for diagnoses highlighted in these results, or any areas where you are symptomatic. Please note that this screening does not cover all disorders. Only the following conditions are assessed: Substance Use Disorder, Major Depressive Disorder, Manic Episodes, Bipolar Disorder, Post-Traumatic Stress Disorder, Generalized Anxiety Disorder, Panic Disorder and Panic Attacks.

It is important to remember, however, that this test only assesses whether you show signs of the most common mental disorders

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Why Psychify???

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If anyone is experiencing problems in his/her life that he is not aware of. In this test, seeking help could assist them in overcoming these issues. Disorders that mainly affect children and adolescents are not included in the assessment, nor are the symptoms specific to children or adolescents reported in the results.

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In our app, we have trained our app to tackle only one disease i.e. narcissism, and our app can be extended later for more disorders related to Psychological Health.

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