

EVE!

# Psychologist in your pocket

## Summary


### 1. Objective

Mental health problems are one of the most important problems in every human life and sometimes it is very difficult to tackle them and try to fix them. Mental health problems may impact on a person's thoughts, perceptions, feelings and behaviors. More importantly, sometimes recognizing those problems is even harder. Hence, recognizing the problem in the first place is the key to trying to tackle them. Each one of us must recognize ourselves and our mental health problems. Then, we can try to find different ways to fix them. Sometimes due to economic perspectives or time constraints it is hard for the people to visit a psychologist. It costs a fortune and takes a lot of time, because they should talk to a doctor for at least several hours. Moreover, finding a good psychologist is also a huge challenge.

Fortunately, we have a solution to this challenge, and computers give us this powerful tool to try to come up with an idea to create an application to recognize the mental health problems of a user by having a conversation with the user and asking him/her questions (mostly questions of SCL-90 assessment). With the great feature of AI (Artificial Intelligence), we have the power to recognize those problems with good accuracy.

### 2. How to use the application

Firstly, the user should download the application, which is free of charge. The user can use the application whenever he/she wishes to do so, at any time. The user can start the conversation with the robot psychologist, in whatever way that he/she wants. For example, let's consider the case in which the user thinks that he/she has depression. He/she can start the conversation with "I'm not feeling okay" or any other sentence (just like in reality when the patient goes to visit a doctor and starts the conversation by expressing his/her feelings,...). Then, the robot psychologists start asking different questions from the user to recognize the problem based on SCL-90 test assessment.



The user should answer all 90 questions. Once the AI could identify the mental health problem, it is going to propose some good advice and proper ways to tackle the problem. Here is just an example:

“Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. Sometimes, just thinking about the things you should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action.”

“Taking the first step is always the hardest. But going for a walk or getting up and dancing to your favorite music, for example, is something you can do right now. And it can substantially boost your mood and energy for several hours—long enough to put a second recovery step into action, such as preparing a mood-boosting meal or arranging to meet an old friend. By taking the following small but positive steps day by day, you’ll soon lift the heavy fog of depression and find yourself feeling happier, healthier, and more hopeful again.”

“DO THE FOLLOWINGS TO OVERCOME DEPRESSION

1. Go For a walk every day
2. Dance with your favorite music to boost your energy

### **3. Details of the application**

- A. Language: English (preferably). Different languages support can be added to the later versions of the application.
- B. Device: Mobile phone (iOS). Different versions (Desktop, Android, Web,...) can be added to the later versions of the application.
- C. Programming languages required: Swift, Java
- D. Database: One of the most important parts of the application is the database. It should include many different mental health problems (how to recognize the problems, summary of the problem, different solutions to overcome them, ...).

## Assessment

The important question here is how to determine the problem of the user? The answer is easy: by asking the user some special questions based on SCL-90 test assessment and trying to find the solution for that.

After finding the mental health problem of the user, the robot can display the following to the user:

### **a. Description of the problem**


A brief summary of the problem. Let's say the problem of the user is Depression. Here is an example of the summary of this problem:

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

### **b. Signs and symptoms**

After displaying the description of the problem to the user, the robot should display the most important signs and symptoms of the problem to the user so that the user can easily see the signs and compare them to his/her own symptoms. Here is an example for the case of Depression:

- 1) Persistent sad, anxious, or "empty" mood
- 2) Feelings of hopelessness, or pessimism
- 3) Feelings of guilt, worthlessness, or helplessness
- 4) Loss of interest or pleasure in hobbies and activities
- 5) Decreased energy or fatigue
- 6) Moving or talking more slowly
- 7) Feeling restless or having trouble sitting still
- 8) Difficulty concentrating, remembering, or making decisions
- 9) Difficulty sleeping, early-morning awakening, or oversleeping
- 10) Appetite and/or weight changes
- 11) Thoughts of death or suicide, or suicide attempts

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- 12) Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

**c. Advice in a form of bullet points**

The robot should give some advice to the user about how to overcome that specific problem. The advice given to the user should be in a bullet point structure and have a clear and easy-to-understand structure. Here is an example for the case of Depression:

- 1) Try to be active and exercise.
- 2) Set realistic goals for yourself.
- 3) Try to spend time with other people and confide in a trusted friend or relative.
- 4) Try not to isolate yourself, and let others help you.
- 5) Expect your mood to improve gradually, not immediately.
- 6) Postpone important decisions, such as getting married or divorced, or changing jobs until you feel better. Discuss decisions with others who know you well and have a more objective view of your situation.
- 7) Continue to educate yourself about depression.

**How to diagnose a mental health problem?**

The answer is easy. First, the user starts the conversation in any way that he/she wants. For example, the user may start the conversation like “I feel that I am depressed” or “I don’t feel well” or “I am addicted to X”, or “I don’t sleep well” .....

There are special types of questions for each mental health problem and by answering those questions, the robot can diagnose the problem with its intensity. Usually the robot asks different questions to the user and the user should grade from 0-4. Then, if the overall answers convince the robot, the robot displays the proper results (description, signs, how to overcome, ...) to the user.



## Questions to ask EVE:

Eve can answer many of your questions. Here is a list of common questions that you can ask Eve and she will answer your questions properly:

- Hi/Hello/Hey/Yo/...
- Good morning/Good afternoon/Good night/...
- How are you/How are you doing/How is it going/What's up/...
- Long time no see/Nice to meet you/...
- Who are you?
- How old are you?
- What time is it?
- What date is it?
- How is life?
- I feel terrible/I feel so bad
- I feel that I'm depressed/addicted/angry/...

## Symptom Checklist 90 (SCL-90):

The SCL-90 is intended to measure symptom intensity on nine different subscales. The 90 items of the questionnaire are scored on a five-point Likert scale, indicating the rate of occurrence of the symptom during the time reference. The instrument's global index of distress is the Global Severity Index (GSI), which is the mean value of all of the items. The SCL-90 normally requires between 12 and 20 minutes to complete (Derogatis 2000).

The SCL-90 is a 90-item self-report symptom inventory designed primarily to reflect the psychological symptom patterns of psychiatric and medical patients. It is a measure of current, point-in-time psychological symptom status, not a measure of personality. Each item of the questionnaire is rated by the patient on a five-point scale of distress from 0 (none) to 4 (extreme). The SCL-90 consists of the following nine primary symptom dimensions:

I. Somatization


II. Obsessive-compulsive

III. Interpersonal sensitivity

IV. Depression

V. Anxiety

VI. Hostility



VII. Phobic anxiety

VIII. Paranoid ideation

IX. Psychoticism

## Instructions:

“Below is a list of problems and complaints that people sometimes have. Read each one carefully and select one of the numbered descriptors that best describes how much discomfort that problem has caused to you during the past 7 days INCLUDING TODAY. Do not skip any items.”

## Scaling:

Each item is scored on a scale from 0 to 4 based on how much an individual was bothered by each item in the last week:

0 = Not at all

1 = A little bit

2 = Moderately

3 = Quite a bit

4 = Extremely

Somatization: 1, 4, 12, 27, 40, 42, 48, 49, 52, 53, 56, and 58 → **12** questions

Obsessive-compulsive: 3, 9, 10, 28, 38, 45, 46, 51, 55, and 65 → **10** questions


Interpersonal sensibility: 6, 21, 34, 36, 37, 41, 61, 69, and 73 → **9** questions

Depression: 5, 14, 15, 20, 22, 26, 29, 30, 31, 32, 54, 71, and 79 → **13** questions

Anxiety: 2, 17, 23, 33, 39, 57, 72, 78, 80, and 86 → **10** questions

Anger-hostility: 11, 24, 63, 67, 74, and 81 → **6** questions

Phobic-anxiety: 13, 25, 47, 50, 70, 75, and 82 → **7** questions



Paranoid ideation: 8, 18, 43, 68, 76, and 83 → **6** questions

Psychoticism: 7, 16, 35, 62, 77, 84, 85, 87, 88, and 90 → **10** questions

Additional items: 19, 44, 59, 60, 64, 66, and 89 → **7** questions

## **Description of each symptom:**

### **Somatization (SOM, 12 items)**

This dimension reflects distress arising from bodily perceptions. Complaints focused on cardiovascular, gastrointestinal, respiratory, and other systems with autonomic mediation are included. Many of these symptoms are included in diagnostic criteria of anxiety disorders and have a high prevalence in disorders with suggested functional etiology. All of them may, naturally, be reflections of a physical illness.

### **Obsessive-compulsive (O-C, 10 items)**

This dimension reflects symptoms typical of obsessive-compulsive disorder. The focus is on thoughts, impulses, and actions that are experienced as irresistible by the individual but are of an ego-alien or unwanted nature. Experiences of cognitive attenuation are also included in this dimension.


### **Interpersonal sensitivity (INS, 9 items)**

This dimension focuses on feelings of personal inadequacy and inferiority in comparisons with others. Self-deprecation, uneasiness, and discomfort during interpersonal interactions are included here.

### **Depression (DEP, 13 items)**

Most of the typical symptoms of depressive syndromes according to current diagnostic criteria are included here. Symptoms of dysphoric mood and affect as well as signs of withdrawal of life interest, lack of motivation, and loss of vital energy are represented. Feelings of hopelessness, thoughts of suicide, and cognitive and somatic correlates of depression are included.

### **Anxiety (ANX, 10 items)**



This dimension is composed of symptoms that are associated with manifest anxiety. Nervousness, tension, and trembling as well as feelings of terror and panic are included. Some somatic correlates of anxiety are also included here.

**Hostility (HOS, 6 items)**

Thoughts, feelings, or actions characteristic of the negative affect state of anger are reflected here. Qualities such as aggression, irritability, rage, and resentment are included.

**Phobic anxiety (PHO, 7 items)**

Phobic anxiety is defined as a persistent fear response to a specific person, place, object, or situation which is characterized as being irrational and disproportionate to the stimulus. It leads to avoidance or escape behavior. The items of this dimension are actually all manifestations of agoraphobia.

**Paranoid ideation (PAR, 6 items)**

Paranoid ideation is represented here as a disordered mode of thinking. Projective thinking, hostility, suspiciousness, grandiosity, centrality, fear of loss of autonomy, and delusions are viewed as primary reflections of this disorder.

**Psychoticism (PSY, 10 items)**

The construct of psychoticism is represented here as a continuous dimension of human experience. The scale provides a continuum from mild interpersonal alienation to dramatic evidence of psychosis. Items include withdrawal, isolation, and schizoid lifestyle as well as first-rank schizophrenia symptoms such as hallucinations and thought-broadcasting.

**Additional items (7 items)**

These items contribute to the global scores of the questionnaire but are not scored collectively as a dimension. They primarily touch upon disturbances in appetite and sleep patterns.




## Scores:

Scale	No Sign	A Little Bit	Moderately	Extremely
Somatization	0-3	4-12	13-35	36-48
Obsessive-compulsive	0-3	4-15	16-30	31-40
Interpersonal sensitivity	0-2	3-9	10-26	27-36
Depression	0-3	4-13	14-40	41-52
Anxiety	0-2	3-10	11-29	30-40
Anger-hostility	0-1	2-6	7-17	18-24
Phobic-anxiety	0-2	3-7	8-20	21-28
Paranoid ideation	0-1	2-6	7-19	20-24
Psychoticism	0-2	3-10	11-30	31-40
Additional items	–	–	–	–

## Reliability and Validity:


According to the reviewed literature, the reliability of the SCL-90 is good. The internal consistency of the instrument in particular seems high. The validity findings are, however, controversial: a few studies claim some convergence to theoretically similar constructs; most report a lack of sufficient discriminant validity. The few studies on the instrument's ability to




discriminate patients from the general population support this rough discriminant validity. Most of the studies on construct validity do not support the originally reported dimensional structure of the instrument.

## Questions:

1. Headaches
2. Nervousness or shakiness inside
3. Unwanted thoughts, words, or ideas that won't leave your mind
4. Faintness or dizziness
5. Loss of sexual interest or pleasure
6. Feeling critical of others
7. The idea that someone else can control your thoughts
8. Feeling others are to blame for most of your troubles
9. Trouble remembering things
10. Worried about sloppiness or carelessness
11. Feeling easily annoyed or irritated
12. Pains in heart or chest
13. Feeling afraid in open spaces or on the streets
14. Feeling low in energy or slowed down
15. Thoughts of ending your life
16. Hearing voices that other people do not hear
17. Trembling
18. Feeling that most people cannot be trusted
19. Poor appetite
20. Crying easily
21. Feeling shy or uneasy with the opposite sex
22. Feeling of being trapped or caught
23. Suddenly scared for no reason
24. Temper outbursts that you could not control
25. Feeling afraid to go out of your house alone
26. Blaming yourself for things
27. Pains in lower back
28. Feeling blocked in getting things done
29. Feeling lonely
30. Feeling blue
31. Worrying too much about things
32. Feeling no interest in things
33. Feeling fearful
34. Your feelings being easily hurt

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35. Other people being aware of your private thoughts
  36. Feeling others do not understand you or are unsympathetic
  37. Feeling that people are unfriendly or dislike you
  38. Having to do things very slowly to insure correctness
  39. Heart pounding or racing
  40. Nausea or upset stomach
  41. Feeling inferior to others
  42. Soreness of your muscles
  43. Feeling that you are watched or talked about by others
  44. Trouble falling asleep
  45. Having to check and double-check what you do
  46. Difficulty making decisions
  47. Feeling afraid to travel on buses, subways, trains
  48. Trouble getting your breath
  49. Hot or cold spells
  50. Having to avoid certain things, places, or activities because they frighten you
  51. Your mind going blank
  52. Numbness or tingling in parts of your body
  53. A lump in your throat
  54. Feeling hopeless about the future
  55. Trouble concentrating
  56. Feeling weak in parts of your body
  57. Feeling tense or keyed up
  58. Heavy feelings in your arms or legs
  59. Thoughts of death or dying
  60. Overeating
  61. Feeling uneasy when people are watching or talking about you
  62. Having thoughts that are not your own
  63. Having urges to beat, injure, or harm someone
  64. Awakening in the early morning
  65. Having to repeat the same actions such as touching, counting, washing
  66. Sleep that is restless or disturbed
  67. Having urges to break or smash things
  68. Having ideas or beliefs that others do not share
  69. Feeling very self-conscious with others
  70. Feeling uneasy in crowds, such as shopping or at a movie
  71. Feeling everything is an effort
  72. Spells of terror or panic
  73. Feeling uncomfortable about eating or drinking in public
  74. Getting into frequent arguments
  75. Feeling nervous when you are left alone

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76. Others not giving you proper credit for your achievements
  77. Feeling lonely even when you are with people
  78. Feeling so restless you couldn't sit still
  79. Feelings of worthlessness
  80. Feeling that familiar things are strange or unreal
  81. Shouting or throwing things
  82. Feeling afraid you will faint in public
  83. Feeling that people will take advantage of you if you let them
  84. Having thoughts about sex that bother you a lot
  85. The idea that you should be punished for your sins
  86. Feeling pushed to get things done
  87. The idea that something serious is wrong with your body
  88. Never feeling close to another person
  89. Feelings of guilt
  90. The idea that something is wrong with your mind



## Somatization

### a. What is Somatization?

Somatic symptom disorder (SSD) formerly known as somatization disorder. It is a form of mental illness that causes bodily symptoms, including pain. The distress people with SSD experience from pain are real, regardless of whether or not a physical explanation can be found. And the distress from symptoms significantly affects daily functioning.

### b. What are the symptoms?

- Pain
- Neurologic problems
- Gastrointestinal complaints
- Sexual symptoms

### c. Treatment

The goal of treatment is to improve your symptoms and your ability to function in daily life. Psychotherapy, also called talk therapy, can be helpful for somatic symptom disorder. Sometimes medications may be added, especially if you're struggling with feeling depressed. Therefore, if your symptoms are serious, I recommend that you go and visit a doctor as soon as possible.



### **A little bit sign:**

The results of the test show a little indication of somatic symptom disorder in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Work with your care providers
- Practice stress management and relaxation techniques
- Get physically active
- Participate in activities
- Avoid alcohol and recreational drugs

It's also a good idea to go and see a doctor and talk about your problem.

### **Moderately sign:**

The results of the test show a moderate indication of somatic symptom disorder in you. You should visit a doctor. The doctor can give you the best treatment (such as CBT, ...) to help you overcome this disorder. Meanwhile, doing the following can also help you tackle this problem.

- Work with your care providers
- Practice stress management and relaxation techniques
- Get physically active
- Participate in activities
- Avoid alcohol and recreational drugs

### **Extremely sign:**

The results of the test show an extreme indication of somatic symptom disorder in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Psychotherapy — specifically, cognitive behavioral therapy (CBT) — can help improve physical symptoms. Antidepressant medication can help reduce symptoms associated with depression and pain that often occur with somatic symptom disorder. In addition, you can do the following to help diagnose somatic symptom disorder easier and faster.

- Work with your care providers
- Practice stress management and relaxation techniques
- Get physically active
- Participate in activities
- Avoid alcohol and recreational drugs

## Obsessive-compulsive

### d. What is OCD?

Obsessive-compulsive disorder (OCD) features a pattern of unwanted thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions). These obsessions and compulsions interfere with daily activities and cause significant distress. You may try to ignore or stop your obsessions, but that only increases your distress and anxiety.

### e. What are the symptoms?

- Fear of contamination or dirt
- Doubting and having difficulty tolerating uncertainty
- Needing things orderly and symmetrical
- Unwanted thoughts, including aggression, or sexual or religious subjects
- Doubts that you've locked the door or turned off the stove

### f. Treatment

The 2 main treatments are: psychological therapy – usually a type of therapy that helps you face your fears and obsessive thoughts without "putting them right" with compulsions, and medicine – usually a type of antidepressant medicine that can help by altering the balance of chemicals in your brain. A short course of therapy is usually recommended for relatively mild OCD. If you have more severe OCD, you may need a longer course of therapy and/or medicine.



### **A little bit sign:**

The results of the test show a little indication of obsessive compulsive disorder in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Always expect the unexpected
- Be willing to accept risk
- Never seek reassurance from yourself or others
- Always try hard to agree with all obsessive thoughts — never analyze, question, ...
- Don't waste time trying to prevent or not think your thoughts

It's also a good idea to go and see a doctor and talk about your problem. A short course of therapy is usually recommended for relatively mild OCD.

### **Moderately sign:**

The results of the test show a moderate indication of obsessive compulsive disorder in you. You should go and visit a doctor. The doctor can give you the best treatment (such as CBT, ...) to help you overcome obsessive compulsive disorder. A short course of therapy is usually recommended for relatively mild OCD. Meanwhile, doing the following can also help you tackle this problem.

- Always expect the unexpected
- Be willing to accept risk
- Never seek reassurance from yourself or others
- Always try hard to agree with all obsessive thoughts — never analyze, question, ...
- Don't waste time trying to prevent or not think your thoughts

### **Extremely sign:**

The results of the test show an extreme indication of obsessive compulsive disorder in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. The 2 main treatments are: psychological therapy and medicine. You may need a longer course of therapy and/or medicine. In addition, you can do the following to help diagnose OCD easier.

- Always expect the unexpected
- Be willing to accept risk
- Never seek reassurance from yourself or others
- Always try hard to agree with all obsessive thoughts — never analyze, question, ...
- Don't waste time trying to prevent or not think your thoughts



## Interpersonal sensitivity

### **g. What is Interpersonal sensitivity?**

Interpersonal sensitivity is characterized by a sense of personal inadequacy and frequent misinterpretation of others' interpersonal behavior and results in discomfort in the presence of others as well as interpersonal avoidance and non-assertive behavior.

### **h. What are the symptoms?**

- Feeling critical of others
- Your feelings being easily hurt
- Feeling others do not understand you or are unsympathetic
- Feeling others are unfriendly
- Feeling inferior to others
- Feeling shy or uneasy with the opposite sex.

### **i. Treatment**

The best way to treat this disorder is Cognitive Behavioral Treatment (CBT). It is a form of psychological treatment that has been demonstrated to be effective for a range of problems including interpersonal sensitivity disorder, depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life.



### **A little bit sign:**

The results of the test show a little indication of interpersonal sensitivity disorder in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Teach yourself to be positive by reminding yourself of the good things about your life.
- Practice active listening
- Gain a well-rounded view of things by putting yourself in other people's shoes. This will help you develop empathy for others.
- Maintain your relationships

It's also a good idea to go and see a doctor and talk about your problem.

### **Moderately sign:**

The results of the test show a moderate indication of interpersonal sensitivity disorder in you. You should go and visit a doctor. The doctor can give you the best treatment (such as CBT, Medication, ...) to help you overcome interpersonal sensitivity disorder. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. Meanwhile, doing the following can also help you tackle this problem.

- Teach yourself to be positive by reminding yourself of the good things about your life.
- Practice active listening
- Gain a well-rounded view of things by putting yourself in other people's shoes. This will help you develop empathy for others.
- Maintain your relationships

### **Extremely sign:**

The results of the test show an extreme indication of interpersonal sensitivity disorder in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. In addition, you can do the following to help diagnose this problem faster.

- Teach yourself to be positive by reminding yourself of the good things about your life.
- Practice active listening
- Gain a well-rounded view of things by putting yourself in other people's shoes. This will help you develop empathy for others.
- Maintain your relationships

# Depression

## j. What is Depression?

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

## k. What are the symptoms?

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Slowed thinking, speaking or body movements
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent thoughts of death, suicidal thoughts, suicide attempts or suicide

## l. Treatment

Meaning: Find small ways to be of service to others.

Your goals: Find workable goals that give you a sense of accomplishment.

Pleasant Events: Schedule pleasant activities or events.

Sleep Regularly: Try to keep a regular sleep schedule.

Exercise: And, eat right too.

If you feel depressed, make an appointment to see your doctor or mental health professional as soon as you can. If you're reluctant to seek treatment, talk to a friend or loved one, any health care professional, a faith leader, or someone else you trust.



### **A little bit sign:**

The results of the test show a little indication of depression in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Meaning: Find small ways to be of service to others.
- Your goals: Find workable goals that give you a sense of accomplishment.
- Pleasant Events: Schedule pleasant activities or events.
- Sleep Regularly: Try to keep a regular sleep schedule.
- Exercise: And, eat right too.

It's also a good idea to go and see a doctor and talk about your problem.

### **Moderately sign:**

The results of the test show a moderate indication of depression in you. You should go and visit a doctor. The doctor can give you the best treatment to help you overcome depression. Make an appointment to see your doctor. If you're reluctant to seek treatment, talk to a friend or loved one, or someone else you trust. Meanwhile, doing the following can also help you tackle this problem.

- Meaning: Find small ways to be of service to others.
- Your goals: Find workable goals that give you a sense of accomplishment.
- Pleasant Events: Schedule pleasant activities or events.
- Sleep Regularly: Try to keep a regular sleep schedule.
- Exercise: And, eat right too.

### **Extremely sign:**

The results of the test show an extreme indication of depression in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Major depression is a serious but treatable illness. Depending on the severity of symptoms, your doctor may recommend treatment with an antidepressant medication. They may also suggest psychotherapy, or talk therapy. In addition, you can do the following to help diagnose depression easier.

- Meaning: Find small ways to be of service to others.
- Your goals: Find workable goals that give you a sense of accomplishment.
- Pleasant Events: Schedule pleasant activities or events.
- Sleep Regularly: Try to keep a regular sleep schedule.
- Exercise: And, eat right too.

## Anxiety

### **m. What is Anxiety?**

People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

### **n. What are the symptoms?**

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Having difficulty controlling worry

### **o. Treatment**

- Take a time-out. Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.
- Get enough sleep. When stressed, your body needs additional sleep and rest.
- Exercise daily to help you feel good and maintain your health.
- Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.
- Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

If the issue persists, make an appointment to see your doctor or mental health professional as soon as you can. If you're reluctant to seek treatment, talk to a friend or loved one, any health care professional, a faith leader, or someone else you trust.



### **A little bit sign:**

The results of the test show a little indication of anxiety in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Take a time-out. Practice yoga, listen to music, meditate, learn relaxation techniques.
- Eat well-balanced meals. Do not skip any meals.
- Get enough sleep. When stressed, your body needs additional sleep and rest.
- Exercise daily to help you feel good and maintain your health.
- Make an effort to replace negative thoughts with positive ones.

It's also a good idea to go and see a doctor and talk about your problem.

### **Moderately sign:**

The results of the test show a moderate indication of anxiety in you. You should go and visit a doctor. The doctor can give you the best treatment (such as Medication) to help you overcome anxiety. Make an appointment to see your doctor. If you're reluctant to seek treatment, talk to a friend or loved one, or someone else you trust. Meanwhile, doing the following can also help you tackle this problem.

- Take a time-out. Practice yoga, listen to music, meditate, learn relaxation techniques.
- Eat well-balanced meals. Do not skip any meals.
- Get enough sleep. When stressed, your body needs additional sleep and rest.
- Exercise daily to help you feel good and maintain your health.
- Make an effort to replace negative thoughts with positive ones.

### **Extremely sign:**

The results of the test show an extreme indication of anxiety in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. The two main treatments for generalized anxiety disorder are psychotherapy and medications. In addition, you can do the following to help diagnose anxiety easier and faster.

- Take a time-out. Practice yoga, listen to music, meditate, learn relaxation techniques.
- Eat well-balanced meals. Do not skip any meals.
- Get enough sleep. When stressed, your body needs additional sleep and rest.
- Exercise daily to help you feel good and maintain your health.
- Make an effort to replace negative thoughts with positive ones.

## Hostility

**p. What is hostility?**

Hostility (anger) disorder is a mental health condition marked by frequent impulsive anger outbursts or aggression. The episodes are out of proportion to the situation that triggered them and cause significant distress. People with hostility disorder have a low tolerance for frustration and adversity. The episodes could be temper tantrums, verbal arguments or physical fights or aggression.

**q. What are the symptoms?**

- Temper tantrums
- Verbal arguments, which may include shouting and/or threatening others
- Physically assaulting people or animals, such as shoving, slapping, punching or using a weapon to cause harm
- Property/object damage, such as throwing, kicking or breaking objects and slamming doors
- Road rage.

**r. Treatment**

- Think before you speak
- Once you're calm, express your concerns
- Get some exercise
- Take a timeout
- Use humor to release tension

If you think you may have hostility disorder, it's important to talk to your healthcare provider.



### **A little bit sign:**

The results of the test show a little indication of hostility disorder in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Think before you speak
- Once you're calm, express your concerns
- Get some exercise
- Take a timeout
- Use humor to release tension

It's also a good idea to go and see a doctor and talk about your problem.

### **Moderately sign:**

The results of the test show a moderate indication of hostility disorder in you. It's important to talk to your healthcare provider. The doctor can give you the best treatment (such as Medication) to help you overcome anger disorder. Meanwhile, doing the following can also help you tackle this problem.

- Think before you speak
- Once you're calm, express your concerns
- Get some exercise
- Take a timeout
- Use humor to release tension

### **Extremely sign:**

The results of the test show an extreme indication of hostility disorder in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Treatment generally includes talk therapy (psychotherapy) and medication. In addition, you can do the following to help diagnose hostility easier and faster.

- Think before you speak
- Once you're calm, express your concerns
- Get some exercise
- Take a timeout
- Use humor to release tension



## Phobic anxiety

### s. What is phobic anxiety?

Phobic anxiety is an overwhelming and unreasonable fear of objects or situations that pose little real danger but provoke anxiety and avoidance. Unlike the brief anxiety you may feel when giving a speech or taking a test, specific phobias are long lasting, cause intense physical and psychological reactions, and can affect your ability to function normally at work, at school or in social settings. Phobic anxiety is among the most common anxiety disorders, and not all phobias need treatment.

### t. What are the symptoms?

- Fear of situations, such as airplanes, enclosed spaces or going to school
- Fear of nature, such as thunderstorms or heights
- Fear of animals or insects, such as dogs or spiders
- Fear of blood, injection or injury, such as needles, accidents or medical procedures
- Fear of others, such as choking, vomiting, loud noises or clowns

### u. Treatment

- Allow yourself to sit with your fear for 2-3 minutes at a time
- Write down the things you are grateful for
- Remind yourself that your anxiety is a storehouse of wisdom
- Exercise
- Use humor to deflate your worst fears

If you have a phobic anxiety, consider getting psychological help, especially if you have children. Although genetics likely plays a role in the development of phobias, repeatedly seeing someone else's phobic reaction can trigger a specific phobia in children.



### **A little bit sign:**

The results of the test show a little indication of phobic anxiety disorder in you. Although it's not that much for your case, trying to do the following can help you get rid of this disorder.

- Allow yourself to sit with your fear for 2-3 minutes at a time
- Write down the things you are grateful for
- Remind yourself that your anxiety is a storehouse of wisdom
- Exercise
- Use humor to deflate your worst fears

It's also good to consider getting psychological help,

### **Moderately sign:**

The results of the test show a moderate indication of phobic anxiety disorder in you. It's important to talk to your healthcare provider, especially if you have children. Repeatedly seeing someone else's phobic reaction can trigger a specific phobia in children. The doctor can give you the best treatment (such as exposure therapy) to help you overcome phobic anxiety disorder. Meanwhile, doing the following can also help you tackle this problem.

- Allow yourself to sit with your fear for 2-3 minutes at a time
- Write down the things you are grateful for
- Remind yourself that your anxiety is a storehouse of wisdom
- Exercise
- Use humor to deflate your worst fears

### **Extremely sign:**

The results of the test show an extreme indication of phobic anxiety disorder in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. The best treatment for specific phobias is a form of psychotherapy called exposure therapy. In addition, you can do the following to help diagnose phobic anxiety easier and faster.

- Allow yourself to sit with your fear for 2-3 minutes at a time
- Write down the things you are grateful for
- Remind yourself that your anxiety is a storehouse of wisdom
- Exercise
- Use humor to deflate your worst fears

## Paranoid ideation

### v. What is paranoid ideation?

Paranoid ideation is a symptom that can occur in borderline personality disorder, post-traumatic stress disorder (PTSD), and psychotic disorders such as schizophrenia. It involves transient, stress-related paranoia. Paranoia is characterized by the experience of feeling threatened, persecuted, or conspired against. It can also loosely refer to beliefs of general suspicion regarding the motives or intentions of others.

### w. What are the symptoms?

- Anxiety and stress
- Difficulty with relationships
- Distrust
- Feeling exploited
- Feeling isolated
- Feeling like a victim
- Feeling persecuted by others
- Interpreting body language, words, and glances as hostile
- Thinking that they are being watched or spied on

### x. Treatment

If you are having paranoid ideation, it is important to find the appropriate treatment for your condition. Your treatment plan will likely involve a combination of medications and psychotherapy.

- Psychotherapy: Common psychotherapies used to treat paranoid ideation are dialectical behavioral therapy (DBT), psychodynamic therapy, and cognitive-behavioral therapy (CBT).
- Medication: A combination of different medications may be used to help treat your symptoms as well. Typical medications include antipsychotics, antidepressants, and mood stabilizers.



### **A little bit sign:**

The results of the test show a little indication of paranoid ideation in you. Although it's not that much for your case, I recommend visiting a doctor and talking about your problem, since approximately 75% of people with paranoid disorder have another personality disorder. Your treatment plan will likely involve a combination of medications and psychotherapy.

### **Moderately sign:**

The results of the test show a moderate indication of paranoid ideation in you. It's important to talk to your healthcare provider as soon as you can. The doctor can give you the best treatment to help you overcome paranoid ideation. Approximately 75% of people with paranoid disorder have another personality disorder. Your treatment plan will likely involve a combination of medications and psychotherapy.

### **Extremely sign:**

The results of the test show an extreme indication of paranoid ideation in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Your treatment plan will likely involve a combination of medications and psychotherapy. Schizophrenia can make it hard to tell what's real and what's imagined. Most of the time, you simply don't know when your thoughts have become paranoid. Friends, loved ones, or medical professionals often have to point it out and try to help you get treatment.

## Psychoticism

### y. What is psychoticism?

Psychosis is not a diagnosis, but rather a symptom of several psychiatric illnesses. Individuals experiencing psychosis may have trouble distinguishing which of their perceptions and thoughts are real and which are not. They often see, hear, smell or believe things that other people do not, or have persistent thoughts, behaviors, or emotions that are inconsistent with what other people experience in the same environment or situation.

### z. What are the symptoms?

- hallucinations
- delusions or fixed false beliefs
- confused or illogical thinking
- nonlinear or tangential thinking
- receiving messages from the entertainment or news you consume or your environment
- believing that people or organizations are out to get you
- believing you have superpowers or control over others

### aa. Treatment

Medication: After a psychosis diagnosis, appropriate medication is the first and most appropriate next step.

CBT: Recent research is pointing to cognitive training, otherwise known as cognitive remediation therapy, as an important treatment for people who have been diagnosed with psychosis.

Exercise: healthy eating and active living with regular physical assessments are equally important for patients being treated with newer antipsychotic medications to prevent cardiometabolic syndrome.



### **A little bit sign:**

The results of the test show a little indication of psychosis in you. Although it's not that much for your case, I recommend visiting a doctor and talking about your problem. Treatment for psychosis involves a combination of antipsychotic medicines, psychological therapies, and social support. Your treatment is likely to involve a team of mental health professionals working together.

### **Moderately sign:**

The results of the test show a moderate indication of psychosis in you. It's important to talk to your healthcare provider as soon as you can. The doctor can give you the best treatment to help you overcome psychosis. Treatment for psychosis involves a combination of antipsychotic medicines, psychological therapies, and social support. Your treatment is likely to involve a team of mental health professionals working together.

### **Extremely sign:**

The results of the test show an extreme indication of psychosis in you. You must visit a doctor as soon as possible. In case of any emergency, please call 911 immediately. Treatment for psychosis involves a combination of antipsychotic medicines, psychological therapies, and social support. Psychological treatment can help reduce the intensity and anxiety caused by psychosis. There are several possible psychological treatments. Your treatment is likely to involve a team of mental health professionals working together.



## References: