SINHA'S COMPREHENSIVE ANXIETY TEST

PRESENTED TO MRS. KALPANA RANGRA

A PRESENTATION BY SOUMYA AGGARWAL AND RASHI RAJ

AIM

TO ASSESS THE LEVEL OF ANXIETY BY USING SINHA'S COMPREHENSIVE ANXIEXTY TEXT

BASIC CONCEPT

ANXIETY IS A VAGUE, OBJECTLESS FEAR OR AN UNEASY FEELING IT IS AN APPREHENSIVE FEELING WHICH IS TYPICALLY ACCOMPANIED BY A VARIETY OF PSYCHOLOGICAL FACTORS,INCLUDING INCREASE IN HEART RATE , DRYING UP OF MOUTH,MUSCULAR TENSION AND RAPID BREATHING.

MODULE USED

MODULES USED

ANALYSIS.PY

A CUSTOM MODULE CONTAINING THE ANALYZE_ANSWERS FUNCTION SPECIFIC TO ANXIETY TEST ANALYSIS.

Function : analyze_answers(answers)

PURPOSE: CALCULATES A PRELIMINARY ANXIETY SCORE BASED ON USER RESPONSES.

- **Input: A list of user answers (answers), where each element represents a "Yes" or "No" response.**
- **Process (Assumption):**
  - **Iterates through the answers list.**
  - **Compares each answer to potentially stored correct answers (within analysis.py).**
  - **Assigns points based on matches or mismatches (using weights stored elsewhere, if applicable).**
  - **Accumulates points to arrive at a preliminary anxiety score.**
- **Output : An integer value representing the user's preliminary anxiety score.**

```python
def analyze_answers(answers):
    anxiety_score = 0

    for answer in answers:
        if answer:  # True
            anxiety_score += 1
    return anxiety_score
```

ONE TEXT FILE

SCAT_QUESTIONS

"The anxiety test utilizes a set of questions stored in a text file named scat_questions.txt. This file contains 90 carefully chosen questions designed to assess various aspects of anxiety. By responding to these questions, users provide valuable insights into their thoughts, feelings, and behaviors. The specific questions delve into areas like physical symptoms, worries, and social interactions, helping to create a comprehensive picture of an individual's potential anxiety levels."

SETTING UP THE USER INTERFACE

- This section imports necessary modules and creates the initial user interface.
- We import the analysis module containing function for anxiety score calculation (analyze_answers).
- We also import the pyfiglet library to create visually appealing text using print statements.

```
soumyaaggarwal@Soumyas-MacBook-Air python class work % pip3 install pyfiglet
Collecting pyfiglet
  Downloading pyfiglet-1.0.2-py3-none-any.whl.metadata (7.1 kB)
Downloading pyfiglet-1.0.2-py3-none-any.whl (1.1 MB)
   ━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━━ 1.1/1.1 MB 4.2 MB/s eta 0:00:00
Installing collected packages: pyfiglet
Successfully installed pyfiglet-1.0.2
```

PURPOSE: REFINES THE PRELIMINARY SCORE OR INTERPRETS IT BASED ON SEX.

```python
def final_score(anxiety_score, sex):
    if sex == "M":
        if anxiety_score >= 43:
            anxiety_level = "Extremely High Anxiety"
        elif 28 <= anxiety_score <= 42:
            anxiety_level = "High Anxiety"
        elif 17 <= anxiety_score <= 27:
            anxiety_level = "Normal Anxiety Level"
        elif 0 <= anxiety_score <= 16:
            anxiety_level = "Low Anxiety"
    elif sex == "F":
        if anxiety_score >= 42:
            anxiety_level = "Extremely High Anxiety"
        elif 26 <= anxiety_score <= 41:
            anxiety_level = "High Anxiety"
        elif 15 <= anxiety_score <= 25:
            anxiety_level = "Normal Anxiety Level"
        elif 0 <= anxiety_score <= 16:
            anxiety_level = "Extremly Low Anxiety"
    return anxiety_level
```

INPUT:

- **ANXIETY_SCORE: THE PRELIMINARY SCORE CALCULATED BY ANALYZE_ANSWERS.**
- **SEX: THE USER'S SEX ("M" OR "F") AS DETERMINED DURING USER INPUT.**

PROCESS :

- **CONSIDERS POTENTIAL SEX-RELATED NORMS FOR ANXIETY**
- **MIGHT ADJUST THE PRELIMINARY SCORE BASED ON THESE SEX-SPECIFIC NORMS.**
- **INTERPRETS THE ADJUSTED OR ORIGINAL SCORE AS INDICATIVE OF AN ANXIETY LEVEL (E.G., "LOW," "MODERATE," "HIGH").**

OUTPUT : A STRING VALUE REPRESENTING THE USER'S FINAL ANXIETY LEVEL.

Gathering User Information

```
print(pyfiglet.figlet_format("NATIONAL PSYCHOLOGICAL CORPORATION", font = "contessa"))
print("\nPlease fill the following information\n")
name=input("NAME : ")
age=int(input("AGE : "))
sex=input("SEX(M/F):")
gender= {"F": True, "M": True}
while sex not in gender:
    sex = input("Invalid answer. Please renter the answer for the previous question: ")
school=input("SCHOOL : ")
```

- **These lines prompt the user for basic information using input statements.**
- **The information is stored in variables like name, age, sex, and school.**
- **A while loop ensures valid sex input ("M" or "F") using a dictionary gender.**

Question Presentation and Answer Collection

```
print(pyfiglet.figlet_format("SCAT", font = "standard"))
print("\nQuestions:-\n")

    #Questions
with open("SC_Anxitey_text/scat_questions.txt", "r") as file:
        questions = file.readlines()

    # Store user answers in a list
answers = []

    # Ask questions and collect answers with validation (similar to previous response)
answer_options = {"y": True, "Y": True, "yes": True, "YES": True, "Yes": True,
                  "n": False, "N": False, "no": False, "NO": False, "No": False}
for question in questions:
        answer = input(f"\n{question}\nYour answer: ")
        while answer not in answer_options:
            answer = input("Invalid answer. Please renter the answer for the previous question: ")
        answers.append(answer_options[answer])
```

- first few Lines read questions from a file SC_Anxitey_text/scat_questions.txtand store them in a list questions.
- then iterate through questions, displaying each question with inputand storing user answers ("Y" or "N") in the answers list.
- A while loop ensures valid input ("Y", "N", or their variations) using the answer_options dictionary.

Analyzing User Responses

- FIRST LINES CALL FUNCTIONS FROM THE IMPORTED ANALYSIS MODULE.
- ANXIETY_SCORE = ANALYSIS.ANALYZE_ANSWERS(ANSWERS): THIS LINE SENDS THE USER'S ANSWERS (ANSWERS LIST) TO THE ANALYZE_ANSWERS FUNCTION IN ANALYSIS.PY. IT LIKELY RECEIVES THE ANSWERS AND CALCULATES A PRELIMINARY ANXIETY SCORE BASED ON THE SCORING LOGIC WITHIN ANALYSIS.PY.
- ANXIETY_LEVEL = ANALYSIS.FINAL_SCORE(ANXIETY_SCORE, SEX): THIS LINE SENDS THE CALCULATED ANXIETY SCORE (ANXIETY_SCORE) AND THE USER'S SEX (SEX) TO THE FINAL_SCORE FUNCTION IN ANALYSIS.PY. IT LIKELY INTERPRETS THE SCORE BASED ON SEX-RELATED NORMS (IF APPLICABLE) AND RETURNS A STRING REPRESENTING THE FINAL ANXIETY LEVEL (E.G., "LOW ANXIETY," "MODERATE ANXIETY," "HIGH ANXIETY").

```
#From the imported file ANALYSIS
anxiety_score = analysis.analyze_answers(answers)
print(f"\nYour anxiety score: {anxiety_score}\n")
```

Presenting Your Anxiety Level

```
level = final_score(anxiety_score, sex)
print("Based on Sinha's Compressive Anxitey Test:\n  - Your anxiety level is: ", level)
```

These lines display the calculated anxiety score and

final anxiety level using print statements.

```
.   ,.__..  ..__   .__ .___ __..  ..   .___.
 \./ |  ||  |[__)  [__)[__ (__ |  ||    |    ___
  |  |__||__||  \  |  \[___.__)|__||___  |

Your anxiety score: 52

Based on Sinha's Compressive Anxitey Test:
  - Your anxiety level is:  Extremely High Anxiety
soumyaaggarwal@Soumyas-MacBook-Air python class work %
```

FINAL OUTCOME

```
/usr/local/bin/python3 "/Users/soumyaaggarwal/python class work/SC_Anxitey_text/main.py
soumyaaggarwal@Soumyas-MacBook-Air python class work % /usr/local/bin/python3 "/Users/soumyaaggarwal/python class work/SC_Anxitey_text/main.py"
NATIONAL
PSYCHOLOGICAL
CORPORATION

Please fill the following information

NAME : Aarika
AGE : 18
SEX(M/F):F
SCHOOL : SOHST

*ALL PERSONAL DETAILS WILL BE KEPT CONFIDENTIAL*

 ( I | N | S | T | R | U | C | T | I | O | N | S )

The statements below are concerned with your behaviour and temperament.Against each statements two alternate responses 'Yes' or 'No' are applicable.
You have to read each question and put your views by making stating Y for YES and N for NOPlease reply to all the statements with as much honesty as
SCAT

Questions:-

1.Do you feel that you are punished without any crime ?:
 Y
2.Do you lose the balance of your mind even under ordinary pressure of circumstances?:
 Y
3.Do you generally have unsteady mind?:
 N
4.Do you generally stutter while talking to strangers?:
 N
5.Do you sometimes feel that your life is useless?:
 Y
6.Do you weep very easily.?:
 N
```

THANK YOU