Comprehensive Mental Health Assessment Report

Patient Demographics

Assessment Date: 23/01/2025

Clinical Setting: Digital Screening

Presenting Concerns

The patient has completed a series of gamified mental health assessments. The results indicate the following:

- Emotional State: Happy
- Mood Intensity: 0.82/1.0
- Depression Status: Good mental health
- Depression Level (Quiz): Mild
- Predicted Mood (Emoji Game): depressed

Detailed Analysis

1. **Color Game Results**:
   - The patient's selected colors indicate a predominant mood of Happy.
   - The mood intensity score of 0.82/1.0 suggests a Happy emotional state.

2. **Art Therapy Game Results**:
   - The patient's feedback on the art images suggests Good mental health.
   - This indicates a good mental health level of depressive symptoms.

3. **Quiz Game Results**:
   - The patient's responses to the quiz indicate a depression level of Mild.
   - This suggests a mild level of depressive symptoms.

4. **Emoji Game Results**:
   - The patient's selected emojis suggest a mood of depressed.

- The selected emojis were: [Face with Tears of Joy], [Disappointed Face], [Face Screaming in Fear], [Face Screaming in Fear], [Smiling Face with Halo].

Clinical Recommendations

Based on the assessment results, the following recommendations are made:

- **Follow-Up Consultation**: It is recommended that the patient schedule a follow-up consultation with a mental health professional for a more detailed evaluation.
- **Therapeutic Interventions**: Depending on the severity of the symptoms, therapeutic interventions such as Cognitive Behavioral Therapy (CBT) or counseling may be beneficial.
- **Lifestyle Modifications**: Encouraging the patient to engage in regular physical activity, maintain a balanced diet, and ensure adequate sleep can help improve overall mental well-being.
- **Support Systems**: The patient should be encouraged to seek support from family, friends, or support groups to help manage their mental health.