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| 4 | Zyra Marie None Batacan Ramos | zairirayy@gmail.com |
| 4565677 | 2023-03-23 21:16:57.486392 | High Risk |

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| QUESTIONS | ANSWER |
| Have you been capable of finding humor and laughing about situations? | (3) Hardly at all |
| Have you anticipated things with pleasure and excitement? | (2) Yes, some of the time |
| Have you needlessly held yourself responsible when things didn't go well? | (3) Yes, very often |
| Have you experienced anxiety or concern without a valid cause? | (2) Yes, sometimes |
| Have you experienced fear or panic without a clear or justifiable reason? | (3) Yes, most of the time I haven't been able to cope |
| Have things been overwhelming you? | (2) Yes, sometimes |
| Have you been so unhappy that you have experienced trouble sleeping? | (3) Yes, most of the time |
| Have you experienced feelings of sadness or misery? | (2) Yes, quite often |
| Have you been so unhappy that you have shed tears? | (3) Yes, most of the time |
| EPDS Score | (23) |

I'm so sorry to hear you're thoughts and difficulties but Based on the conversation with me, You are probable in High risk Level that when the symptoms are intense and persistent, causing significant distress or impairment in daily functioning. Reach out to your doctor or mental health proffesional who can help you find the right path forward. You don't have to face this alone and I'm here for you.

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| EPDS Score | Interpretation | Action |
| Less than 8 | Depression not likely | Continue support |
| 9-11 | Depression possible | Support, re-screen in 2–4 weeks. Consider referral to primary care provide(PCP). |
| 12-13 | Fairly high possibility of depression | Monitor, support and offer education. Refer to PCP. |
| 14 and higher (positive screen) | Probable depression | Diagnostic assessment and treatment by PCP and/or specialist. |
| Positive score (1, 2 or 3) on question 10 (suicidality risk) |  | Immediate referral is necessary for assessment of suicidal ideation. This is to ensure proper intervention and to consider factors such as plan, history, symptoms, and potential harm. |