

Mental Health Assessment

Name: Carrie Villazar	Date: March 7, 2023	
Education: Master of Arts in Language and Literature	Age: 28	Gender: Female

Question	Answer Options	Answer
How often do you feel overwhelmed or stressed?	Never, Rarely, Sometimes, Often, Always	Sometimes
How often do you feel sad or depressed?	Never, Rarely, Sometimes, Often, Always	Rarely
How often do you feel anxious or worried?	Never, Rarely, Sometimes, Often, Always	Sometimes
How often do you feel irritable or angry?	Never, Rarely, Sometimes, Often, Always	Often
How often do you feel lonely or isolated?	Never, Rarely, Sometimes, Often, Always	Rarely
How often do you have trouble sleeping?	Never, Rarely, Sometimes, Often, Always	Often
How often do you feel tired or fatigued?	Never, Rarely, Sometimes, Often, Always	Often
How often do you feel a lack of interest or pleasure in activities you used to enjoy?	Never, Rarely, Sometimes, Often, Always	Sometimes
How often do you have trouble concentrating or focusing?	Never, Rarely, Sometimes, Often, Always	Sometimes
Have you experienced any major life changes or stressors recently (e.g., job loss, relationship issues, health problems)?	Yes or No?	Yes
Have you sought professional help for your mental health before?	Yes or No?	No
If you answered yes to the previous question, did it help?	Yes, No, or N/A?	N/A
Do you have a support system (e.g., friends, family, therapist)?	Yes or No?	Yes
Are you currently taking any medications for mental health issues?	Yes or No?	No
Do you engage in any self-care activities (e.g., exercise, meditation, hobbies)?	Yes or No?	yes
If you answered yes to the previous question, what are some self-care activities that you enjoy doing?	Reading and watching TV series	

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