



Mental Health Self-Test: What Mental Illness Do I Have?

Answer each question with "Yes" or "No" based on your experiences over the past month.

No.	Questions:	Yes	No
1	Have you been feeling sad, down, or hopeless most days?		
2	Do you find little pleasure or interest in doing things you used to enjoy?		
3	Have you been feeling more anxious, worried, or on edge than usual?		
4	Are you having trouble sleeping, either falling asleep or staying asleep?		
5	Have you noticed changes in your appetite or significant weight changes?		
6	Do you have difficulty concentrating, making decisions, or remembering things?		
7	Have you been feeling unusually tired or lacking in energy?		
8	Do you experience mood swings or intense feelings that are hard to control?		
9	Have you been isolating yourself from friends, family, or social activities?		
10	Do you have thoughts of harming yourself or others?		
11	Do you frequently experience racing thoughts or find it difficult to quiet your mind?		
12	Have you been engaging in excessive or compulsive behaviors, such as cleaning, checking, or counting?		
13	Do you feel detached from reality or experience periods of disorientation?		
14	Have you noticed a decline in your ability to handle daily tasks, such as work or household chores?		
15	Are you experiencing physical symptoms without a clear medical cause, such as headaches, stomachaches, or body aches?		
16	Do you have trouble setting or achieving goals, or do you feel stuck in your life?		
17	Have you experienced trauma or significant life stressors that continue to affect you?		
18	Are you using drugs or alcohol as a way to cope with your emotions or problems?		
19	Do you have trouble expressing your thoughts or feelings, or do you feel misunderstood by others?		
20	Have you noticed changes in your perception of yourself or the world around you?		



Scoring Interpretation:

- 0-4 "Yes" answers: Your responses suggest that you're likely not experiencing significant mental health concerns at this time. However, if you're still feeling distressed or having difficulties, consider seeking support from a mental health professional.
- 5-9 "Yes" answers: Your responses indicate that you may be experiencing some mild to moderate mental health challenges. It could be beneficial to talk to a mental health professional for further evaluation and support.
- 10 or more "Yes" answers: Your responses suggest that you may be experiencing significant mental health issues that could be impacting your daily functioning and well-being. It's important to seek help from a mental health professional as soon as possible for assessment and appropriate treatment.

Remember, this self-test is not a diagnosis, and only a mental health professional can provide a comprehensive evaluation and diagnosis. If you're struggling, reaching out for support is an important step towards feeling better.

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