

RESULTS OF THE MENTAL HEALTH DIAGNOSTIC QUESTIONNAIRE



November 2024

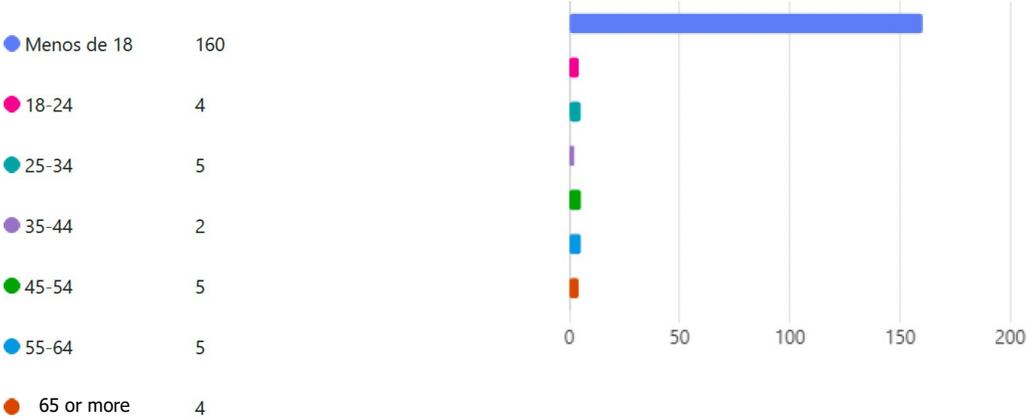
MENTAL HEALTH DIAGNOSITC QUESTIONNAIRE

Application date: November 2024

General information about the questionnaire



1. Age

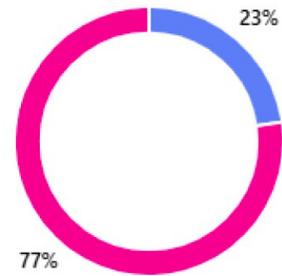


2. Gender



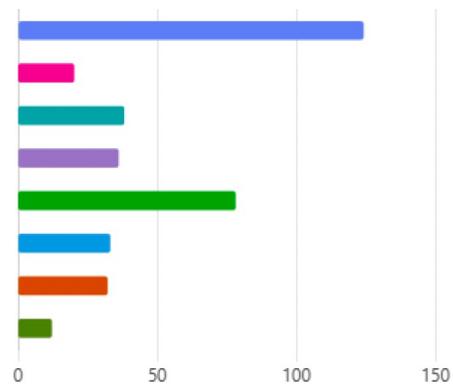
3. Do you consider yourself to be a person with mental health issues?

● Yes	42
● No	143



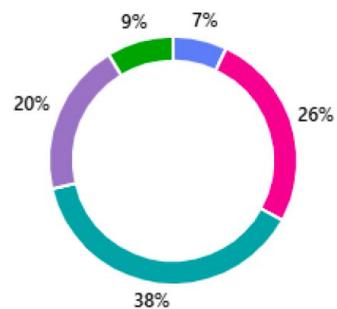
4. What are the main challenges you face in your day-to-day work? (Select all that apply)

● Academic stress	124
● Financial problems	20
● Interpersonal relations	38
● Physical health	36
● Lack of time	78
● Social isolation	33
● None	32
● Other	12



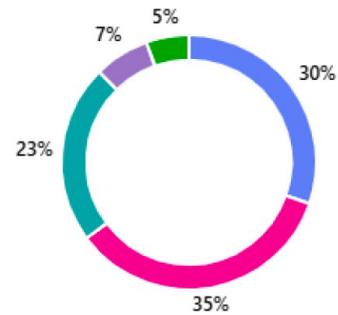
5. How often do you feel anxious or worried?

● Never	13
● Rarely	48
● Sometimes	71
● Frequently	37
● Always	16



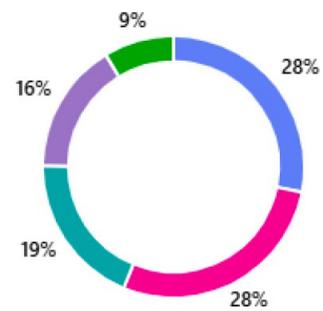
6. Are you experiencing symptoms of depression or anxiety?

● Never	56
● Rarely	64
● Sometimes	42
● Frequently	13
● Always	10



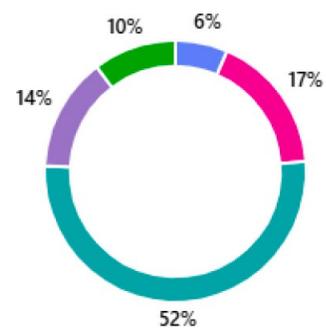
7. Do you have trouble sleeping?

● Never	52
● Rarely	52
● Sometimes	35
● Frequently	30
● Always	16



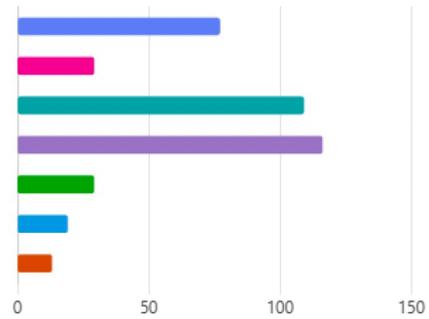
8. How does your mental health affect your work/study performance? How does your mental health affect your work/study performance?

● Very negatively	12
● Negatively	32
● Neutral	96
● Positively	26
● Very positively	19



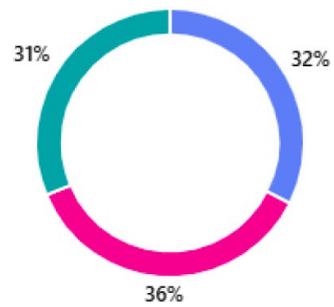
**G. What resources do you consider necessary to improve your mental health?
(Select all that apply).**

● Psychological therapy	77
● Support groups	29
● Free time	109
● Physical activities	116
● Mental health education	29
● Use of apps or tech support	19
● Other	13



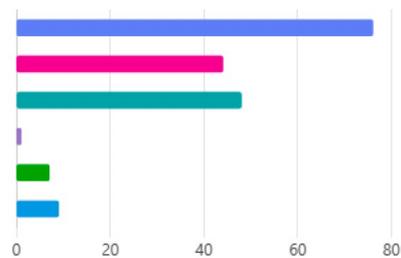
10. Are you willing to seek professional help?

● Yes	60
● No	67
● Maybe	58



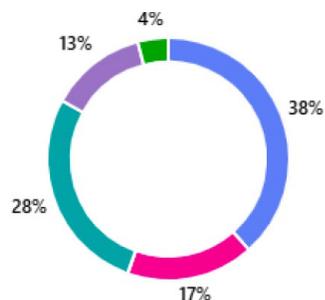
11. What kind of support do you find most useful?

● Family support	77
● Friends	45
● Mental health professionals	48
● Online communities	1
● Apps: relaxation, mindfulness, activities, etc.	8
● Other	10



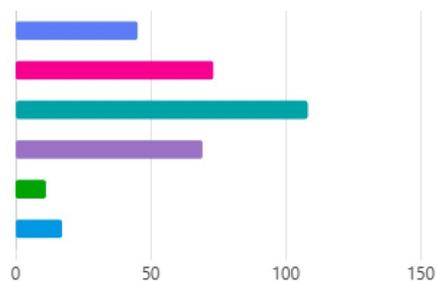
12. What changes in your environment could help you improve?

● Less workload/academic workload	113
● Better family communication	50
● Relaxation areas	81
● Opportunities to socialize	38
● Other	12



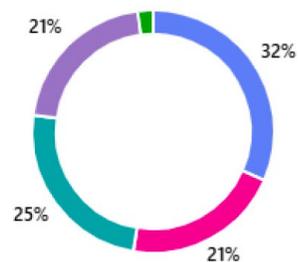
13. How do you imagine your situation could improve in the future?

● With regular therapy	45
● Improving my relationships	73
● Learning to manage stress	108
● Increasing my physical activity	69
● Using a tech tool	11
● Other	17

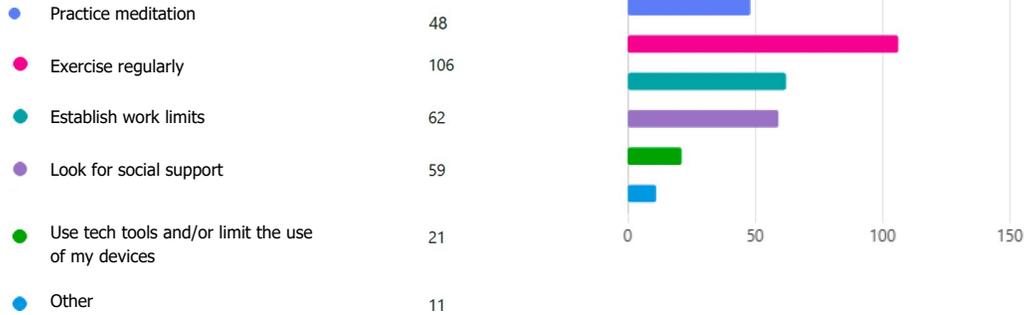


14. What goals would you like to achieve in relation to your mental health?

● Feeling more positive	108
● Increase my self-esteem	72
● Reduce anxiety	84
● Improve my relationships	71
● Other	7



15. What personal changes are you willing to make to improve your mental health?



16. How much time do you spend taking care of your mental health each week?

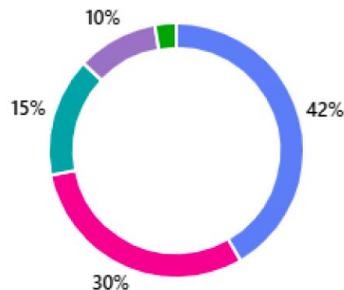


17. What kind of activities make you feel most relaxed?



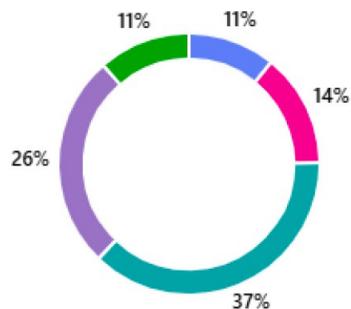
18. Do you feel supported by those around you in difficult times?

● Highly supported	77
● Somehow supported	56
● Neutral	28
● Little supported	19
● Not supported	5



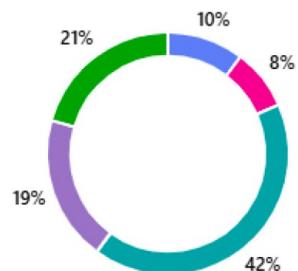
19. How would you rate your ability to communicate your emotions?

● Very poor	20
● Poor	26
● Average	69
● Good	49
● Very good	21



20. What prevents you from seeking help for your mental health? (Select all that apply).

● Social stigma	19
● Financial costs	15
● Lack of time	77
● Distrust of professionals	36
● Other	38



21. What role do social media play in your perception of yourself?



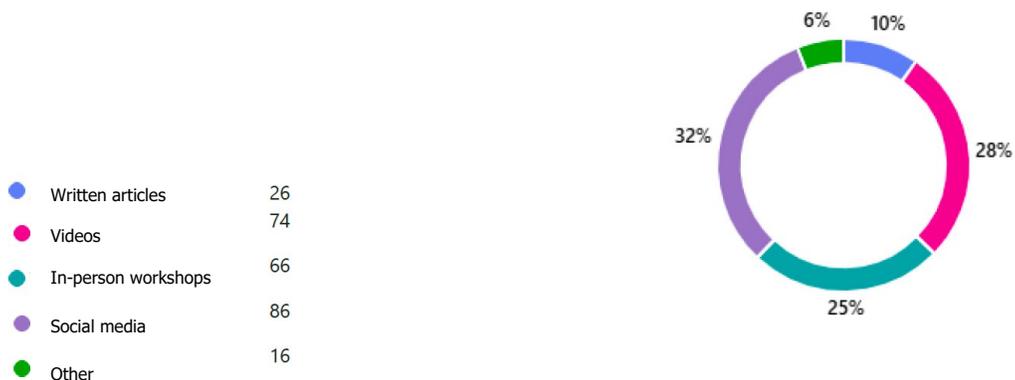
22. Would you like to participate in group activities that promote mental health?



23. What kind of support would you like to receive from your community?



24. How would you prefer to receive information about mental health?



25. Would you like to develop content to help others with mental health?



26. How would you rate your quality of life at this moment?

