



Depression Screener Report

Report Last Updated: 05-04-2026 08:56 AM



Disclaimer

This screener is not meant to diagnose depression. The sole function of this tool is to assist in identifying possible characteristics of depression in a structured manner. Each item on the screener has been validated against a globally well-researched indicator/symptom of depression. All responses selected as 'Always' and 'Often' must be paid attention to, as it can help establish the specific protocol for comprehensive assessment and remedial support.

ID: 2025121122292287

Date: Dec 11, 2025

Gender: Male

Email: [REDACTED]

Age: 17 Years

Academic level: [REDACTED]

Overall Depression Score

Your responses suggest that you are experiencing severe symptoms of depression. This level of depression can be very debilitating and requires immediate attention. It is crucial to take steps to address these symptoms to ensure their safety and well-being.

We recommend starting a comprehensive treatment plan immediately, which may include a combination of medication and intensive therapy. You should also consider a referral to a psychiatrist for a thorough evaluation and possible medication management. In some cases, a short-term hospitalization or a day treatment program may be necessary to provide the intensive support they need. Please discuss your options in detail and create a plan to ensure they receive the care and support required to help them recover.

PH: Physical
BE: Behavioral
EM: Emotional
CO: Cognitive

61 (Severe)

Interpretation of total score

Less than 30: Minimal signs of depression

31 to 60: Moderate signs of depression

More than 60: Severe signs of depression

Screener Completed By:
Self

Detailed findings

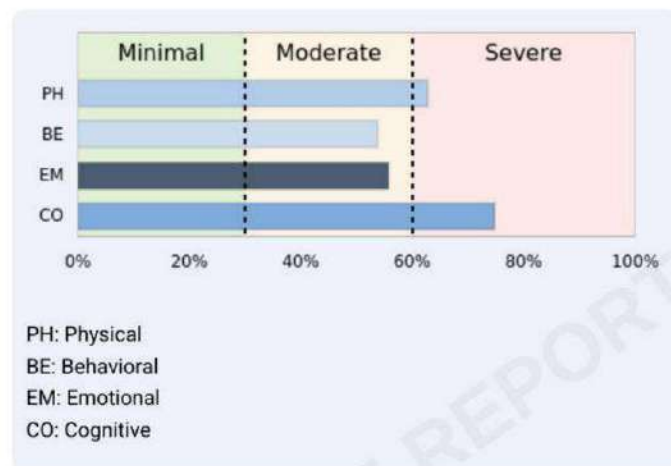
[REDACTED] showed SEVERE risk indicators consistent with depression type difficulties based on PH and CO . This is critical and requires urgent attention and remediation.

[REDACTED] also has MODERATE risk indicators consistent with depression type difficulties on BE and EM Individual responses should be reviewed for specific support to be provided.

The bar graph below indicates the severity levels by types of depression based on the responses.

Depression Types Performance

All the scores above the line of significance indicate areas of reported difficulties.



[REDACTED] individual responses indicating issues

[View Responses](#)

Interpretation of Scores

Physical Symptoms (Severe): [REDACTED] is experiencing significant physical manifestations of depression, including persistent sleep disturbances, changes in eating patterns, and severe energy depletion. These symptoms are notably impacting his daily functioning and align with clinical indicators of major depressive disorder.

Cognitive Symptoms (Severe): There are marked difficulties in concentration, memory, and decision-making abilities. [REDACTED] consistently reports trouble focusing on tasks, following conversations, and remembering information, which can significantly impact his academic performance and daily activities.

Behavioral Symptoms (Moderate): The assessment indicates moderate changes in behavioral patterns, including social withdrawal, decreased participation in activities, and academic avoidance. These behaviors are concerning as they can affect both academic performance and social relationships.

Emotional Symptoms (Moderate): [REDACTED] shows moderate emotional distress, characterized by feelings of sadness, worthlessness, and occasional thoughts of self-harm. His responses indicate persistent irritability and emotional numbness, which are significant indicators of adolescent depression.

Recommendations

- Immediate consultation with a mental health professional is strongly recommended, particularly given the presence of thoughts about self-harm and the severe intensity of symptoms.
- Establish regular sessions with a school counselor or psychologist to develop coping strategies for managing academic stress and emotional challenges.
- Consider a temporary academic accommodation plan to address concentration difficulties and cognitive symptoms while treatment is initiated.
- Implement a structured daily routine that includes regular sleep schedules, balanced meals, and moderate physical activity to help regulate physical symptoms.
- Engage in stress-reduction techniques suitable for teenagers, such as mindfulness exercises, guided relaxation, or physical activities that can be integrated into the school day.
- Family involvement in treatment is crucial - parents should be informed about the assessment results and involved in creating a supportive home environment.
- Monitor for potential co-occurring conditions such as anxiety disorder or attention difficulties, which commonly present alongside depression in adolescents.
- Consider joining a teen support group or engaging in group therapy to address social withdrawal and build peer connections in a supported environment.

Notes:

The responses on the MyMemoryMentor.com Depression Screener place them firmly within the Severe range. This self-reported profile warrants serious clinical attention and should not be minimised or deferred.

Domain-Level Findings

Across the four assessed domains, they present with Severe impairment in both Physical and Cognitive functioning. Physically, they endorsed persistent disruptions to sleep, appetite, energy, and psychomotor activity- a combination that is strongly associated with neurovegetative features of Major Depressive Disorder. Cognitively, they report consistent difficulties with focus, concentration, memory, and irritability, which are already measurably affecting their academic engagement and daily capacity to function.

The Moderate ratings in Behavioral and Emotional domains are equally concerning in clinical context. Social withdrawal, disengagement from previously enjoyed activities, and academic avoidance suggest an erosion of protective factors. Of particular clinical urgency are the emotional responses, which include reported thoughts of self-harm and wishes to not be alive. These disclosures must be treated as a priority safeguarding concern requiring immediate professional follow-up.

Clinical Impression

This symptom profile is multi-domain, persistent, and functionally impairing. The co-occurrence of severe somatic and cognitive symptoms alongside emerging self-harm ideation is consistent with a presentation that exceeds what structured self-management or school-based support alone can address.

Recommendations

It is strongly advised that that they (with their family support) arrange an in-person consultation with a qualified Clinical Psychologist or Psychiatrist at the earliest opportunity. A face-to-face evaluation is essential to conduct a thorough risk assessment, explore the nature and frequency of self-harm ideation, and determine an appropriate level of care which may include structured psychotherapy (such as CBT or interpersonal therapy for adolescents), psychiatric review for medication considerations, and a coordinated school-based support plan. Family involvement in this process is not optional it is clinically essential.

[The above notes are based solely on screener data and does not constitute a clinical diagnosis. It is intended to support, not replace a comprehensive in-person psychological evaluation]

Apr 5, 2026

Responses

The following items were indicated as 'ALWAYS', 'OFTEN', and 'SOMETIMES' and should be reviewed individually to come up with a targeted remediation plan for [REDACTED]

Physical : **Severe**

Behavioral : **Moderate**

Emotional : **Moderate**

Cognitive : **Severe**