

PREMIUM REPORT

Depression Screening (PHQ-9)

Neurodevelopmental Screening Report

PREPARED FOR

Ana Santos

Report date: February 25, 2026



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Depression Screening (PHQ-9)

Neurodevelopmental Screening Report

17
/ 27

Score

63%

Percentage

Moderately severe depression

Result

Your responses indicate moderately severe depression. Please seek professional support soon.

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	Little interest or pleasure in doing things Mood	Several days	1
2	Feeling down, depressed, or hopeless Mood	Several days	1
3	Trouble falling or staying asleep, or sleeping too much Sleep	Several days	1
4	Feeling tired or having little energy Energy	Several days	1
5	Poor appetite or overeating Appetite	Several days	1
6	Feeling bad about yourself - or that you are a failure or have let yourself or your family down Self-esteem	Several days	1



#	Question	Your answer	Pts
7	Trouble concentrating on things, such as reading the newspaper or watching television Concentration	More than half the days	2
8	Moving or speaking so slowly that other people could have noticed - or the opposite, being so fidgety or restless that you have been moving around a lot more than usual Psychomotor	Several days	1
9	Thoughts that you would be better off dead, or thoughts of hurting yourself in some way Suicidity	Several days	1



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Thank you for taking the time to complete this screening and for being honest with yourself throughout the process. Reflecting on your mood, energy, and daily experiences takes real courage, especially when things have felt heavy or difficult lately. Please know that reaching out to understand yourself better, in whatever form that takes, is a meaningful and proactive step. Many people experience periods where life feels harder to navigate, and you are far from alone in this.

Your results on this screening tool suggest a pattern consistent with what is often described as moderately severe depression. In plain terms, this means the responses you shared point to a significant level of emotional and physical strain that may be affecting your sleep, concentration, motivation, or overall sense of well-being. It's important to remember that this is a screening measure, not a clinical diagnosis. It offers a snapshot of how you've been feeling recently, and it can serve as a valuable starting point for a deeper conversation with a mental health professional who can offer a full evaluation and personalized support.

In the meantime, there are gentle, constructive steps that may help you feel a bit more grounded. Try to maintain small, consistent routines, such as regular sleep and wake times, even short walks outside, or simple meals, since structure can offer a sense of stability during difficult periods. Reaching out to a trusted friend, family member, or support group can also ease feelings of isolation; connection, even in small doses, often makes a real difference. Additionally, consider limiting extra pressures where possible and giving yourself permission to rest without guilt, recognizing that healing is not linear.



Please consider connecting with a licensed therapist, counselor, or physician who can help you explore these feelings further and discuss appropriate next steps, which may include therapy, lifestyle support, or other resources tailored to you. Reaching out for professional guidance is a sign of strength, not weakness, and many people find that with the right support, things can and do improve over time. You deserve care, compassion, and a path toward feeling more like yourself again, and taking this step today is already part of that journey.

Recommendations

Please contact a mental health professional promptly. You deserve support and effective treatments are available.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.