



Rastreo de Depressão (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	Pouco interesse ou prazer em fazer as coisas Mood	Vários dias	1
2	Sentir-se deprimido, triste ou sem esperança Mood	Vários dias	1
3	Dificuldade em adormecer, em manter o sono ou dormir demais Sleep	Vários dias	1
4	Sentir-se cansado ou ter pouca energia Energy	Vários dias	1
5	Falta de apetite ou comer demais Appetite	Vários dias	1
6	Sentir-se mal consigo mesmo, ou achar que é um fracasso ou que dececionou a família Self-esteem	Vários dias	1



#	Question	Your answer	Pts
7	Dificuldade em concentrar-se nas coisas, como ler ou ver televisão Concentration	Mais da metade dos dias	2
8	Mover-se ou falar tão devagar que outras pessoas poderiam ter notado - ou o oposto, estar tão agitado que se movimentou muito mais do que o habitual Psychomotor	Vários dias	1
9	Pensamentos de que estaria melhor morto/a ou de se magoar de alguma forma Suicidality	Vários dias	1



AI Interpretation by Claude (Anthropic)

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Your PHQ-9 Screening Results

Thank you for taking this important step in checking in with yourself — it takes real courage and self-awareness to pause and reflect on how you have been feeling. Your results reflect something that many people experience at some point in their lives, and whatever you are going through right now, you are not alone in it. The feelings that led you to complete this screening are valid, and reaching out for understanding is a meaningful act of self-care.

Your score of 17 out of 27 on this Depression Screening places you in the range described as moderately severe on this particular tool. In everyday terms, this suggests that you may have been experiencing a significant number of emotional and physical challenges — things like low energy, changes in sleep or appetite, difficulty finding enjoyment in things you once loved, or a persistent heaviness that is hard to shake. It is important to understand that this is a ****screening tool only****, not a clinical diagnosis. These results are a helpful signal, not a final word on your wellbeing.

There are some gentle, meaningful steps you can take right now alongside seeking support. First, try to protect one small daily ritual that brings you even a moment of comfort — whether that is a short walk outside, a warm drink in quiet, or a few minutes of slow breathing. Second, consider reaching out to someone you trust, even just to say "I have been having a hard time lately." Connection, even in small doses, can soften the weight of difficult emotions. Third, keeping a simple mood journal — just a few words each day — can help you notice patterns and



give you something concrete to share with a healthcare provider.

Speaking with a qualified mental health professional is a genuinely important next step, and this screening gives you a meaningful starting point for that conversation. A doctor, psychologist, or counsellor can offer a thorough evaluation and guide you toward support that is right for you. Better days are absolutely possible, and the fact that you are here, looking for answers, is already a sign of your strength.

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.