

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
7	Dificuldade em concentrar-se nas coisas, como ler ou ver televisão	Mais da metade dos dias	2

#	Question	Your answer	Pts
	Concentration		
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)

claude-sonnet-4-20250514

Understanding Your Screening Results

Thank you for taking the time to complete this screening. Your responses indicate that you may be experiencing moderately severe symptoms of low mood and related challenges. It's important to recognize that reaching out and completing this assessment takes real courage, and you've taken a meaningful first step by checking in with yourself. Many people go through periods where they face similar struggles, and acknowledging these feelings is a sign of self-awareness, not weakness.

Your score of 17 out of 27 suggests that what you're experiencing is significantly impacting your daily life and wellbeing. This level of difficulty often means that everyday activities might feel more exhausting than usual, your sleep or appetite may have changed, and things that once brought you joy might feel less rewarding. You might notice yourself feeling down, hopeless, or finding it harder to concentrate on tasks. These experiences can feel overwhelming, but it's crucial to remember that this screening is just that—a screening tool designed to help identify areas of concern, not a clinical diagnosis. Only a qualified healthcare professional can provide a comprehensive evaluation and determine the best path forward for your specific situation.

There are gentle steps you can take starting today that may help provide some relief. Consider reaching out to someone you trust—a friend, family member, or mentor—and sharing even a small part of what you're experiencing. Sometimes breaking the silence can lighten the burden. Additionally, try to maintain small routines that support your physical health, such as taking a brief walk outside, eating regular meals, or setting a consistent sleep schedule. These might feel difficult right now, but even small actions can create positive momentum.

Most importantly, please consider connecting with a healthcare provider, counselor, or mental health

professional soon. They can offer personalized support, explore what's contributing to these feelings, and discuss options that might include therapy, lifestyle changes, or other approaches tailored to your needs. There is genuine hope and effective help available, and you deserve to feel better.

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.