

What is the MyMynd assessment?

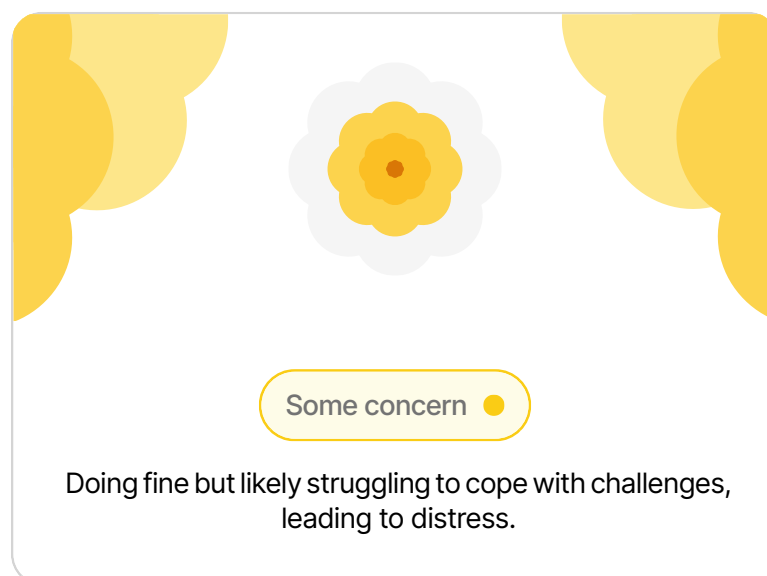
The MyMynd assessment has been specifically designed to identify areas where you may benefit from additional support. The indicators measured are useful in predicting behavioural health, enabling proactive action and early intervention. The assessment combines clinically-validated measures such as the General Anxiety Disorder Assessment (GAD-7) and the Patient Health Questionnaire (PHQ-9).

Understanding your scores

Your result on each indicator is presented along a scale from 'High concern' to 'Optimal' and these results are combined to generate an overall aggregate score.

Overall score

Your latest overall score:



Key areas

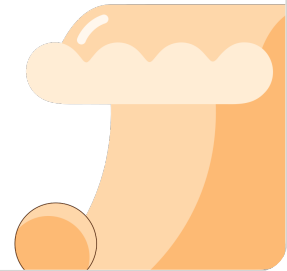
These are specific areas which you may need help with. We recommend that you focus on these first.

Your latest key areas:

Anxiety

How proportionately our body reacts to new, stressful or threatening situations.

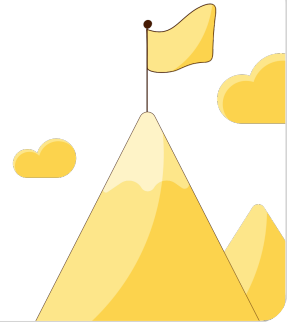
High concern ●



Leadership

Ability to organise and motivate others to achieve a shared goal.

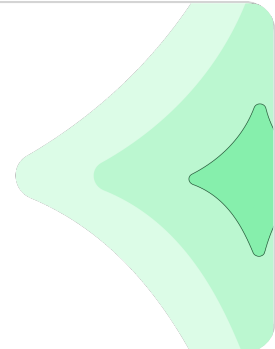
Some concern ●



Hope

The belief in a better future, and the action to make it happen.

Satisfactory ●



Resilience indicators

Patterns of behaviour and functioning that act as protective factors in preserving your wellbeing.

Your latest resilience scores:

Happiness

A state of contentment and general satisfaction with life.

Satisfactory ●

Previous:

Optimal ●



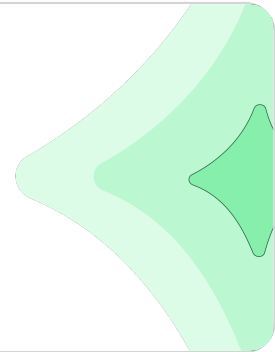
Hope

The belief in a better future, and the action to make it happen.

Satisfactory ●

Previous:

Satisfactory ●



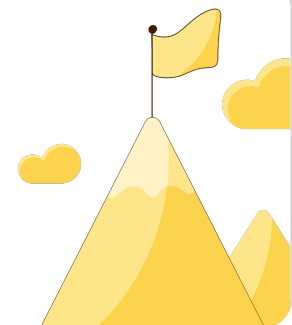
Leadership

Ability to organise and motivate others to achieve a shared goal.

Some concern ●

Previous:

Satisfactory ●



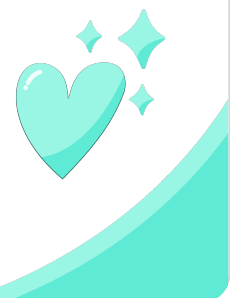
Personal standards

The set of attitudes and behaviours we choose to follow, based on our and others expectations.

Optimal ●

Previous:

Optimal ●



Risk indicators

Generate a negative change in behaviour or functioning, so they pose a potential threat to your wellbeing.

Your latest risk scores:

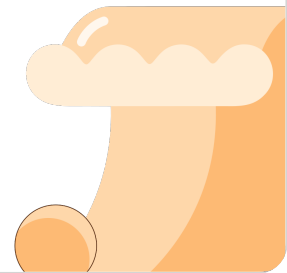
Anxiety

How proportionately our body reacts to new, stressful or threatening situations.

High concern ●

Previous:

No concern ●



Depression

A prolonged, low mood that affects multiple aspects of everyday life.

No concern ●

Previous:

No concern ●



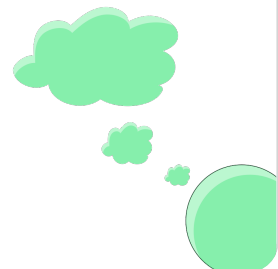
Self criticism

The frequency of how we negatively evaluate ourselves.

Satisfactory ●

Previous:

Satisfactory ●



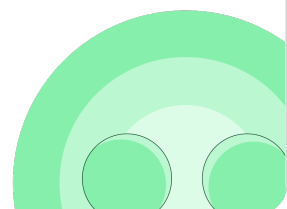
Social relationships

The ability to form and our existing strong and enduring bonds with others.

Satisfactory ●

Previous:

Satisfactory ●



Supplemental indicators

Additional factors that pose a potential threat to your wellbeing as well as your physical safety.

N.B. These are not used in your overall score calculation.

Your latest supplemental scores:

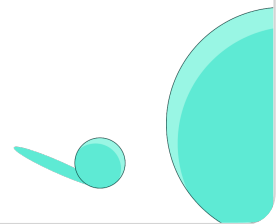
Domestic abuse

Controlling, bullying, threatening or violent behaviour between people in a relationship.

No concern ●

Previous:

No concern ●



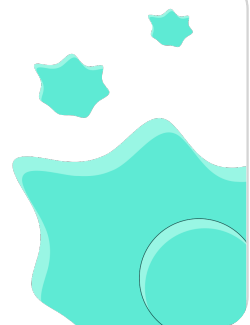
Drugs & alcohol

Using substances excessively or in the wrong way altering how we think, feel and act.

No concern ●

Previous:

No concern ●



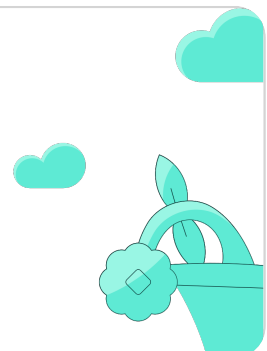
Self harm

Deliberate self-injury, commonly experienced by those in mental distress.

No concern ●

Previous:

No concern ●



Trauma

The emotional response to experiencing something deeply distressing or frightening.

No concern ●

Previous:

No concern ●

