

This is a test to see if you have any common disorders by selecting your symptoms.

Note: This is not very accurate.

→ Depression DONE

You may have depression

Depression (also known as major depression, major depressive disorder, or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how a person feels, thinks, and handles daily activities, such as sleeping, eating, or working.

- ◆ Persistent sad or empty moods
- ◆ Feeling guilt and helplessness as well as worthlessness
- ◆ Loss of interest in hobbies and activities
- ◆ Irritable, frustrated, and restless (sleep issues)
- ◆ Suicidal thoughts
- ◆ Difficulty concentrating, remembering, or making decisions
- ◆ Sleep problems

→ Eating Disorder

You may have an eating disorder

Eating disorders are serious health conditions that affect both your physical and mental health. These conditions include problems in how you think about food, eating, weight and shape, and in your eating behaviours. These symptoms can affect your health, your emotions and your ability to function in important areas of life.

- ◆ Behaviours and attitudes that indicate that weight loss, dieting, and control of food
- ◆ Appears uncomfortable eating around others
- ◆ Skipping meals or taking small portions of food at regular meals
- ◆ Difficulty concentrating, remembering, or making decisions
- ◆ Sleep problems

→ Bipolar Disorder

You may have Bipolar disorder

Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental illness that causes unusual shifts in a person's mood, energy, activity levels, and concentration. These shifts can make it difficult to carry out day-to-day tasks.

- ◆ Manic mood shifts (Feeling very elevated and high, or irritable or touchy, sleep problems)
- ◆ Depressive mood shifts (Feeling very down or sad and anxious, feeling slowed or restless, or having sleep problems)

→ Anxiety

You may have anxiety

Anxiety disorders are a type of mental health condition. Anxiety makes it difficult to get through your day. Treatments include medications and cognitive behavioural therapy. Your healthcare can design a treatment plan that's best for you.

- ◆ Nervousness
- ◆ Panic and fear
- ◆ Rapid heartbeat

→ Schizophrenia DONE

You may have schizophrenia

Schizophrenia is a serious mental disorder in which people interpret reality abnormally. People with schizophrenia require lifelong treatment. Early treatment may help get symptoms under control before serious complications develop and may help improve the long-term outlook.

- ◆ Delusions/Hallucinations
- ◆ Loss of interest in hobbies and activities
- ◆ Slow movements
- ◆ Disordered thinking

→ Post-Traumatic Stress Disorder (PTSD) DONE

You may have Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's "fight-or-flight" response, which helps us avoid or respond to potential danger.

- ◆ Trouble remembering key features of the traumatic event
- ◆ Loss of interest in hobbies and activities
- ◆ Ongoing negative emotions, such as fear, anger, guilt, or shame
- ◆ Recurring memories or dreams of this event

→ OCD

Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviours (compulsions), or both. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life.

- ◆ Obsessions – where an unwanted, intrusive and often distressing thought, image or urge repeatedly enters your mind (e.g. Fear of contamination)
- ◆ Emotions – the obsession causes a feeling of intense anxiety or distress
- ◆ Compulsions – repetitive behaviours or mental acts that a person with OCD feels driven to perform as a result of the anxiety and distress caused by the obsession (e.g. Checking (like doors are locked), ordering and arranging)

→ Neurodevelopmental disorder

Neurodevelopmental disorders are conditions that affect how your brain functions. They range from mild impairments, allowing those affected to live fairly normal lives, to severe disorders that require lifelong care. Examples of neurodevelopmental disorders include: ADHD and autism. Speech and language disorders.

- ◆ Problems with literacy
- ◆ Problems with motor skills (using body)
- ◆ Problems with memories and learning
- ◆ Behavioural problems