

Mental Health Inventory

Dr. Jagdish & Dr. A.K. Srivastava

Interpretive Report

VIVEK PATIL
13 Mar 2024



Copyright © 2022 by Prasad Psycho Private Limited. All rights reserved.
May not be reproduced in whole or in part in any form or by any means
without written permission of Prasad Psycho Private Limited.

Particulars

Name **VIVEK PATIL**

Age **22**

Gender **MALE**

ID **1234**

Reason for Referral **--**

Assessor **VIVEK PATIL**

Disclaimer

This profile arises from self-report questionnaires which may have alterations/variation due to individual's actual level of motivation, interests, experience, values, abilities, skills, mood state etc. than the analysis in the report captured basis the responses shared at the time of testing. The report must be interpreted in the light of corroborating evidence gained during the clinical interview. The findings of this report should be professionally interpreted in the light of other information about the individual. This report may include sensitive information that is likely to be misinterpreted by those without the required training. Authorization for use of this report is limited to the examinee and their designated consultants. Any further use requires the authorization of the examinee or their legal guardian.

Introduction

This report is based on the subject's responses on Mental Health Inventory (MHI). The report is presented in 2 sections; the first section provides comprehensive information about the respondent's mental health and its interpretation and the second section provides the subject's detailed profile on each of the 6 subscales of the Mental Health Inventory and score interpretation.

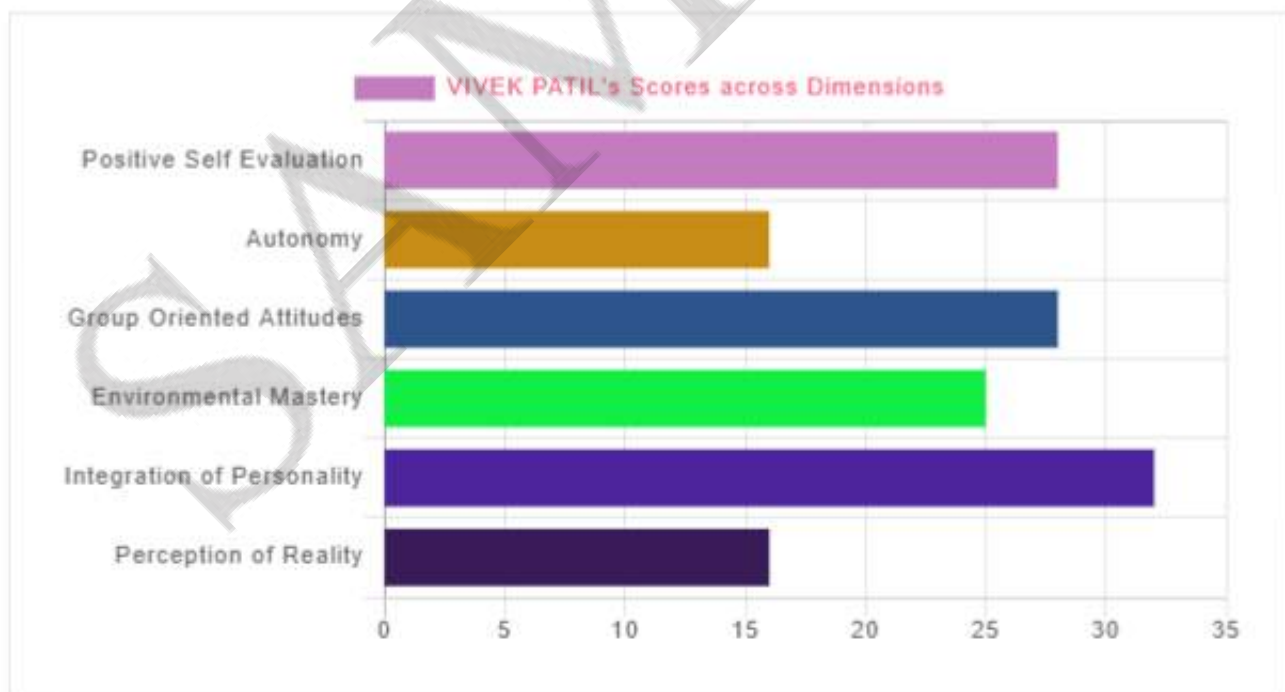
Overview of the test

The Mental Health Inventory (MHI) by Dr. Jagdish & Dr. A.K. Srivastava is a standardized, norm-referenced inventory designed to assess the mental health of healthy individuals. The scale measures positive mental health and the absence of mental ill-health. The scale is based on six aspects of mental health accepted on a thorough examination of existing literature- Positive Self-Evaluation (PSE,) Perception of Reality (PR), Integration of Personality (IP), Autonomy (AUTNY), Group Oriented Activities (GOA) and, Environmental Mastery (EM). The scale consists of 56 items assessing the six aspects. Subscale-wise scoring is done to determine each area that is affected and gain a comprehensive report of the same. The subject is expected to respond to the questionnaire by selecting one of the four alternatives on the Likert scale which best suits the statement for them. The possible responses are - Always, Most of the time, Sometimes, and Never.

Results

TOTAL SCORE	QUALITATIVE DESCRIPTOR
145	Poor

SUBSCALE	RAW SCORE	QUALITATIVE DESCRIPTOR
Positive Self Evaluation	28	Poor
Autonomy	16	Average
Group Oriented Attitudes	28	Average
Environmental Mastery	25	Poor
Integration of Personality	32	Average
Perception of Reality	16	Very Poor



Mental health includes emotional, psychological, and social well-being. It affects how an individual thinks, feels, and behaves. It also helps determine how the individual handles stress, relates to others, and makes healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

Total Score Interpretation

Poor_Mental Health

The respondent has a score corresponding to Poor on Mental Health indicating that the individual feels less capable of accomplishing their goals and handling circumstances well. They tend to have a very narrow and impractical outlook toward the things in their life and might have an unrealistic idea of their capabilities and responsibilities. The individual has a somewhat poor social and interpersonal relationships due to a lack of ability to understand others. The individual struggles to achieve a sense of fulfillment from their role as a son/daughter, mother/father, sister/brother, friend, or aunt/uncle. The individual doesn't take initiative and considers responsibility a burden. The individual sometimes has a negative outlook toward their life. The individual finds it difficult to get along with others well and doesn't have a strong presence or keen interest in group dynamics. The individual somewhat struggles with underconfidence and lacks self-esteem while taking up responsibilities and hence feels unimportant.

Dimension Wise Interpretations

Positive Self Evaluation

28

It includes self-Confidence, self-acceptance, self identity, feeling of worth-whileness, realization of one's potentialities, etc.

Score Interpretation

Poor_Positive self evaluation

The respondent has a score corresponding to Poor on Positive self-evaluation, indicating that the individual's appraisal of their potential and abilities is low. The individual feels less capable of

accomplishing their goals and handling circumstances well. They tend to feel a bit uncomfortable and insecure amidst new people. Their level of confidence drops if they have to take the initiative to do things. They also tend to be hesitant towards new ideas and unwilling to adapt to them.

Autonomy

16

It includes stable set of internal standards for one's action, dependence for own development upon own potentialities rather than dependence on other people.

Score Interpretation

Average_Integration of Personality

The respondent has a score corresponding to Average in Integration of Personality, indicating that the individual has a somewhat balanced integration of all their personality elements which entails social interaction, interest in activities around them, emotions, etc. The individual usually doesn't let emotions cloud their judgments, decisions, and future goals. They are somewhat welcoming of meeting new people. The individual struggles to maintain good social and interpersonal relationships due to their poor ability to understand others. The individual is able to satisfactorily fulfill their role as a son/daughter, mother/father, sister/brother, friend, or aunt/uncle. The person tends to be a problem solver. The individual sometimes doesn't consider responsibilities a burden and can easily manage several tasks.

Group Oriented Attitudes

28

It is associated with the ability to get along with others, work with others and ability to find a recreation.

Score Interpretation

Average_Group Oriented Attitudes

The respondent has a score corresponding to Average in group-oriented activities, indicating that the individual is mostly motivated, has a relatively positive view of self, and mostly takes rational decisions. The individual mostly gets along with others and has a noticeable presence and little interest in group dynamics. The

individual can attain moderately good results from group work, and the dynamic sometimes benefits them. The individual sometimes likes to share the workload and engage with people both professionally as well as recreationally. The person shows no preference for working alone or in the company of others.

Environmental Mastery

25

It includes efficiency in meeting situational requirements, the ability to work and play, the ability to take responsibilities and capacity for adjustment.

Score Interpretation

Poor_Environmental Mastery

The respondent has a score corresponding to Poor environmental mastery indicating that the individual is at times uncooperative, acts thoughtlessly, and is unable to maintain focused attention. The individual sometimes finds themselves lost in their fantasy world. The individual somewhat struggles with underconfidence and lacks self-esteem while taking up responsibilities and hence feels unimportant. The quality of work and social relationships may suffer a little. The individual is somewhat rigid and finds it difficult in adapting to change.

Integration of Personality

32

It indicates the balance of psychic forces in the individual and includes the ability to understand and to share other people's emotions, the ability to concentrate at work and interest in several activities.

Score Interpretation

Average_Integration of Personality

The respondent has a score corresponding to Average in Integration of Personality, indicating that the individual has a somewhat balanced integration of all their personality elements which entails social interaction, interest in activities around them, emotions, etc. The individual usually doesn't let emotions cloud their judgments, decisions, and future goals. They are somewhat welcoming of meeting new people. The individual struggles to maintain good social and interpersonal relationships due to

their poor ability to understand others. The individual is able to satisfactorily fulfill their role as a son/daughter, mother/father, sister/brother, friend, or aunt/uncle. The person tends to be a problem solver. The individual sometimes doesn't consider responsibilities a burden and can easily manage several tasks.

Perception of Reality

16

It is related to perception free from need distortion, absence of excessive fantasy and a broad outlook on the world.

Score Interpretation

Very Poor_Perception of reality

The respondent has a score corresponding to a Very Poor perception of reality, indicating that the subject has almost no insight into the things in their environment. They tend to have a very narrow and impractical outlook toward the things in their life and might have an unrealistic idea of their capabilities and responsibilities. The individual is unable to realize the support of their friends or relatives. The individual is unable to maintain friendships with the opposite sex without feeling attracted. Their decision making ability is severely impacted by external constraints. Additionally, having a weak sense of self makes the person confused about their desires resulting in frustrations and discontentment.

Item Responses

1	4	2	2	3	3	4	1
5	1	6	3	7	3	8	2
9	3	10	3	11	3	12	1
13	2	14	2	15	3	16	3
17	2	18	2	19	4	20	4
21	4	22	4	23	4	24	2
25	1	26	1	27	2	28	3
29	3	30	3	31	3	32	3
33	3	34	2	35	1	36	4
37	3	38	2	39	4	40	3
41	2	42	1	43	2	44	2
45	3	46	2	47	2	48	3
49	3	50	3	51	1	52	2
53	2	54	3	55	4	56	4

Impressions / Suggestions

Assessor Suggestions for the Report

Graph/Privas m

SAMPLE