



Mental Health Battery

Dr. Khan Zeenat Muzaffar

Interpretive Report

VIVEK
02 Apr 2025



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Particulars

Name	VIVEK
Gender	MALE
Reason for Referral	Sample Report
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 to the Mental Health Battery. It provides the respondent's composite score as a measure of various determinants of a person's mental health and its description. The composite score and its description provided in this report may be interpreted by a competent Mental Health professional only.

Overview of the test

The Mental Health Battery is a 34-item self-report inventory designed to assess various determinants of a person's mental health. It was developed by Dr. Khan Zeenat Muzaffar, Ph.D. in 2021. The Mental Health Battery is a reliable and valid instrument standardized on Indian adolescents studying at a upper primary, secondary, higher secondary and undergraduate level.





Results

TOTAL SCORE	QUALITATIVE DESCRIPTOR
104	Moderate

SUBSCALE	RAW SCORE	QUALITATIVE DESCRIPTOR
Emotional Well-being	33	Moderate
Physical Well-being	25	Moderate
Social Well-being	26	Moderate
Psychological Well-Being	20	Moderate





Mental Health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins individual and collective abilities to make decisions, build relationships, and shape the world we live in. Mental Health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different outcomes.

Total Score Interpretation

Overall_Moderate

The individual has scored an overall moderate score on the Mental Health Battery. This indicates that the individual's overall assessment of their mental health is in the middle range. While there may be areas of strength in certain dimensions, there may also be some areas of concern or room for improvement in others. It could mean that the individual experiences some degree of distress or discomfort in their daily life but not to a significant level that impairs their overall functioning. It would be important to review the scores in each dimension separately to identify specific areas of strength and weakness to provide targeted interventions or support. It may also be helpful to consider the individual's personal circumstances and external factors that may be contributing to their moderate score.

Dimension Wise Interpretations

Emotional Well-being

33

Emotional well-being is the ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings. It typically brings up pleasant associations such as excitement, happiness, love, and acceptance. An individual's way of handling unpleasant feelings that they experience is actually the most significant indicator of their emotional well-being.

Score Interpretation

Emotional Well Being_Moderate

The individual has scored moderate on Emotional well-being, indicating that they may experience both positive



and negative emotions, and may not always feel in control of their emotional state. The individual may include occasional feelings of sadness, anxiety, or stress, but also a general sense of satisfaction with life. The individual may have some coping mechanisms and problem-solving skills, but may also struggle at times to manage their emotions in a healthy way.

Physical Well-being

25

Physical well-being comprises the choices to ensure health, avoid preventable diseases and conditions, and live in a balanced state of body, mind and spirit.

Score Interpretation

Physical Well Being_Moderate

The individual has scored moderate on Physical well-being, indicating that the individual may have some physical health concerns, but they are not severely impacting their overall well-being. It may be beneficial for the individual to maintain or improve their physical health through regular exercise, a balanced diet, and appropriate medical care.

Social Well-being

26

Social well-being refers to developing good interpersonal relationships, social stability, and peace.

Score Interpretation

Social Well Being_Moderate

The individual has scored moderate on Social well-being, indicating that the individual has a moderate level of satisfaction with their social relationships and social support systems. They may have some close relationships and a sense of belonging, but may also experience some occasional feelings of loneliness or social isolation.

Psychological Well-Being

20



Psychological well being is the combination of feeling good and functioning effectively. The concept of feeling good incorporates not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection. The concept of functioning effectively (in a psychological sense) involves the development of one's potential, having some control over one's life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships.

Score Interpretation

Psychological Well Being_Moderate

The individual has scored moderate on Psychological well-being, indicating that they may have a relatively positive sense of self, feel purposeful and engaged in life, and experience a sense of control over their thoughts and emotions. The individual may also experience some degree of stress or challenges related to their mental health, but are generally able to manage their symptoms and cope with stressors.



Item Responses

1	1	2	2	3	3	4	4
5	1	6	4	7	3	8	2
9	5	10	4	11	3	12	2
13	1	14	2	15	3	16	4
17	5	18	4	19	3	20	2
21	5	22	4	23	3	24	2
25	1	26	5	27	4	28	3
29	4	30	4	31	3	32	2
33	1	34	5				



Impressions / Suggestions

Assessor Suggestions for the Report

Urophi/Prasad