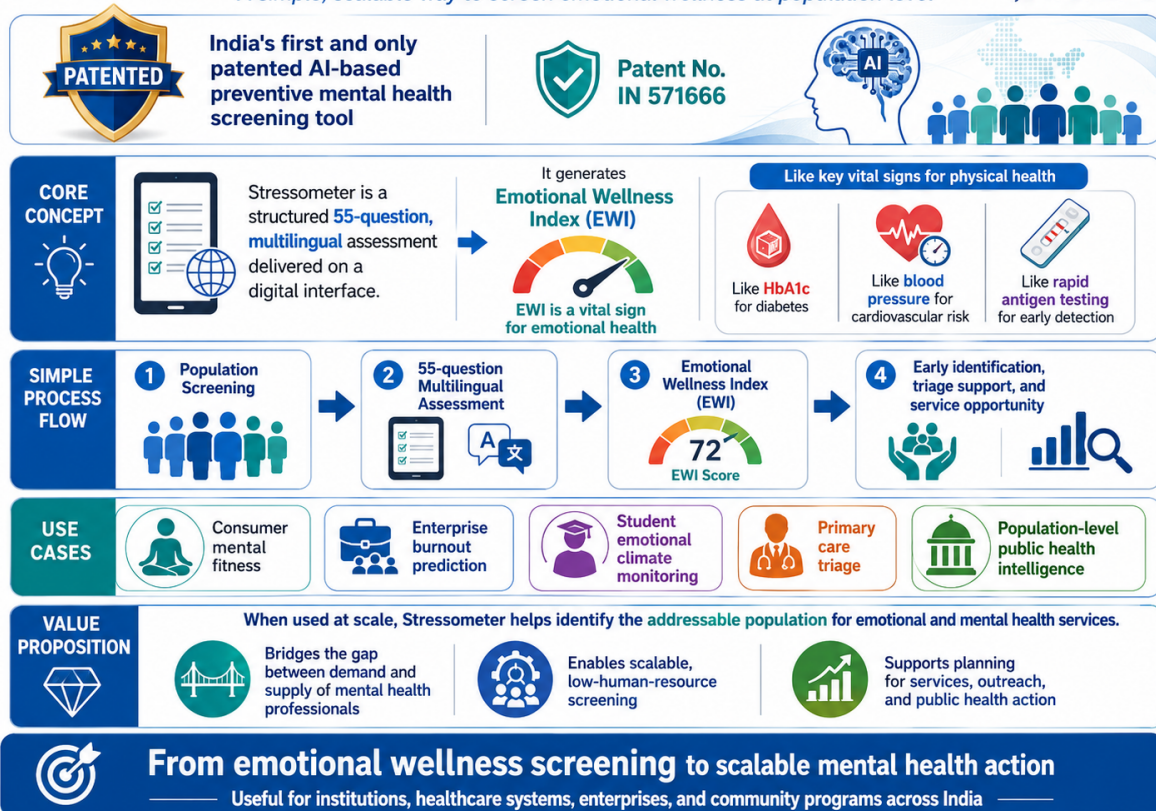


Brief Concept of Patented Stressometer

A simple, scalable way to screen emotional wellness at population level

by Dr Vohra / drvohra.ai



To cover up gap in how mental health is screened and tracked at scale, Stressometer is India's first and **only** patented AI-based preventive mental health screening tool(Patent no. IN 571666)

Stressometer is a structured, 55-question, multilingual assessment that generates an Emotional Wellness Index (EWI) on a digital interface, essentially a vital sign for emotional health (similar to what HbA1c is for diabetes or blood pressure is for cardiovascular risk or rapid antigen test was for corona).

The applications or use cases range from

- 1.Consumer mental fitness
- 2.Enterprise burnout prediction
- 3.Student emotional climate monitoring,
- 4.Primary care triage,
- 5.Population-level public health intelligence and beyond.

When used for masses it elicits the addressable population for providing emotional & mental health services thus bridging the huge gap between demand & supply of trained mental health professionals in India & the world.

DETAILED CONCEPT OF STRESSOMETER

(Created by Dr Sandeep Vohra ,Patent No. IN571666)

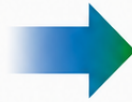
A scalable framework for preventive, measurement-based, and triaged emotional wellness care



INPUT – THE TOOL

STRESSOMETER

Quick. Scientific. Actionable.



OUTPUT – THE OUTCOME

EMOTIONAL WELLNESS INDEX



1. WHAT IT IS

- Stressometer: a scientifically validated, digital, self-analytical emotional wellness screening tool.
- EWI (Emotional Wellness Index): the color-coded outcome.
- Built for preventive screening, measurement-based care, and actionable triaging.

2. WHY IT MATTERS



Normal population

Well and functioning



At-risk population

Early stress, struggling



High-risk population

Escalating distress, at risk of decline



Clinical disorder / severe distress

High impairment, crisis risk

Most systems are reactive. Stressometer adds an early screening layer—before crisis.

3. EWI SPECTRUM



NORMAL

Continue wellness habits and periodic check-ins.



MILD

Guided self-care, lifestyle changes, yoga, pranayama, meditation, or coaching.



MODERATE

Structured counseling / psychological support.



SEVERE

Professional assessment and higher-intensity pathway.



PROFOUND

Prompt mental health professional review, psychiatrist-led or integrated care may be needed.

4. HOW IT WORKS – 5 STEP JOURNEY



1 SCREEN

Complete a short, scientifically validated assessment.



2 GENERATE EWI

Get your color-coded Emotional Wellness Index instantly.



3 INTERPRET PROFILE

Understand your stress level and key contributing areas.



4 TRIAGE TO RIGHT SUPPORT

Connect to the right professional and intensity of care.



5 FOLLOW-UP / REPEAT MONITORING

Repeat assessments show progress and guide adjustments.

5. MEASUREMENT-BASED CARE: REPEATED MONITORING MAKES RECOVERY VISIBLE

Repeated Stressometer monitoring helps:

- Track improvement
- Guide treatment adjustment
- Support clinical decision-making
- Strengthen outcomes

BASELINE



REVIEW 1



REVIEW 2



RECOVERY

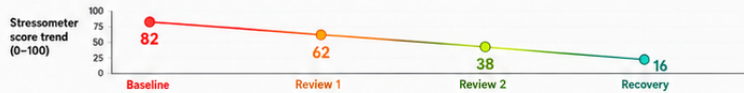


Severe symptoms / poor functioning

Early response

Sustained improvement

Recovery / stable functioning



Bottom line: Repeated monitoring converts recovery into a visible trend—from baseline severity to meaningful clinical improvement.

6. BIOPSYCHOSOCIAL 5-SUBDOMAIN TRIAGING: RIGHT PATIENT, RIGHT PROFESSIONAL, RIGHT INTENSITY

5-SUBDOMAIN PROFILE



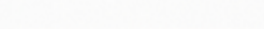
NATURE

Nature vs. circumstances



CIRCUMSTANCES

Life events, pressures, challenges



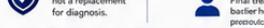
CLINICAL SYMPTOMS

Emotional, cognitive, behavioral



DOMESTIC LIFE

Family, home environment, relationships



PROFESSIONAL LIFE

Work / academics, role demands, satisfaction

TRIAGE OUTCOMES



PSYCHOLOGIST-LED CARE

Best for mild to moderate stress, adjustment, coping, therapy, skills building.



PSYCHIATRIST-LED CARE

Best for moderate to severe symptoms or clinical disorders requiring medical treatment.



INTEGRATED CARE

Best for complex needs requiring coordinated psychological + psychiatric + support services.

The domain profile helps connect the right patient to the right professional and the right intensity of care.

9. ETHICAL / CLINICAL POSITIONING

Screening aid, not a replacement for diagnosis.

Final treatment decisions remain with qualified professionals.

Confidential, privacy-conscious, and suitable for online / offline / hybrid models.

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8. POST-SCREENING USES AT SCALE

INDIVIDUAL CARE

Personal reports and care plans

GROUP ANALYTICS

Identify trends in culture and programs

INSTITUTIONAL DASHBOARDS

Real-time monitoring and KPIs

REFERRAL PLANNING

Smarter referrals and care pathways

POLICY PLANNING & RESOURCE ALLOCATION

Data-driven decisions for better impact

10. CLOSING TAKEAWAY

Stressometer helps mental health systems move from reactive care to proactive, measurable, and actionable emotional wellness care.

Stressometer is for screening and wellness guidance only and is not a diagnostic tool. If you are in crisis or at risk, please seek immediate help from a qualified professional or contact local emergency services.