

Mood Report

Personal Information

Name:	User
Birth Date:	Not specified
Report Period:	26/08/2025 - 25/09/2025
Total Entries:	100
Average Mood:	3.4/5

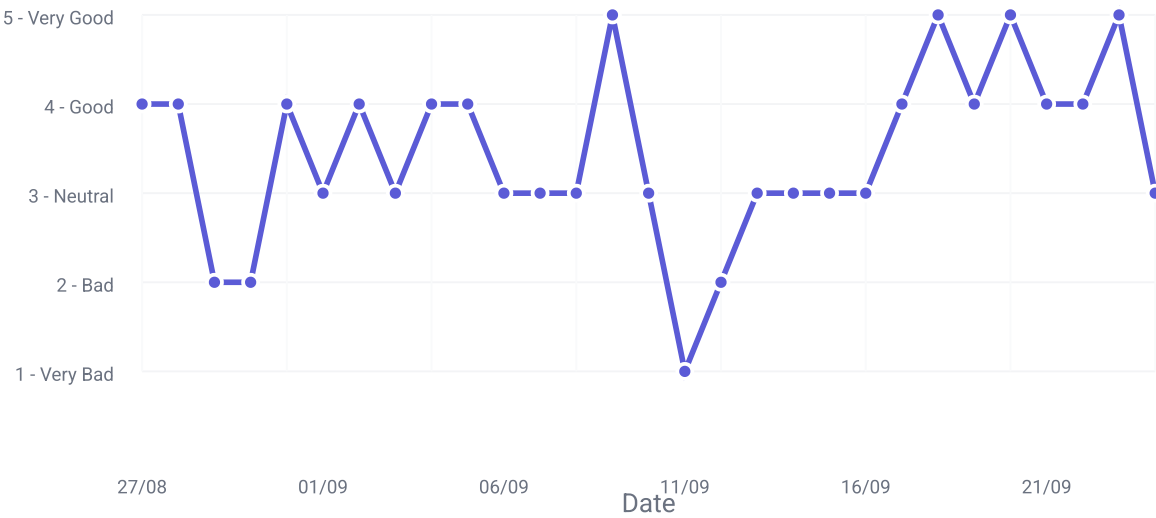
Mood Over Time



Mood Visualizations

Comprehensive mood analysis for the period 26/08/2025 to 25/09/2025

Mood Trend Over Time



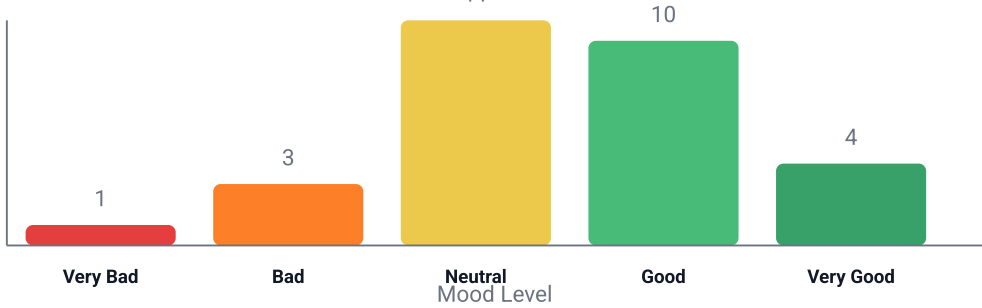
Average Mood:
3.4/5 (Neutral)

Highest Mood:
5/5 on 09/09/2025

Lowest Mood:
1/5 on 11/09/2025

Total Entries:
29

Mood Distribution



Medication Overview

Comprehensive medication tracking and adherence analysis for the period 26/08/2025 to 25/09/2025

Vitamin D3

TAKEN: 25

ADHERENCE: 100.0%

ON TIME: 68.0%

Dosage Information

Dosages: 1000 IU

Scheduled Times: 09:00

Timing Statistics

On Time:

17

Late:

8

Early:

0

Recent Entries

12/09/2025 09:15

1000 IU

(9 min late)

13/09/2025 09:25

1000 IU

(on time)

14/09/2025 09:02

1000 IU

(on time)

15/09/2025 09:08

1000 IU

(on time)

Sertraline

TAKEN: 46

ADHERENCE: 100.0%

ON TIME: 43.5%

Dosage Information

Dosages: 50mg

Scheduled Times: 20:00, 08:00

Timing Statistics

On Time:

20

Late:

26

Early:

0

Recent Entries

20/09/2025 08:28

50mg

(8 min late)

20/09/2025 20:15

50mg

(16 min late)

21/09/2025 08:02

50mg

(8 min late)

21/09/2025 20:04

50mg

(12 min late)

Clinical Questionnaires

Evidence-based assessments using validated psychological instruments (PHQ-9, GAD-7, and Wellbeing scales).

Assessment Summary (26/08/2025 - 25/09/2025)

PHQ-9 Depression Scale:

Average Score: 1.33/27

Severity: Minimal

Assessments: 6

GAD-7 Anxiety Scale:

Average Score: 0.17/21

Severity: Minimal

Assessments: 6

Wellbeing Assessment:

Average Score: 3.33/5

Level: Moderate

Assessments: 6

Detailed Assessment History

25/09/2025 - 04:10:16

PHQ-9: 1.00/27 (minimal)

GAD-7: 0.00/21 (minimal)

Wellbeing: 4.00/5 (high)

undefined: Poor appetite or overeating → 1

undefined: Being so restless that it is hard to sit still → 0

undefined: I have had energy to spare → 4

23/09/2025 - 04:10:16

PHQ-9: 1.00/27 (minimal)

GAD-7: 0.00/21 (minimal)

Wellbeing: 3.00/5 (moderate)

undefined: Trouble falling or staying asleep, or sleeping too much → 1

undefined: Worrying too much about different things → 0

undefined: I have been feeling relaxed → 3

22/09/2025 - 04:10:16

PHQ-9: 2.00/27 (minimal)

GAD-7: 0.00/21 (minimal)

Wellbeing: 3.00/5 (moderate)

undefined: Feeling down, depressed, or hopeless → 2

undefined: Not being able to stop or control worrying → 0

undefined: I have been feeling useful → 3

19/09/2025 - 04:10:16

PHQ-9: 1.00/27 (minimal)

GAD-7: 0.00/21 (minimal)

Wellbeing: 3.00/5 (moderate)

undefined: Feeling bad about yourself or that you are a failure → 1

undefined: Becoming easily annoyed or irritable → 0

undefined: I have been feeling optimistic about the future → 3

18/09/2025 - 04:10:16

PHQ-9: 2.00/27 (minimal)

GAD-7: 1.00/21 (minimal)

Wellbeing: 3.00/5 (moderate)

undefined: Poor appetite or overeating → 2

undefined: Being so restless that it is hard to sit still → 1

undefined: I have had energy to spare → 3

16/09/2025 - 04:10:16

PHQ-9: 1.00/27 (minimal)

GAD-7: 0.00/21 (minimal)

Wellbeing: 4.00/5 (high)

undefined: Trouble falling or staying asleep, or sleeping too much → 1

undefined: Worrying too much about different things → 0

undefined: I have been feeling relaxed → 4

Detailed Entries

Export Summary

Period: 26/08/2025 - 25/09/2025

Mood Entries: 29

Average Mood: 3.4/5

Note: Medication entries are shown in the separate Medication Overview section

DATE	MOOD	ACTIVITIES	SLEEP	DREAMS	DREAM NOTES	NOTES
27/08/2025 21:52	Good (4/5)	Writing, Studying, TV Shows, Work	Excellent (5/5)			
28/08/2025 19:29	Good (4/5)	Reading, Writing, Walking	Poor (2/5)	Neutral	Anxiety dream	Had a productive day at work
29/08/2025 21:08	Bad (2/5)	Family Time, Learning, Party	Okay (3/5)			
30/08/2025 22:53	Bad (2/5)	Sports, Cleaning	Okay (3/5)			
31/08/2025 20:05	Good (4/5)	Cleaning, Shopping				Felt stressed about deadlines
01/09/2025 22:32	Neutral (3/5)	Movies, Drawing, Exercise				
02/09/2025 22:56	Good (4/5)	Drawing, Sports, Puzzles, Party	Excellent (5/5)	Neutral	Confusing dream sequence	Weather affected my mood
03/09/2025 22:20	Neutral (3/5)	Dating, Drawing, Movies	Poor (2/5)			Social anxiety was manageable today

DATE	MOOD	ACTIVITIES	SLEEP	DREAMS	DREAM NOTES	NOTES
04/09/2025 20:37	Good (4/5)	Gardening, Movies, Running, Meeting Friends	Poor (2/5)			
05/09/2025 19:02	Good (4/5)	Reading, Sports, Dating	Okay (3/5)			Good progress on personal goals
06/09/2025 22:10	Neutral (3/5)	Party, Shopping, Studying	Good (4/5)		Strange but interesting dreams	
07/09/2025 22:17	Neutral (3/5)	Drawing, Dating	Poor (2/5)			Enjoyed quality time with loved ones
08/09/2025 19:27	Neutral (3/5)	Walking, Exercise				Feeling more optimistic lately
09/09/2025 20:28	Very Good (5/5)	Meeting Friends, Learning, Socializing, Drawing	Okay (3/5)	Neutral	Pleasant dreams about family	Need to focus on better sleep
10/09/2025 22:17	Neutral (3/5)	Work, Writing, Drawing	Excellent (5/5)			Feeling more optimistic lately
11/09/2025 21:11	Very Bad (1/5)	Sports, Cleaning, Learning, Cooking	Poor (2/5)			Enjoyed quality time with loved ones
12/09/2025 19:23	Bad (2/5)	Writing, Gardening, Gaming	Terrible (1/5)			
13/09/2025 22:10	Neutral (3/5)	Puzzles, Drawing, Gardening	Poor (2/5)			
14/09/2025 22:44	Neutral (3/5)	Music, Cooking				
15/09/2025 22:02	Neutral (3/5)	Party, Dating	Terrible (1/5)			
16/09/2025 19:53	Neutral (3/5)	Meeting Friends, Party				

DATE	MOOD	ACTIVITIES	SLEEP	DREAMS	DREAM NOTES	NOTES
17/09/2025 22:37	Good (4/5)	Sleep, Drawing	Terrible (1/5)			
18/09/2025 19:59	Very Good (5/5)	Reading, Puzzles, TV Shows, Family Time	Good (4/5)			Weather affected my mood
19/09/2025 19:14	Good (4/5)	Family Time, Sports	Terrible (1/5)		Dreams about childhood	Had a productive day at work
20/09/2025 21:49	Very Good (5/5)	Socializing, Exercise, Shopping	Poor (2/5)		Vivid dreams about work	
21/09/2025 22:11	Good (4/5)	Cooking, Drawing, Socializing	Excellent (5/5)	Neutral		
22/09/2025 21:27	Good (4/5)	Meeting Friends, Learning, Reading, Puzzles	Okay (3/5)		Strange but interesting dreams	
23/09/2025 19:01	Very Good (5/5)	Travel, Socializing, Family Time, Drawing	Good (4/5)			Challenging but manageable day
24/09/2025 21:50	Neutral (3/5)	Sports, Reading	Terrible (1/5)	Neutral	Flying dream	Weather affected my mood