



# AI-powered 3-Minute Assessment Provides ONE Number to Show Mental Health Risks

Assesses for symptoms of Depression, Anxiety, Bipolar Disorder, PTSD helping you understand your underlying conditions.

WASHINGTON, DISTRICT OF COLUMBIA, UNITED STATES, August 23, 2023 /EINPresswire.com/ -- Getting the answer to a simple question “What is my Mental Health severity?” used to be difficult -- “M3Info.ai” — now makes it possible to generate a number to help you better understand and manage your overall mental health risk and symptoms beyond just depression. The M3 score is a breakthrough based on multi-diagnostic mental health architecture designed to detect early signs of depression, anxiety, bipolar disorder, and post-traumatic stress disorder (PTSD).

The easy-to-complete 3-minute assessment provides a quick and convenient way for individuals to assess their mental health risks and receive a numerical score that reflects their overall mental health status. This score can help individuals and their healthcare professionals better understand their mental well-being and identify areas for treatment and potential improvement. This groundbreaking assessment can be purchased anonymously online at m3info.ai or through a clinician who works with Labcorp.



Mental health is not one dimensional - why should measuring it be?”

Michael Byer

The M3 Score provides a single rating of general mental health.

“You know your other important health numbers — cholesterol level, sugars, and other conditions,” M3 notes. “Now, for the first time, people and clinicians finally have a

single number that gauges their mental health in a format familiar to them. M3 users receive an

**M3Info.ai Mood Review ©**

Name: Sample Test      8/23/2023 9:20:49  
 Terms and Conditions: Accept      02/08/2002      Female

**How to Read your M3.ai Report**

If you feel at risk of self-harm please contact the National Suicide Hotline a 24-hour a day guidance and support at Lifeline at #988  
 The National Treatment and Referral Service 1-800-662-HELP (4357), is a free, confidential 24 hour a day, 365 day a year, information service for individuals facing mental and/or substance use disorders.  
 The responses and associated risk scores are listed below. This report is solely intended to facilitate a discussion between you and your advisors and is not designed to provide a diagnosis without the confirmation of a clinician. The maker and provider of this form accepts no liability, direct or indirect, associated with its use.

Assessment	Risk / Severity Rating	Score / Response
A. M3 Overall Mood Score (a)		73 Low 0-1 Mild 2-32 Moderate 33-51 Severe >51
1 Functional Score - Over the last two weeks		12 The Functional Impairment Questions (Questions 5 and 24 through 27) address functional status, substance use, and thoughts of suicide. Positive answers to these questions should be followed by additional questions to understand what the patient means.
I have had thoughts of suicide	+	3
my symptoms interfere with work or school		2
my symptoms affect my relationship with family		4
my symptoms have led to me using alcohol by:		0
my symptoms have led to my using other substances	+	3
2 Depression	Severe	21 Low 0-6 Mild 7-12 Moderate 13-19 Severe >19
3 Anxiety		26 Low 0-10 Mild 11-21 Moderate 22-33 Severe >33
4 PTSD		11 Low 0-3 Mild 4-7 Moderate 8-11 Severe >11
5 Bipolar Disorder (Please confirm any family history of bipolar disorder (or "Manic-Depression")	Mild	5 Low 0-3 Mild 4-7 Moderate 8-11 Severe >11

The report shows your score, potential impairments and risks of different conditions.

Overall Score and a Panel providing a more granular view. Knowing your M3 Score and the guidance in the underlying panel allows a person to seek the proper treatment.

## New Guidelines Support the M3 and Not the Existing Depression and Anxiety Screens

M3's abilities support the United States Preventative Task Force, which, on June 20, 2023, issued new guidelines recommending Depression Assessment and Anxiety Assessment for those up to 65. The M3 Checklist is the only patient-rated assessment that meets these Guidelines. The outdated PHQ-9 for Depression omits Bipolar Disorder and the GAD-7 for Anxiety, omits PTSD, Social, Panic and OCD, and Family and Work Impairment.

## What the M3 Score Means

The higher the M3 Score, the more your responses are clinically significant, and the reported symptoms impact your quality of life. Therefore, the M3 Score that you can view as a general mental wellness grade, with lower scores indicating good mental health. For those receiving treatment, it provides a target for treatment success.

## Benefits of applying AI along with Patient Reported Measures

In the June 26, 2023 issue of Forbes, Bernard Marr shared the benefits of applying AI along with reported measures to identify better data and trends that can lead to better outcomes.

1. The multi-diagnostic data set of the M3 allows meaningful reports compared with the undiagnostic version, which only includes one area to consider. "It uses machine learning to flag warning signs of mental problems before they progress to an acute stage."

2. Personalized Treatments - "One exciting area of research involves leveraging AI to create personalized treatments for several mental health conditions. AI has been used to monitor symptoms and treatment reactions to provide insights you can use to adjust individual treatment plans."

Michael Byer

M3 Information

[email us here](#)

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