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Depression Anxiety Stress Scales (DASS) for Monitoring Temporal Stability

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Abstract: *It is a fact that with advancement in technology there is huge impact over the changing life-style of every individual. Mankind has been immensely benefited by these technologies all these years. With change in time there is change in requirements, due to which life-style of humans are adversely affected. There are no proper routines, which results in imbalance in way of living. Because of all this, a large part of population is struggles with mental issue's such as depression, anxiety & stress. Specially these difficulties are observed among the youngsters & teenagers. To cope with these issue's, one must analyse about their mental health & adapt the measures to eliminate these diseases to live a better life-style. To analyse the mental health, we have a prediction & recommendation system which is capable to provide an accurate status of their analysis. Hence in this paper, we highlight about our model which would assist mankind to analyse about themselves & recommend them the respective solutions.*

Keywords: Life-Style, Depression, Stress, Anxiety, Mental Health, Research

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