

Loffty Report for Samantha Smith born on 1 January 2000



Assessment completed 17 July 2026

Flagged conditions • 6/31

Clear conditions 25/31

Sam, your Loffty® report captures the symptoms you described, mapped across over 30 common mental health conditions based on internationally recognised clinical criteria.

Each condition is flagged as Clear, Mild, Moderate, or Severe, with a score out of 10. The higher your score, the better. So a condition flagged 'Severe' will show a low number.

Loffty is a self-assessment. It does not provide a diagnosis. If you share this report with a qualified mental health professional, it will help them understand you much faster and make better-informed decisions about your care.

Flagged conditions

Severe 2.4/10

Post-natal Depression

Post-natal Depression is persistently low mood, profound sadness or loss of interest in activities, which causes significant impairment to daily life for many months after childbirth.

You self-reported the following symptoms:

- Negative thinking and loss of self confidence
- Anxious and worried most of the time
- Guilt about not being a happier parent
- Fatigue and difficulties coping
- Depressed mood
- Others concerned you may be depressed
- General loss of interest
- Difficulties looking forward to or planning for the future
- Depressed mood is causing problems in certain areas of life
- Emotional disconnection from baby
- Disturbed sleep

Mood: 3/10

Feeling this way for months

Recommendation: Your responses suggest you may be experiencing significant symptoms in this area. We strongly encourage you to reach out to a mental health professional as soon as you can. Sharing your Loffty report with them will give you both a clear starting point for understanding what you're experiencing and exploring the right support for you.

Severe 1.4/10

Device Addiction

Device Addiction is the compulsive overuse of technology devices such as smart phones, laptops, TVs or other electronic devices for gaming, entertainment or social media which interferes with quality of life.

You self-reported the following symptoms:

- Restlessness or irritability when unable to be online
- Regular binge-watching habit
- Unsuccessful efforts to reduce hours spent online
- Use of screen-time to relieve boredom, loneliness or other uncomfortable feelings
- Outside of work, online for an average of 2 - 3 hours per day
- Excessive time online outside of work (browsing, gaming, emailing, blogging or chat groups)
- Excessive screen time causes problems in certain areas of life

Spending significant time on screens for years

Recommendation: Your responses suggest you may be experiencing significant symptoms in this area. We strongly encourage you to reach out to a mental health professional as soon as you can. Sharing your Loffty report with them will give you both a clear starting point for understanding what you're experiencing and exploring the right support for you.

Moderate 3/10

Social Anxiety

Social Anxiety is the fear of being scrutinised and judged when in public. It causes feelings of intense nervousness and self-consciousness that interfere with the ability to interact with others.

You self-reported the following symptoms:

- Others are concerned about your avoidance of social situations
- Recognition that the fear of social situations is bigger than it needs to be
- Fear of social situations causes problems in certain areas of life
- Avoidance of social situations
- Intense fear of social situations, due to fear of being embarrassed or judged by others

Fear of social situations for years

Recommendation: Your responses suggest you may be experiencing moderate symptoms in this area. We encourage you to speak with a mental health professional, who can help you make sense of what you're

experiencing and explore what support might look like for you. Your Loffty report is a helpful resource to bring to that conversation.

Moderate 5.8/10

Alcohol Dependence and Abuse

Alcohol Dependence describes the inability to quit alcohol and Alcohol Abuse is drinking too much alcohol, too often.

You self-reported the following symptoms:

- You or others are concerned about your alcohol consumption
- Use of alcohol to relieve depressed, anxious, guilty or lonely feelings
- Consumes on average 3 - 4 alcoholic drinks per day
- Drinking causes problems in certain areas of life

Moderate alcohol use

Drinking alcohol at this level for years

Recommendation: Your responses suggest you may be experiencing moderate symptoms in this area. We encourage you to speak with a mental health professional, who can help you make sense of what you're experiencing and explore what support might look like for you. Your Loffty report is a helpful resource to bring to that conversation.

Mild 5.4/10

Anxiety

Anxiety, also known as Generalised Anxiety Disorder, is ongoing anxiousness or worry that interferes with daily activities.

You self-reported the following symptoms:

- Easily tired or experience physical tension and muscle aches
- Difficulties concentrating and staying on task
- Worrying that shifts across different areas of life
- Sleep disturbance
- Difficulty controlling worrying
- Constant and excessive anxiety

Feeling calm and anxiety-free: 7/10

Experiencing this level of anxiety for months

Recommendation: Your responses suggest some mild symptoms in this area. It may help to talk to someone you trust about how you're feeling and to learn a little more about this condition. If your concerns continue or you'd simply like more clarity, speaking with a mental health professional is always a worthwhile step and your Loffty report is a good way to start that conversation.

Mild 7.1/10

Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress, often related to work or other demanding responsibilities. It can lead to feelings of detachment, reduced motivation, and decreased performance.

You self-reported the following symptoms:

- Emotional Exhaustion - Often emotionally drained and exhausted by work
- Stress - Sometimes feel anxious and stressed before starting work
- Insufficient Reward - Sometimes feel recognised and rewarded for your work effort
- Work Overload - Sometimes feel overwhelmed by workload and responsibilities

Recommendation: Your responses suggest some mild symptoms in this area. It may help to talk to someone you trust about how you're feeling and to learn a little more about this condition. If your concerns continue or you'd simply like more clarity, speaking with a mental health professional is always a worthwhile step and your Loffty report is a good way to start that conversation.

Clear conditions

You have not reported any symptoms of concern for the following conditions.

Anorexia
Attention deficit hyperactivity disorder (ADHD)
Autism Spectrum Disorder (ASD)
Binge Eating Disorder
Bulimia
Caffeine Dependence
Cannabis Dependence
Cocaine Dependence
Compulsive Sexual Behaviour
Hallucinogenic Drug Dependence
Heroin Dependence
Methamphetamine Dependence
Mood Swings (consider bipolar disorder)

Nicotine Dependence
Obsessive Compulsive Disorder
Opioid Medication Dependence
Overuse of Pain Medications
Overuse of Tranquilisers
Panic
Post Traumatic Stress
Psychosis
Specific Phobia
Stimulant Medication Dependence
Uncontrolled Gambling
Work Addiction

Additional information

Gender information

Thank you for sharing this with us. This information is held in confidence and helps us connect you with practitioners who are best placed to support you. We are committed to

Current gender identity: Female

Sex assigned at birth: Female

Sexual orientation: Straight

providing care that is affirming and respectful of your identity.

Abuse and bullying

We recognise that sharing experiences of abuse or bullying takes real courage, and we appreciate your trust. This will be held in confidence and will help us match you with a practitioner who has the right training and sensitivity to support you.

You have a history of being sexually abused.

When: Childhood

You have a history of being emotionally abused.

When: Childhood

Financial anxiety

Financial stress is one of the most common contributors to poor mental health, and one that is often underestimated. Your score below reflects how much financial anxiety you reported at the time of your assessment. There is no judgment here, this simply helps us understand the full picture of what you're carrying.

Financial anxiety 8/10, where 0 is extremely anxious and 10/10 is not anxious at all

Purpose

A sense of purpose — feeling that your life has meaning and direction, not just at work but across all areas of life — is closely linked to mental wellbeing. The score below reflects how strongly you felt this at the time of your assessment. A low score is common and can improve with the right support.

Sense of purpose 3/10

Relationships

The scores below reflect how you described your relationships and sense of connectedness at the time of your assessment — where connectedness refers to feeling part of something larger than yourself, such as community, nature, or spirituality. They are a starting point for conversation, not a judgement. Lower scores simply highlight areas where you may want support.

Satisfaction with romantic life 7/10

Satisfaction with friendships 3/10

Satisfaction with family relationships 6/10

Loneliness in the last 7 days: 4/10, where 0/10 is always lonely and 10/10 is never lonely

Sense of connectedness 3/10

Sleep, nutrition and exercise

Sleep, nutrition, and physical activity are among the most powerful influences on how we think, feel, and cope. The results below reflect what you shared at the time of your assessment. They are not a measure of willpower or discipline, but useful context for understanding your overall wellbeing picture.

Falling asleep: 3/10

Staying asleep: 2/10

Average sleep per night in the last 7 days: 5 hours

Wake up feeling refreshed: 2/10

Ultra-processed food — meals: Once or twice a day

Ultra-processed food — snacks: More than twice a day

Sugar-containing drink consumption: More than twice a day

Sitting time on a typical weekday: 6 to less than 8 hours

Moderate exercise (past 7 days): 1 hr

Vigorous exercise (past 7 days): 0 mins

Muscle-strengthening exercise (past 7 days): 0 mins

Exercise-limiting health condition: No

Past mental health history

Below are the conditions you believe you have previously been formally diagnosed with. This is based on your recollection, not a verified clinical record, as diagnoses can be unclear, incomplete, or evolve over time. Thank you for sharing this; it helps ensure your care is informed by your history, and will never be used to label or define you.

Anxiety

Depression

Head injury as a result of traffic accident, fall, sporting injury or physical assault

Nicotine Dependence

Social Anxiety

Current psychiatric medication

Below are the psychiatric medications you are currently being prescribed. This list is based on your memory and is not a verified or complete medical record, so it serves simply as a helpful starting point for your practitioner. If anything is missing or unclear, there will be an opportunity to discuss this directly.

Sertraline e.g. (Zoloft)

Past psychiatric medication

Below are the psychiatric medications you recall having been prescribed previously. This list is based on your memory and is not a verified or complete medical record, so it serves simply as a helpful starting point for your practitioner. If anything is missing or unclear, there will be an opportunity to discuss this directly.

Oxazepam e.g. (Serapax)

Sertraline e.g. (Zoloft)

Medication side effects

Venlafaxine e.g. (Effexor)

You reported side effects from the following medications:

What's next?

Mental health, like physical health, can change, and with the right support, recovery is possible. The earlier symptoms are identified and addressed, the better the outcomes tend to be.

If you feel comfortable doing so, we encourage you to share this report with a mental health professional. It gives them a comprehensive picture of your mental health before you even walk through the door, so your time together can focus on you, rather than gathering background information. That means fewer consultations, less back-and-forth, and faster access to the support that matters.

We hope this report is a useful first step.

To track how you're feeling over time, we suggest retaking your assessment every 4–6 weeks, or shortly after seeing a practitioner.

Disclaimer: Loffty is a self-assessment intake tool and platform, not a diagnostic service. Your results are not a substitute for professional medical or mental health advice and do not create a clinical relationship of any kind. A formal diagnosis can only be made

by a qualified mental health professional. While we work hard to ensure Loffty is accurate and effective, we cannot accept liability for decisions made based on your results. You must be 16 or over to use Loffty. Use of this platform is subject to our [Terms of service](#).