



# Patient Guide

How to Use Symptom Catcher

NeuroCatchers · Boston Neuromind LLC

v1.0 · 2026

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## Welcome

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Symptom Catcher is an **AI-based assessment tool** designed to help you and your clinician understand your mental health deeply. This guide provides helpful information before you begin.

### Important Notice

This tool is **NOT for diagnosis or treatment**. It is a screening and educational instrument. For accurate diagnosis and treatment, always consult a **licensed mental health professional**.

## What is Symptom Catcher?

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Symptom Catcher is a multi-domain mental health assessment system consisting of 31 AI modules:

- **31 AI Modules:** Covering depression, anxiety, ADHD, trauma, sleep, and more

- **252 Items:** Core symptom assessment by domain
- **5-Lens Analysis:** Simultaneous analysis from five perspectives
- **Multi-Module Fusion:** Integrates results across domains to detect comorbidities

## **How to Complete the Assessment (5 Steps)**

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### **1 Select Assessment Modules**

Your clinician will select modules relevant to your concerns. Or you can select modules based on your primary complaints.

### **2 Enter Basic Information**

Enter age, gender, and other basic information. This is used for accurate cohort analysis.

**Note:** Personal information is not stored and is used for analysis only.

### **3 Complete the Survey**

Read each item carefully and select the answer closest to your experience.

**Time required:** 2-8 minutes per module (average 4 minutes)

### **4 Review Results**

Review AI-analyzed results from 5 different perspectives.

### **5 Consult with Your Clinician**

Results are a **starting point**. Review results together with a professional.

## **Assessment Methods — Choose from 3**

### **Options**

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**New in v2.2:** Choose the assessment method that fits your situation.



## Patient Direct

Self-administer at home or clinic using tablet/computer. Talk naturally with AI, and it will automatically suggest appropriate assessment modules.

**Advantages:** Comfortable pace, your own schedule



## Therapist Companion

Conduct the session together with a clinician. They will ask important questions in sequence.

**3 methods:** Clinician enters answers / You fill on tablet / Print and write with pen



## Receive via Email in Advance

Clinician sends you assessment questions via email. Complete at your convenience at home, then reply or bring to next session.

**Advantages:** Thoughtful answers without time pressure



## Evidence + AI Integration (Hybrid Method)

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Boston Neuromind uses **evidence-based standard scales** combined with **AI conversation analysis** for maximum accuracy. This is the **Hybrid method** and is the default.

- **Evidence-based (70%):** Globally validated scales like PHQ-9 and GAD-7
- **AI analysis (30%):** Pattern recognition from your narrative

- **Clinician review (100%):** Final judgment always by a professional

If you prefer AI-only or traditional methods, please let your clinician know.

## Tips for Accurate Assessment

### TIP 1: Be Honest

AI does not judge you. Answering truthfully is most important for accurate assessment.

### TIP 2: Based on Last 2 Weeks

Most items refer to "the past 2 weeks" or "the past month." Unless specified otherwise, answer based on the **last 2 weeks**.

### TIP 3: Quiet Environment

Complete the assessment in a quiet place without distractions. Ensure uninterrupted time.

### TIP 4: When Uncertain, Choose Middle

When unsure, select a middle value or follow your intuitive reaction in the moment.

## Frequently Asked Questions

### **Q.** How accurate are the results?

AI analysis provides high-quality clinical insights, but **final diagnosis must be made by a licensed professional**. This is a screening tool.

**Q. Is my personal information safe?**

Your responses are designed not to be stored on the server after analysis. When used by institutions, their HIPAA policies apply.


**Q. Can I take the assessment multiple times?**

Yes, very useful for tracking treatment progress. Entering previous scores allows tracking changes against your personal baseline.

**Q. What if I feel emotionally overwhelmed during assessment?**

You can stop at any time. If overwhelmed, stop immediately and contact a trusted person or professional.

## **Getting Help in Crisis**

 **If you are in crisis, contact immediately:**

### **United States**

- **988** - Suicide & Crisis Lifeline (call/text, 24/7)
- **911** - Emergency
- **Crisis Text Line** - Text HOME to 741741
- **SAMHSA**: 1-800-662-4357

### **Korea**

- **1393** - Suicide Prevention (24/7)
- **1577-0199** - Mental Health Crisis
- **119** - Emergency
- **129** - Health & Welfare Counseling

# Contact

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**NeuroCatchers:** [neurocatchers.com](https://neurocatchers.com)

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