MENTAL HEALTH CLARITY TEST

A rapid assessment methodology for determining emotional states.

With the Mental Health Clarity Test, mental clarity has been put onto a measurable scale. Developed with psychologists and mental-health experts, the Beginning Mental Health Clarity Test considers the many factors that shape mental clarity — happiness, confidence, sense of purpose, and personal relationships.

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WHY THIS EXISTS

01 Raising awareness

Most of us understand that physical activity is necessary to keep the body healthy. We now find ourselves in a time when keeping the mind healthy is just as important.

About 400 years ago, medicine treated the mind and body as a whole. From the 17th century onwards, the Western world began to see the mind and body as separate entities. The body became a vessel — a machine made of independent and replaceable parts that held no meaningful connection to the mind.

In the 21st century, this view has shifted once more. Research continues to demonstrate the complex links between body and mind, and their overall impact on our health. Caring for mental clarity is no longer a luxury; it is a foundation of well-being.

> **Keeping the mind healthy is just as important as keeping the body fit — and, until now, far harder to see.**

OUR INTENTION

02 Our gift to the world

Over a decade ago, our team at Beginning began educating ourselves on how to improve our mental health. On this journey, we encountered and teamed up with a significant number of scientists, psychologists, neurologists, spiritual leaders, and meditators.

We see this project as the act of planting a seed of positivity. And although we are fully aware that we cannot personally help everyone who struggles with their mental health, we wish to provide a window of tranquillity and hope — a clear, honest place to begin.

WHY NOW

03 At a time of crisis

We know that, at a time of crisis, the most prominent emotion is panic. The Clarity Test — and the other tools available in our system — help you avoid irrational panic, stress, and anxiety, and reach a clear, focused state of mind that benefits you in the long run.

The Mental Health Clarity Test helps you set a new direction, and provides the feedback necessary to re-focus and put yourself back in charge of your own decisions.

04 On mental health

We live in an era of deteriorating mental health, driven by various addictions and powerful stressors at work and home. Mental-health conditions have become so commonplace that they are now the leading cause of disability worldwide.

1 in 8

people worldwide — nearly 1 billion — live with a mental-health disorder.

1 in 100

deaths is by suicide — a leading cause of death among adolescents.

71%

of individuals with psychosis go untreated worldwide.

$6T

projected annual global cost of mental-health conditions by 2030.

Sources · WHO World Mental Health Report · World Economic Forum

On average, governments spend just 2% of their health budgets on mental-health care, and low- and middle-income countries spend just 1%. Roughly half the world's population lives in a country with one psychiatrist for 200,000 or more people, so most people with mental illness do not receive adequate care. The World Economic Forum estimated mental-health conditions cost $2.5 trillion in 2010, a figure predicted to rise to $6 trillion by 2030.

Nor is mental health a single generation's concern. According to the WHO, the world's population is rapidly ageing; by 2050 the number of people over 60 is estimated to double, from 900 million to 2 billion — a group at high risk of mental, neurological, and substance-use disorders that could be alleviated by online-based approaches.

The main factor standing in the way of improvement is stress. According to the Global Organization for Stress, 80% of workers feel stressed — and the true figure is likely higher. Extensive research has consistently shown that 3 in 10 adults report severe anxiety most of the time, and the same proportion (31%) report a mild anxiety that follows them everywhere in life.

THE PROBLEM

05 How to measure mental health

The problem with mental health is that it is difficult to measure. Current test methodologies typically involve established clinical methods:

- Clinical interviews
- Psychological analysis
- Formalised psychometric tests
- Neuropsychological tests
- Personality tests
- Intelligence tests

While it is possible to measure mental health in a clinical environment once problems already arise, there are far fewer methodologies for presenting a clear picture of the *trend* of a person's mental health over time, in everyday situations — where early intervention is critical to prevent a condition from worsening through aggregated stress.

The Mental Health Clarity Test uses a specially composed self-assessment questionnaire — informed by clinical-interview methodology and optimised by machine-learning and statistical methods — to measure mental-health parameters across a wide range of scopes, from personal-relationship dynamics to a sense of purpose at work. It provides a heart-rate-like, easy-to-understand scale of a person's mental health and stress level, calculated as a composite Clarity Level.

Instead of a cumbersome test in an unfamiliar environment, the assessment is taken as a series of short tests on a familiar smartphone or web environment, in the comfort of one's home or workplace — without face-to-face awkwardness or the withholding of answers. As a bonus, it tracks changes over time; and because the process is continuous and spread out, it is far harder to provide inaccurate information.

THE INSTRUMENT

06 The Mental Health Clarity Test

The Beginning Mental Health Clarity Test is a comprehensive self-assessment that anyone can complete at home. The initial test takes around 15 minutes, depending on the person, and gives an instant result through an automated processing module that compares the answers to a comparison formula and draws up a detailed psychological profile of the individual's clarity level and personality type.

The clarity level is determined in two parts.

A

The initial assignment

An initial test assignment containing 30 to 40 multiple-choice questions, establishing a thorough baseline reading of the mind.

B

The continuous study phase

An ongoing phase of in-app, reminder-based test assignments and study feedback — personality type, current emotional state, and clarity-level adjustments used to refine the Clarity Level over time.

The test algorithm determines the mental clarity of each person as a measure of mental, personality, emotional-responsiveness, and neuropsychological status — produced to quantify the mental-state feedback provided in key segments of the program.

PROGRESS

07 How to improve the clarity level?

To advance in Clarity Level, an individual must demonstrate exemplary mental-state improvements in the critical areas of health determined in the initial phase of the study. The Beginning app gathers input and processes it through our data-feedback system, which provides a convenient overview of a subject's mental state and provides clear, actionable recommendations in the form of messages and status updates, from Level 1 onwards throughout the program.

The test is built on a blend of scientifically acclaimed methodologies — clinical-interview methodologies and neuropsychological tests integrated into the matrix of the Mental Health Clarity Test for determining individual mental-health states and monitoring them through a system of periodical questionnaires. It has been carefully constructed to cover a wide range of individuality types based on the answers provided.

The test utilises testing methodologies and principles from psychology and behavioural studies, including topics such as:

- Anxiety
- Sleep quality
- Energy & motivation
- Confidence
- Mood states
- Low mood
- Attitude
- Focus & attention

THE SCIENCE

08 The formula for the Clarity Test

The Clarity Test integrates several scientific methodologies, drawing on clinical-interview and neuropsychological assessment principles in a remote, self-guided format, incorporating elements of known personality tests to determine key parameters about mental health. The main emphasis was on creating a broad enough scope of research to cover life happiness and satisfaction, and their manifestation as a clear state of mind.

Psychological well-being — defined as the absence of stress and mental tension

Remote determination of mental health

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A SINGLE NUMBER

09 Clarity of mind

> **The test works like an inner mirror: the numeric Clarity Level reflects the answers given, and offers an honest picture of a person's mental state.**

It is like a snapshot of everything that determines a person's mental state, and reflects how that state varies in response to changing life situations. The Clarity Level constantly fluctuates according to everyday life experiences and personal growth; on a continuous basis, the test compensates for short-term variation with a strategically placed series of questionnaires throughout the program.

Currently, there is no other effective method for rapidly determining a baseline life-satisfaction score based on a simple mental-stress indicator, displayed as a single quantifiable number. Clinical tests — formalised psychometric tests, personality tests, intelligence tests, neuropsychological tests, and clinical interviews — usually rely on only a fraction of the broader picture influencing true life satisfaction.

According to research, the stress factors that lower mental clarity can be improved when focus is placed on healthy sleep, stress management, and the many other factors that influence wellness. Until now, there was no convenient way to track all of these using a single score that provides a clear overview of a person's mental state.

THE OUTCOME

10 Clarity Test results

After answering a series of questions composed by our team of experts, the Mental Health Clarity Test algorithm processes a response profile and calculates the initial Clarity Level.

The Clarity Level is not just a number; it is a significant indication of mental well-being, and a helpful, practical tool that can show how to gain improvement in crucial areas of life satisfaction. The test provides a full-length analysis report, presented in a clear and understandable package, formulated as a Clarity Level indicator.

> **The Clarity Level indicator functions both as an in-depth reading of well-being and as a convenient scale, linked to an actionable roadmap for personal growth and improvement.**

THE SCALE

11 Clarity levels

Each result places an individual on one of six levels of mind on a scale from 0 to 120+ — from a Messy Mind to a Gifted one. Each reveals where a person stands today, and what to focus on next.

Gifted Mind	A powerful magnet for happiness, positivity and purpose.	**121 & above**
Clear Mind	Shines bright; rarely directionless, decisions come intuitively.	**101–120**
Bright Mind	Mostly focused and well-balanced, driven toward goals.	**76–100**
Foggy Mind	Knows stress, but copes and finds energy for decisions.	**51–75**
Stormy Mind	Vulnerable to stress, negativity and self-doubt.	**26–50**
Messy Mind	Prone to distraction, indecision and excessive worry.	**0–25**

CADENCE

12 Test schedule

To generate an accurate psychological well-being profile, the full-range Mental Health Clarity Test is available only once per month for each individual user. This is designed to allow the Clarity Level to have a baseline adjusted against user input gathered from ongoing short questionnaires that appear frequently within the program.

> **The Clarity Level is designed to indicate motion — measured against previous mental-state values provided earlier in time.**

Clarity Levels depend on individual progress and rate of improvement, in addition to the baseline test. Periodic Clarity Level adjustments therefore take ongoing data into account when determining an updated Clarity Level — so the number always reflects movement, not just a single moment.

UNDER THE HOOD

13 Mental Health Clarity Test algorithm

MEASURE POINTS & OUTCOMES

The test measures current well-being and mental-health-related personal progress. Mental clarity is connected to deep focus, healthy sleep, and — most importantly — stress management, which influences overall health. The test considers the factors that shape mental health: happiness, confidence, sense of purpose, and personal relationships.

DRAFTING THE TEST

The test is based on real-world data gathered by observing and interviewing volunteers, conducting expert group studies, and mapping specific questions to traits that correspond to measurable properties of mental clarity. A set of people under observation was used to determine the test questions and create the algorithm; validation used a similar set of randomly selected volunteers.

THE CLARITY MAPPING

$$f : \mathbb{R}^{N} \to \mathbb{R}^{U}, \quad f(x) = c$$

$$c = a\,(\,W \cdot x\,)$$

$$c_u = a\,(\,\Sigma_{n=1}^{N}\, w_{n,u} \cdot x_n\,), \quad u = 1, \ldots, U$$

A single-layer perceptron inspires the model: a function f maps answers, given as components of a vector x, onto clarity values in a vector c. Here $w_{n,u}$ and threshold weights θ_u are the learned weights, $W = [w_{n,u}]$ is the weights matrix, and $a(\cdot)$ is the activation. N is the number of questions; U the number of test stages.

TEST VALIDATION

The algorithm and test validation were initially conducted on a set of 209 randomly chosen volunteers. These volunteers performed the test, followed by an interview on the topics related to the characteristics under examination. The test results and the analysis of the interviews were then compared, to measure their similarities and differences.