



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Social Hierarchy Affecting My Mental Health?

10 questions about caste, community, and social pressure

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is Social Hierarchy Affecting My Mental Health?

This assessment helps you reflect on how your social position and background might be affecting your mental well-being. It's a space for gentle self-exploration.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often feel judged or limited because of your birth identity or social group?
- Have you internalized negative messages about your own social group?
- Do you experience shame or discomfort related to your social background?
- Do you feel pressure to marry within your specific community or social group?
- Do you feel anger or grief about systemic disadvantages faced by your community?
- Do you find yourself hiding or performing aspects of your social identity in different situations?
- Do you find it difficult to speak about your experiences related to social hierarchy?
- How much do you feel your social background impacts your self-worth and ambitions?
- How does your relationship with your religious or community identity influence your feelings?
- Do you experience any sense of pride or belonging within your community?

Score: Count the number of 'Yes' answers to questions 1 through 7. Questions 8, 9, and 10 are scored differently. For question 8, rate the impact on a scale of 1 (no impact) to 3 (significant impact). For question 9, rate the influence on a scale of 1 (negative) to 3 (positive). For question 10, rate your sense of pride/belonging on a scale of 1 (none) to 3 (strong). Sum the scores from questions 8, 9, and 10. Add this sum to your 'Yes' count from questions 1-7 for your total score.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-5

At Peace

Your responses suggest a strong sense of well-being regarding your social identity. You navigate these aspects with comfort and confidence.

SCORE: 6-10

Mild Tension

You may experience some minor discomfort or reflections related to your social background. Gentle self-awareness can be helpful here.

SCORE: 11-15

Significant Distress

Your responses indicate notable distress or challenges connected to your social position. Exploring these feelings with support could be beneficial.

SCORE: 16-20

Acute Distress

Your answers suggest significant emotional difficulty related to social hierarchy. Seeking support from a mental wellness professional is strongly encouraged to navigate these feelings.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

It's completely understandable to have mixed feelings about social identity and background. Focus on small, positive connections to your heritage that feel right for you.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one aspect of your social background that you feel proud of?

2. In what situations do you feel most comfortable expressing your true social identity?

3. What small step can you take this week to feel more connected to your community or heritage, if you wish?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Building Self-Esteem

Learn practical ways to boost your confidence and self-worth.

₹199

2

Navigating Family Expectations

Understand and manage pressure related to marriage and family life.

₹99

3

Community Connection Workbook

Explore your relationship with your community and cultural identity.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224