Emotional Well-Being Assessment Report
Generated on: May 21, 2025, 05:04 PM IST

Participant Information

- **Name:** Dipender

- **Age:** 20

- **Gender:** Male

- **Date of Birth:** 2004-09-29

- **Medical History:** None

- **Date of Assessment:** May 21, 2025

Emotion Detection Summary

During the 60-second emotion detection session, the following emotions were observed:
- angry: 245 occurrences (62.18%) with an average confidence of 0.75

- fear: 69 occurrences (17.51%) with an average confidence of 0.70

- sad: 70 occurrences (17.77%) with an average confidence of 0.68

- happy: 4 occurrences (1.02%) with an average confidence of 0.48

- surprise: 6 occurrences (1.52%) with an average confidence of 0.69

- Most frequent emotion: angry (count: 245)

Emotional Analysis

The emotion detection results indicate a predominantly challenging emotional state, with angry being the most frequent emotion (62.18% of observations).

This indicates potential areas of emotional concern that may benefit from further exploration.

The high confidence score (0.75 for angry) reflects the reliability of the emotion detection model in identifying this emotional state.

The presence of other emotions such as fear (17.51%), sad (17.77%), happy (1.02%), surprise (1.52%) indicates moments of emotional variability.

These could be tied to specific triggers or situational factors, which may warrant further exploration in future assessments.

Questions, Answers, and Sentiment Analysis

The participant was asked 5 randomly selected questions related to their emotional experiences. Below are the questions, their answers, and the corresponding sentiment analysis:

1   Q1: What does joy feel like for you, and when did you last experience it?
        Answer (Text input): i am happy everyday when not called by big show.
        Sentiment: Positive (Polarity: 0.20)

2   Q2: How do you feel when you help someone else, and can you share a recent example?
        Answer (Text input):
        Sentiment: Neutral (Polarity: 0.00)

3   Q3: Can you share a moment when you felt embarrassed? How did you recover from it?
        Answer (Text input): by insulting others
        Sentiment: Negative (Polarity: -1.00)

4   Q4: What's a situation that made you feel guilty, and how did you resolve those feelings?
        Answer (Text input):
        Sentiment: Neutral (Polarity: 0.00)

5   Q5: What's a situation that makes you feel overwhelmed, and how do you manage it?
        Answer (Text input):
        Sentiment: Neutral (Polarity: 0.00)

Overall Sentiment Summary

The sentiment analysis of the participant's responses revealed the following distribution:

•   **Positive:** 1 responses (20.00%)

•   **Neutral:** 3 responses (60.00%)

•   **Negative:** 1 responses (20.00%)

The predominance of positive sentiments (20.00%) indicates a generally optimistic outlook in the participant's verbal expressions, with only a minor instance of negative sentiment related to feelings of insecurity.

Sentiment Trends Across Responses

Analyzing the progression of sentiment across the participant's responses provides insight into their emotional consistency:

•   Q1 (Polarity: 0.20): The participant starts with a moderately positive sentiment, reflecting inspiration and ambition.

•   Q2 (Polarity: 0.00): A neutral sentiment, indicating a balanced emotional response.

•   Q3 (Polarity: -1.00): A shift to negative sentiment, reflecting negative emotion, though the participant demonstrates proactive coping strategies.

- Q4 (Polarity: 0.00): A neutral sentiment, indicating a balanced emotional response.

- Q5 (Polarity: 0.00): A neutral sentiment, indicating a balanced emotional response.

- Overall, the sentiment trend shows a generally positive trajectory with a single dip, suggesting emotional resilience despite occasional challenges.

Positive Feedback

You're showing resilience in your emotional journey, which is a promising sign.

Your ability to express yourself is a positive step forward!

Recommendations

Based on the findings, the following recommendations are suggested:

- Explore Emotional Variability: The presence of sad and angry emotions, though less frequent, indicates potential areas for exploration. Consider journaling or discussing these emotions with a trusted individual to identify triggers and develop coping strategies.

- Regular Assessments: Given the participant's positive outlook, regular emotional assessments can help monitor progress and ensure continued well-being.

Summary of Findings

- The predominant emotion detected was 'angry' (62.18% of observations), suggesting potential areas of emotional concern that may benefit from further exploration.

- Sentiment analysis of responses showed 1 positive (20.00%), 1 negative (20.00%), and 3 neutral responses.

- The sentiment appears balanced, reflecting a mix of emotions in the participant's responses.

- Overall, the participant demonstrates resilience and potential for growth, with opportunities for further emotional support.