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TOPICS

- 1) Mapping Social Support Networks
for Mental Health Intervention .**

- 2) How ego-centric networks help in
identifying isolated individuals and
understanding support systems**

Introduction

- Mental health interventions increasingly rely on social support systems.
- Ego-centric networks focus on individual (ego) and their direct ties (alters).
- Helps identify isolated individuals lacking support.
- Crucial in early detection and support planning.

What Are Social Support Networks?

- A **social support network** includes family, friends, peers, and others offering emotional, practical, or informational help.

Types of support:

Emotional (empathy, care)

Instrumental (tangible help)

Informational (guidance/advice)

Mapping these networks helps evaluate a person's social resources.

What is an Ego-Centric Network?

- A network centered around a single individual (ego).
- Shows relationships with others (alters) and among alters.
- Useful for mapping personal support systems.
- Data collected via interviews, surveys, or digital traces.

Benefits in Mental Health Context

- Detects social isolation early.
- Identifies key support persons.
- Helps customize interventions.
- Reveals emotional, informational, and practical support gaps.

Identifying Isolated Individuals

- Individuals with sparse or no alters in their network.
- Lack of mutual connections may signal isolation.
- Can guide outreach and inclusion efforts.
- Use network density and centrality metrics for analysis.

Case Applications

- School mental health programs: Track student peer networks.
- Elderly care: Identify seniors at risk of isolation.
- Workplace wellbeing: Evaluate employee support structures.
- Community health: Map vulnerable populations.

Conclusion

- Ego-centric networks offer powerful insights.
- Essential tool in modern mental health strategy.
- Aids in early detection, targeted intervention, and improving wellbeing.
- Integrating social data can transform mental health care delivery.