

```

{
  "disease": "Depressive Disorder",
  "symptoms": [
    {
      "symptom": "Decreased mood",
      "communicationEnglish": [
        "I am feeling very sad always",
        "Life seems gloomy to me",
        "I can't shake off this sadness",
        "A cloud of sadness hovers over me constantly",
        "I find myself in a perpetual state of gloominess",
        "This constant feeling of sadness is like a heavy weight on my
shoulders",
        "The world seems colorless, and I can't escape this persistent
sadness",
        "It's as if a dark shadow follows me, bringing down my mood at all
times",
        "Feeling low has become my default emotional state",
        "No matter what I do, the sadness doesn't seem to lift",
        "My days are filled with an unshakable sense of melancholy",
        "The constant feeling of being downcast is exhausting",
        "I can't seem to escape the grip of this pervasive sadness",
        "Life feels like a never-ending rainy day, and the gloominess
persists",
        "I'm trapped in a cycle of perpetual sadness that I can't break free
from",
        "The persistent sadness is like a heavy fog that refuses to lift",
        "It's as if my emotions are stuck in a never-ending storm of
sadness",
        "This unrelenting sadness feels like a weight on my soul",
        "The world around me is overshadowed by an unexplainable and
constant feeling of sadness",
        "I'm navigating through life with a constant emotional burden of
sadness",
        "The constant downheartedness makes it challenging to find moments
of joy",
        "The sadness is like a silent companion, accompanying me in every
moment",
        "No matter what I try, the persistent sadness lingers, making each
day a struggle"
      ]
    },
    {
      "symptom": "Decreased energy",
      "communicationEnglish": [
        "I lack the energy to do anything",
        "I feel exhausted all the time",
        "My energy levels are extremely low",
        "I feel like I'm running on empty all the time",
        "It's as if my energy tank is always on the brink of exhaustion",

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"No matter how much I rest, the fatigue persists",  
 "My days are marked by an overwhelming sense of physical and mental  
 tiredness",  
 "Every task feels like a Herculean effort due to the lack of  
 energy",  
 "I wake up tired, and the exhaustion stays with me throughout the  
 day",  
 "The constant fatigue makes even the simplest activities feel like a  
 challenge",  
 "I'm constantly battling against a tide of weariness that never  
 seems to ebb",  
 "The persistent lack of energy drains the joy out of everyday life",  
 "It's like there's a constant energy drain, leaving me perpetually  
 exhausted",  
 "No amount of rest seems to recharge my energy levels",  
 "Even the smallest tasks leave me feeling completely drained",  
 "My energy levels are at an all-time low, making everything feel  
 like a struggle",  
 "The fatigue is so pervasive that it's become a defining feature of  
 my daily life",  
 "I'm navigating through life with a constant sense of physical and  
 mental depletion",  
 "The lack of energy is like a heavy anchor, making it hard to move  
 forward",  
 "Every step feels like I'm wading through thick mud due to the  
 persistent fatigue",  
 "The exhaustion is like a heavy cloud that refuses to lift, casting  
 a shadow over everything",  
 "It's as if my energy reserves are constantly on a downward spiral",  
 "The persistent fatigue feels like a heavy burden that I carry with  
 me throughout the day"

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 {  
 "symptom": "Decreased activity",  
 "communicationEnglish": [  
 "I'm not able to engage in activities as before",  
 "I find it hard to get out of bed",  
 "Everything feels like a chore",  
 "Getting out of bed feels like an insurmountable task most days",  
 "Every activity feels like a chore that I have to force myself to  
 do",  
 "The things I used to enjoy now seem like burdensome tasks",  
 "My days are marked by a noticeable decrease in engagement with  
 activities",  
 "Even the simplest tasks become monumental challenges due to  
 decreased activity",  
 "I find it hard to muster the motivation to engage in activities I  
 once loved",  
 "The decreased activity is like a heavy chain, holding me back from

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living fully",
complete",
break",
decreased capacity for action",
activity",
feel monotonous",
decreased motivation",
Even the simplest activities feel like monumental challenges due to
decreased motivation",
hindering every step",
my shoulders",
find purpose",
everyday life",
landscape of decreased engagement",
daily life"
    ]
  },
  {
    "symptom": "Decreased capacity for enjoyments",
    "communicationEnglish": [
      "I can't find joy in anything",
      "Nothing brings me pleasure anymore",
      "I've lost interest in activities I used to love",
      "Joy seems to have evaporated from my life, leaving behind a sense
of emptiness",
      "The things I used to love no longer bring me the pleasure they once
did",
      "Engaging in activities that used to bring joy now feels like a
hollow experience",
      "A sense of numbness has replaced the capacity for enjoyments in my
life",
      "The vibrancy of life has faded, and everything feels dull and
uninteresting",
      "It's as if the capacity for enjoyments has been switched off,
leaving a void",
      "Finding joy in everyday activities has become an elusive pursuit",
      "The world around me seems colorless, devoid of the capacity for
enjoyments",
      "Even activities that used to light up my world now feel

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lackluster",
    "I'm navigating through a landscape of decreased pleasure and
diminished enjoyments",
    "The ability to find joy in simple things has diminished, making
life feel dull",
    "The capacity for enjoyments has dwindled, leaving behind a sense of
loss",
    "Engaging in activities that once brought happiness now feels like a
distant memory",
    "The joy that used to be a natural part of life has been replaced by
a persistent emptiness",
    "The capacity for enjoyments has become a distant echo in the
background of my life",
    "Every attempt to find joy is met with a sense of hollowness and
unfulfillment",
    "The diminished capacity for enjoyments casts a shadow over my daily
experiences",
    "The vibrancy of life has been replaced by a pervasive sense of
emptiness",
    "Life feels like a series of dull and joyless moments due to the
decreased capacity for enjoyments",
    "The pursuit of joy seems like an uphill battle, with the capacity
for enjoyments slipping away"
    ]
},
{
    "symptom": "Decreased interest",
    "communicationEnglish": [
        "I've lost interest in my hobbies",
        "Nothing seems interesting to me",
        "I don't care about things I used to enjoy",
        "Hobbies that once captivated me now seem uninteresting and
uninspiring",
        "The world around me has lost its allure, and nothing seems worth
getting excited about",
        "Engaging in activities I used to love now feels like a mere
obligation",
        "The decreased interest in things I once enjoyed is disheartening",
        "It's as if the spark of curiosity and interest has been
extinguished",
        "The vibrant tapestry of interests has faded into a monochrome
canvas",
        "I struggle to muster enthusiasm for activities that were once a
source of joy",
        "The decreased interest in life's offerings makes each day feel
monotonous",
        "Even the things I used to be passionate about now seem mundane",
        "Life has become a series of disinterested moments, lacking the
spark of curiosity",
        "The once vibrant landscape of interests has now withered into a

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desert of dispassion",

"The decreased interest in daily life is like a heavy fog, obscuring the joy that once existed",

"Engaging in hobbies feels like going through the motions, devoid of genuine interest",

"The world appears devoid of fascination, with decreased interest clouding my perception",

"The diminished curiosity and interest in life make each day feel like a dull routine",

"Activities that used to bring joy now seem like mundane tasks due to decreased interest",

"The decreased interest in life's offerings is like a veil, obscuring the potential for enjoyment",

"The landscape of interests has transformed into a barren terrain, lacking the blooms of excitement",

"The spark of interest that once ignited my passions has now dimmed into a mere flicker",

"It's a constant struggle to find enthusiasm for activities that used to be sources of joy"

]

},

{

"symptom": "Decreased concentration",

"communicationEnglish": [

"I struggle to focus on tasks",

"My mind feels foggy",

"It's hard for me to concentrate",

"Focusing on tasks feels like trying to grasp elusive shadows",

"My mind is constantly in a state of fog, making concentration a challenging feat",

"It's as if my thoughts are scattered, and concentration is an uphill battle",

"I find myself easily distracted, and maintaining focus feels like an impossible task",

"Concentration slips through my fingers like grains of sand",

"The mental fog makes it difficult to hold onto thoughts, affecting my concentration",

"Tasks that once required minimal effort now demand a Herculean focus",

"It's a constant struggle to keep my thoughts from drifting, impacting my concentration",

"My mind feels like a jumbled puzzle, making concentration a perplexing challenge",

"Even simple tasks require intense mental effort due to decreased concentration",

"The decreased ability to concentrate turns every task into a labyrinth of confusion",

"I'm navigating through a mental haze where concentration is a distant goal",

"The foggy state of mind creates a barrier, hindering my

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concentration",
    "Concentration slips away like water through cupped hands, leaving
me frustrated",
    "Tasks that used to be routine now feel like mental acrobatics due
to decreased concentration",
    "Maintaining focus has become a daily struggle, with concentration
eluding me",
    "The mental clutter makes it difficult to zero in on tasks,
affecting my concentration",
    "Even the simplest activities require intense mental effort, given
the decreased concentration",
    "The foggy mental state turns concentration into an elusive prey,
always just out of reach",
    "It's as if my thoughts are tangled in a web, making concentration a
perplexing challenge"
]
},
{
    "symptom": "Fatigue",
    "communicationEnglish": [
        "I am constantly tired",
        "I feel worn out",
        "Fatigue is overwhelming me",
        "A constant sense of fatigue drapes over me like a heavy cloak",
        "The fatigue is an uninvited companion that accompanies me
throughout the day",
        "No amount of rest seems to alleviate the overwhelming sense of
fatigue",
        "Fatigue has become a constant hurdle, making every task feel like a
marathon",
        "The persistent fatigue is like a heavy anchor, weighing me down",
        "I wake up tired, and the fatigue lingers like a stubborn shadow",
        "Every step feels like wading through quicksand due to the
unrelenting fatigue",
        "The overwhelming fatigue is a relentless force that saps my
energy",
        "Life feels like a continuous battle against the tide of weariness",
        "The fatigue is so pervasive that it colors every aspect of my daily
life",
        "Even the simplest activities require a herculean effort due to the
unyielding fatigue",
        "It's as if I'm carrying the burden of fatigue on my shoulders at
all times",
        "The fatigue is like a heavy cloud that refuses to lift, casting a
shadow over everything",
        "Every task becomes a struggle against the pervasive fatigue that
engulfs me",
        "The unrelenting fatigue is like a constant headwind, making
progress difficult",
        "I'm navigating through life with the constant weight of fatigue on

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my shoulders",

"The persistent fatigue feels like a heavy burden that I carry with me throughout the day",

"Even moments of rest provide only temporary relief from the ever-present fatigue",

"The fatigue is a constant companion, making even the simplest tasks feel daunting",

"Life with chronic fatigue is like walking through a perpetual fog, each step laden with weariness"

]

},

{

"symptom": "Disturbed sleep",

"communicationEnglish": [

"My sleep patterns are disrupted",

"I have trouble sleeping through the night",

"I experience restless nights",

"Sleep has become an elusive escape, with frequent disturbances haunting the night",

"Restful nights are a rarity as sleep is disrupted by a myriad of thoughts",

"The tranquility of sleep is often shattered by the disturbances of a restless mind",

"Disturbed sleep patterns turn the night into a battleground of restlessness",

"Even the sanctuary of sleep is marred by disturbances that refuse to subside",

"Nights are filled with a disquiet that robs me of the solace sleep should provide",

"It's as if the serenity of sleep is disrupted by the storms of restless thoughts",

"Restful slumber has become an elusive dream, with disturbances as unwelcome guests",

"Sleep, once a refuge, now feels like a battleground of restlessness and unease",

"Disturbed sleep turns each night into a journey through the maze of restless thoughts",

"The disturbances in sleep create a restless landscape where peace is hard to find",

"Nights are filled with a disquiet that refuses to fade, leaving me yearning for rest",

"The once peaceful realm of sleep is now marked by the persistent disruptions of unrest",

"It's as if the night carries the weight of my restless thoughts, disturbing the calm",

"Disturbed sleep is like a turbulent sea, tossing and turning in the storms of unrest",

"Each night becomes a struggle for restful slumber, with disturbances as constant companions",

"The disturbances in sleep create a dissonance that echoes through

the night",

"Restful sleep seems like a distant memory, overshadowed by the disturbances that persist",

"The disturbances in sleep create ripples of unrest, making the night a challenging journey",

"Nights are marked by a disquiet that lingers, turning the pursuit of sleep into a nightly battle"

]

},

{

"symptom": "Early morning awakening",

"communicationEnglish": [

"I wake up very early and can't go back to sleep",

"My sleep is frequently disturbed in the early morning",

"Early awakening is a common occurrence for me",

"The stillness of early morning is often disrupted by unwelcome awakenings",

"Awakening in the early morning hours becomes a routine, devoid of restful slumber",

"The tranquility of dawn is interrupted by the premature awakening that haunts my nights",

"Early morning hours no longer bring the solace of peaceful sleep, only premature awakening",

"Waking up in the early morning becomes a ritual of unrest, devoid of restful repose",

"The peace that should accompany early morning is replaced by the disturbance of premature awakening",

"Awakening before the world stirs is marked by a lack of restful sleep",

"The early morning hours, once a time of calm, are now tainted by the premature awakening",

"The serenity of dawn is marred by the premature awakening that disrupts my slumber",

"Awakening in the early morning has lost its tranquility, replaced by a sense of unrest",

"The promise of a new day is overshadowed by the early morning awakening that robs me of rest",

"Waking up in the early morning feels like a silent battle against the peace that should prevail",

"Early morning hours become a time of restlessness, devoid of the solace of continued sleep",

"The premature awakening in the early morning becomes a familiar, unwelcome companion",

"The early hours, meant for peaceful awakening, are instead marked by unrest and wakefulness",

"Awakening before the break of dawn becomes a persistent pattern, devoid of restful slumber",

"The early morning awakening is like a silent alarm, disrupting the tranquility of sleep",



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    "The premature awakening in the early morning is a constant reminder
of disrupted sleep",
    "Waking up before the world comes to life becomes a ritual marked by
the absence of rest",
    "The early morning hours are tinged with the disappointment of
premature awakening"
  ]
},
{
  "symptom": "Disturbed appetite",
  "communicationEnglish": [
    "My appetite has changed significantly",
    "I have little interest in food",
    "Eating has become a challenge",
    "Appetite becomes a fickle companion, wavering between excess and
deficiency",
    "Eating becomes a complex dance of fluctuating appetite, marked by
inconsistency",
    "The usual joy of meals is replaced by the unpredictability of
disturbed appetite",
    "Appetite seems to be on a rollercoaster, fluctuating between
extremes",
    "The rhythm of regular meals is disrupted by the erratic nature of
disturbed appetite",
    "Mealtimes become a puzzle as disturbed appetite adds an
unpredictable element",
    "Appetite becomes an enigma, making each meal a guessing game",
    "Eating is no longer a simple act, with disturbed appetite
introducing uncertainty",
    "The ebb and flow of appetite make meal planning a challenge",
    "The usual pleasure of eating is marred by the disturbances of
appetite",
    "Appetite becomes a puzzle to solve, with each meal accompanied by
uncertainty",
    "The once straightforward act of eating becomes a complex interplay
of disturbed appetite",
    "Mealtime, once a routine, is now marked by the uncertainty of
disturbed appetite",
    "Appetite becomes an elusive factor, making each meal a journey into
the unknown",
    "The joy of satisfying hunger is replaced by the unpredictability of
disturbed appetite",
    "Eating becomes a dance with an unpredictable partner as disturbed
appetite takes center stage",
    "The usual enjoyment of food is overshadowed by the uncertainty of
disturbed appetite",
    "Appetite, once a reliable guide, becomes a source of confusion and
unpredictability",
    "Meals are accompanied by the uncertainty of disturbed appetite,
making each bite unpredictable",

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    "The pleasure of a good meal is clouded by the ever-changing nature
of disturbed appetite"
    ]
  },
  {
    "symptom": "Decreased weight",
    "communicationEnglish": [
      "I've noticed a significant loss of weight",
      "My weight has decreased unintentionally",
      "I've been losing weight without trying",
      "Unintentional weight loss becomes a noticeable aspect of my
physical well-being",
      "The scales tell a tale of unintentional weight decrease, reflecting
a change in health",
      "Losing weight without trying becomes a concern that adds to the
challenges of daily life",
      "The decreasing numbers on the scale mirror the unintentional weight
loss I'm experiencing",
      "Changes in weight become an unwelcome companion, signaling an
unintentional decrease",
      "Clothes hanging loosely is a visual reminder of the unintended
weight loss I've undergone",
      "The unintentional decrease in weight becomes a visible marker of my
changing health",
      "The decreasing numbers on the scale tell a story of unintentional
weight loss",
      "Clothes that used to fit now hang loosely, highlighting the
unintentional decrease in weight",
      "Unintentional weight loss adds a layer of concern to the challenges
of daily life",
      "Changes in weight become a tangible representation of the
unintentional decrease",
      "The unintentional weight loss is like a silent alarm, signaling
changes in my well-being",
      "Clothes becoming too big is a physical manifestation of the
unintended weight loss",
      "Unintentional decrease in weight becomes a topic of concern,
impacting daily life",
      "The decreasing weight becomes a visual cue, reflecting the
unintentional changes in my health",
      "Unintentional weight loss adds to the complexity of managing daily
life",
      "Changes in weight become a visible signpost of the unintentional
decrease I'm experiencing",
      "Clothes no longer fitting properly is a tangible reminder of the
unintended weight loss",
      "Unintentional decrease in weight becomes a visible aspect of my
changing physical state",
      "The numbers on the scale tell a story of unintended weight loss,
adding to the challenges of daily life"
    ]
  }
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    ],
    {
      "symptom": "Decreased self-esteem",
      "communicationEnglish": [
        "I feel worthless and undeserving",
        "My self-esteem has taken a hit",
        "I don't feel good about myself",
        "A pervasive sense of worthlessness colors my perception of self",
        "Self-esteem takes a hit, leaving behind a trail of self-doubt and
negativity",
        "I struggle with feelings of inadequacy, impacting my overall
self-worth",
        "The once sturdy foundation of self-esteem now feels shaky and
uncertain",
        "A cloud of self-doubt hangs over me, diminishing my sense of
self-worth",
        "The journey of self-discovery is hindered by the shadows of
decreased self-esteem",
        "Feelings of worthlessness become a constant companion, affecting my
self-esteem",
        "The once confident self is replaced by a version plagued with
self-doubt",
        "The tapestry of self-esteem unravels, leaving behind threads of
insecurity",
        "Navigating through life with decreased self-esteem feels like an
uphill battle",
        "The reflection in the mirror is clouded by the negative lens of
decreased self-esteem",
        "Feelings of inadequacy cast a shadow over my sense of self-worth",
        "Self-doubt becomes a persistent voice, undermining the pillars of
self-esteem",
        "The once vibrant canvas of self-worth is now marked by the
brushstrokes of self-doubt",
        "Struggling with feelings of worthlessness makes it challenging to
maintain healthy self-esteem",
        "The journey towards self-acceptance is hindered by the hurdles of
decreased self-esteem",
        "Feelings of inadequacy weigh heavy on my self-esteem, creating a
challenging internal landscape",
        "The foundation of self-esteem feels fragile, with cracks of
self-doubt spreading",
        "Navigating through life with decreased self-esteem is like walking
on a tightrope of uncertainty",
        "The mirror reflects a distorted image, tainted by the lens of
decreased self-esteem"
      ]
    },
    {
      "symptom": "Decreased self-confidence",

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    "communicationEnglish": [
        "I doubt my abilities and decisions",
        "My self-confidence is at an all-time low",
        "I second-guess myself constantly",
        "Doubts about my abilities linger, eroding the foundations of
self-confidence",
        "Self-confidence takes a hit, leaving me questioning my own
capabilities",
        "I find myself second-guessing every decision, impacted by decreased
self-confidence",
        "The once strong sense of self-assurance is replaced by a sea of
uncertainty",
        "Navigating through life with decreased self-confidence feels like
walking on shaky ground",
        "I doubt my abilities and decisions, creating a constant
undercurrent of insecurity",
        "The journey towards goals is hindered by the obstacles of decreased
self-confidence",
        "Feelings of uncertainty overshadow the once confident strides of
self-confidence",
        "Self-doubt becomes a constant companion, casting a shadow on my
self-confidence",
        "The once sturdy pillars of self-confidence now feel like they're
built on shaky ground",
        "The challenges of life are magnified by the lens of decreased
self-confidence",
        "Doubting my own capabilities adds an extra layer of complexity to
daily tasks",
        "The tapestry of self-confidence unravels, leaving behind threads of
self-doubt",
        "Navigating through the world with decreased self-confidence is like
treading through uncertain terrain",
        "Every decision feels like a gamble, influenced by the doubts of
decreased self-confidence",
        "Self-confidence, once a guiding light, now flickers in the winds of
self-doubt",
        "The journey towards success is hindered by the hurdles of decreased
self-confidence",
        "Doubting my own abilities makes each step forward feel like a
hesitant stumble",
        "The foundation of self-confidence feels fragile, with cracks of
self-doubt spreading",
        "The mirror reflects an image tainted by the lens of decreased
self-confidence"
    ]
},
{
    "symptom": "Guilt/worthlessness",
    "communicationEnglish": [
        "I carry a heavy sense of guilt",

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"Feelings of worthlessness consume me",  
 "I blame myself for everything",  
 "A heavy sense of guilt weighs on me, casting a shadow over daily  
 life",  
 "Feelings of worthlessness become a constant companion, impacting my  
 self-esteem",  
 "The burden of guilt feels like an anchor, hindering progress and  
 growth",  
 "I carry a pervasive sense of worthlessness, adding complexity to  
 everyday challenges",  
 "Guilt becomes a relentless force, coloring every action with a  
 sense of wrongdoing",  
 "Feelings of worthlessness are like a storm cloud, overshadowing the  
 bright moments of life",  
 "Navigating through life with the weight of guilt and worthlessness  
 feels like an uphill battle",  
 "The journey towards self-acceptance is hindered by the heavy burden  
 of guilt",  
 "A cloud of guilt hangs over me, making every decision feel laden  
 with wrongdoing",  
 "The landscape of daily life is marked by the shadows of guilt and  
 feelings of worthlessness",  
 "The tapestry of self-worth is frayed by the threads of guilt and  
 worthlessness",  
 "The burden of guilt becomes a constant companion, impacting the  
 journey towards self-love",  
 "Feelings of worthlessness cast a shadow on achievements, making  
 success feel undeserved",  
 "Carrying the weight of guilt and worthlessness creates a  
 challenging internal landscape",  
 "The mirror reflects an image tainted by the lens of guilt and  
 feelings of worthlessness",  
 "Navigating through life with the burden of guilt is like walking on  
 a tightrope of self-condemnation",  
 "The journey towards self-acceptance is hindered by the persistent  
 clouds of guilt and worthlessness",  
 "Feelings of worthlessness are like a heavy anchor, making progress  
 and growth feel unattainable",  
 "Guilt and feelings of worthlessness add an extra layer of  
 complexity to the challenges of daily life"

]

},  
{

"symptom": "Mood unreactive to circumstance",  
 "communicationEnglish": [  
 "My mood doesn't seem to change with circumstances",  
 "I remain indifferent to positive events",  
 "External situations don't impact my mood",  
 "External events fail to evoke emotional responses, leaving my mood  
 stagnant",

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        "My emotional landscape remains unchanged, regardless of positive or
        negative circumstances",
        "Life's highs and lows fail to stir my emotional state, leaving my
        mood in a constant plateau",
        "The usual fluctuations in mood based on circumstances are absent,
        creating a sense of emotional inertia",
        "Even positive news fails to uplift my mood, as if emotions are
        locked in a perpetual state",
        "I remain indifferent to external situations, with my mood
        unresponsive to life's changing circumstances",
        "The vibrancy of life's events fails to impact my emotional state,
        leaving my mood unreactive",
        "Mood seems immune to the ebb and flow of life's circumstances,
        creating a sense of emotional detachment",
        "External events that would typically elicit emotional responses now
        fall on an unresponsive emotional canvas",
        "Even joyous occasions fail to create the expected emotional highs,
        as if my mood is in a constant state of neutrality",
        "Emotional responses seem muted, with external circumstances failing
        to register a significant impact on my mood",
        "The lack of reactivity in my mood creates a sense of detachment
        from the emotional tapestry of life",
        "Life's twists and turns fail to stir emotional responses, as if my
        mood exists in a state of perpetual calm",
        "Even negative circumstances fail to cast a shadow on my emotional
        state, leaving my mood unchanged",
        "The emotional landscape remains flat and unresponsive, unaffected
        by the usual highs and lows of life",
        "Mood seems disconnected from external events, as if emotions are
        held in a state of suspended animation",
        "The lack of emotional reactivity creates a sense of detachment, as
        if my mood exists in a vacuum",
        "Even significant life events fail to create noticeable ripples in
        my emotional state, leaving my mood unaltered",
        "Life's emotional tapestry seems faded, with my mood unreactive to
        the vibrant hues of circumstances",
        "My emotional responses appear muted, with external events failing
        to imprint on the canvas of my mood"
    ]
},
{
    "symptom": "Worse symptoms in the morning",
    "communicationEnglish": [
        "My symptoms worsen in the morning",
        "Mornings are particularly difficult for me",
        "I struggle more at the start of the day",
        "Mornings bring a heightened intensity of symptoms, making the start
        of the day particularly challenging",
        "The dawn of each day amplifies the struggles, with symptoms
        reaching their peak in the morning",
    ]
}

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"Symptoms intensify as the morning sun rises, casting a shadow over the beginning of the day",

"The early hours are marked by a surge in symptoms, creating a formidable challenge each morning",

"It's as if the morning magnifies the weight of symptoms, making the start of the day an uphill battle",

"The sunrise brings with it an exacerbation of symptoms, setting the tone for a difficult morning",

"The morning hours feel like a battleground, with symptoms reaching their zenith at the start of the day",

"Symptoms peak in the morning, creating a daunting landscape to navigate each day",

"The onset of morning amplifies the difficulties, with symptoms becoming more pronounced",

"Waking up is accompanied by a surge in symptoms, turning the early hours into a challenging ordeal",

"The morning sun unveils a heightened intensity of symptoms, making each sunrise a formidable moment",

"The start of the day is marked by a crescendo of symptoms, creating a difficult morning routine",

"It's as if the morning hours carry the heaviest burden of symptoms, making the dawn a challenging time",

"Symptoms seem to intensify as the world awakens, creating a challenging landscape each morning",

"The morning unveils a peak in symptoms, setting the stage for a challenging start to the day",

"Worse symptoms in the morning create a formidable hurdle, making the early hours a testing ground",

"The morning sun brings with it an escalation of symptoms, turning the start of the day into a struggle",

"Symptoms peak at dawn, creating a challenging environment to navigate each morning",

"It's as if the morning amplifies the symphony of symptoms, making the start of the day particularly intense",

"The early hours become a battleground where symptoms reach their zenith, creating a tough morning routine"

]

},

{

"symptom": "Psychomotor disturbance: agitation or retardation",

"communicationEnglish": [

"I experience restlessness and agitation",

"My movements feel slowed down and sluggish",

"Agitation or retardation affects me",

"Restlessness and agitation create a constant sense of inner turmoil",

"My movements feel like they're in overdrive, driven by an undercurrent of agitation",

"Agitation becomes a turbulent force, making every action feel rushed and unsettled",

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        "It's as if there's a constant buzzing of restlessness within,
        manifesting as psychomotor agitation",
        "The usual calm movements are replaced by a sense of restlessness,
        creating psychomotor disturbance",
        "Agitation simmers beneath the surface, turning even routine actions
        into a hurried dance",
        "Psychomotor disturbance manifests as a constant state of
        restlessness, affecting daily activities",
        "Restlessness becomes an ever-present companion, manifesting as
        psychomotor agitation",
        "Agitation feels like a storm within, influencing the pace and
        intensity of daily movements",
        "Psychomotor disturbance adds an element of chaos to everyday
        actions, creating inner turbulence",
        "Restless movements mirror the inner turmoil of psychomotor
        agitation, creating a sense of unease",
        "It's as if there's a constant buzz of energy within, manifesting as
        psychomotor disturbance",
        "Agitation turns routine actions into a whirlwind, creating a sense
        of inner chaos",
        "Psychomotor disturbance brings a sense of urgency to movements, as
        if there's a constant inner turmoil",
        "Restlessness simmers beneath the surface, manifesting as
        psychomotor agitation in daily actions",
        "Agitation becomes an undercurrent in daily movements, creating a
        sense of inner unrest",
        "Psychomotor disturbance adds a layer of complexity to daily
        actions, manifesting as inner turmoil",
        "Restlessness takes control of movements, turning psychomotor
        disturbance into a visible challenge",
        "Agitation influences the pace of daily actions, creating a constant
        sense of inner turbulence",
        "Psychomotor disturbance turns routine movements into a hurried
        dance, influenced by an undercurrent of unrest"
    ]
},
{
    "symptom": "Decreased libido",
    "communicationEnglish": [
        "My interest in intimate activities has decreased",
        "I have a low libido",
        "Sexual desire is diminished",
        "Interest in intimate activities diminishes, creating a noticeable
        decrease in libido",
        "A decline in sexual desire becomes a prominent aspect of my
        experience",
        "The spark of passion fades as libido experiences a significant
        decrease",
        "Intimate connections lose their allure as decreased libido takes
        center stage",
    ]
}

```



"A noticeable decrease in interest towards intimate activities becomes a concern",  
"The flame of desire dwindles, with decreased libido casting a shadow on intimate moments",  
"Sexual desire experiences a significant decline, impacting intimate relationships",  
"The once vibrant landscape of intimacy becomes muted due to decreased libido",  
"A decrease in libido adds an extra layer of complexity to intimate connections",  
"Intimate moments lose their appeal as decreased libido becomes a prevalent issue",  
"The spark of passion that once fueled intimate moments now dims with decreased libido",  
"A noticeable decrease in interest towards intimate activities creates challenges in relationships",  
"The ebb and flow of desire is disrupted by a significant decrease in libido",  
"Intimate connections lose their luster as libido experiences a noticeable decline",  
"Sexual desire, once a vibrant force, now experiences a marked decrease",  
"Decreased libido becomes a significant aspect of my experience, impacting intimate relationships",  
"The landscape of intimacy is marked by the shadows of decreased libido, creating challenges",  
"A noticeable decrease in interest towards intimate activities adds complexity to relationships",  
"The flame of desire flickers with a significant decrease in libido, impacting intimate moments",  
"Intimate connections lose their enchantment as decreased libido becomes a prevalent concern"

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