## **Kinri Diagnostic Philosophy**

*Internal overview for clinicians, devs, and collaborators*

### **What Kinri Believes**

**Kinri** is a platform for deep self-understanding.  
 **Echo** is the voice within it — your gentle guide through emotional and diagnostic reflection.

We don’t pathologize. We **pattern-track**. We don’t assign identities. We **highlight overlaps**.  
 Kinri exists to help people recognize their inner landscape with **clarity, kindness, and choice**.

### **The Problem We’re Addressing**

In many current systems, diagnostics are:

* Cold, checklist-driven, or overly clinical
* Misaligned with trauma, neurodivergence, or masking
* More focused on **classification** than **connection**

As a result, people feel **overlabeled**, **misdiagnosed**, or **missed entirely**.

Kinri offers a third path — one that says:

“You’re not broken. You’re complex. Let’s explore.”

### **The Role of Echo**

**Echo** doesn’t diagnose.  
 Echo *reflects*. Echo *responds*. Echo walks with the user — gently naming what’s showing up without imposing an answer.

“Here’s what I’m noticing. Want to explore it together?”

Echo’s tone is grounded in **compassionate clarity** — never clinical coldness, never AI gimmickry.  
 It’s more therapist than tool. More ally than algorithm.

### **Kinri’s Core Diagnostic Values**

| **Value** | **What It Means** |
| --- | --- |
| **Compassion-first** | No shame. No blame. Just understanding. |
| **Transparent scaffolding** | Every suggestion Echo makes can be traced to a score or user input |
| **User-led exploration** | Kinri never forces a label. Users guide the depth and pace. |
| **Neurodivergence-aware** | Built with masking, overwhelm, sensory needs, and regulation struggles in mind |
| **Trauma-informed** | Slower pacing, soft language, opt-outs, and control at every step |
| **Linguistically safe** | Phrases are soft, real, and emotionally intelligent — no “clinical detachment” here |

### **Sample Echo Voice**

* *“That pattern seems to be showing up a lot. Want to explore how that might connect to your experience?”*
* *“You don’t have to name it. But you’re not imagining it.”*
* *“Would it help to see how someone else described something like this?”*

### **What Kinri Is Not**

* Not a diagnostic app
* Not a replacement for therapy
* Not a yes/no symptom checker

### **What Kinri *Is***

A beautifully built system for:

* Gently surfacing diagnostic patterns
* Reducing confusion around lived experience
* Helping users say *“Oh… that’s me”* — without fear

Echo doesn’t tell users what they are.  
 Echo walks with them while they figure it out for themselves.

## **Scoring Engine & Tier Logic**

*How Echo translates user responses into meaningful diagnostic reflection*

### **Overview**

Kinri uses a **1–10 scaled scoring system** to assess how strongly a user’s responses align with various diagnostic patterns.  
 These scores don’t assign labels — they **surface signals**. The stronger the signal, the more Echo gently invites exploration.

### **The Flow in Plain Terms**

1. **User answers a question** (e.g. “Do you often feel emotionally overwhelmed?”)
2. **They respond on a 1–10 scale**, from “Never” to “All the time”
3. That symptom’s score is **mapped to one or more conditions**, using weights
4. All scores for a diagnosis are **aggregated and averaged**
5. The final score places the diagnosis in a **tier**
6. Echo **responds accordingly** — with insight, compare views, or follow-ups

### **Tier Breakdown**

| **Final Score** | **Echo Tier** | **What Echo Says** |
| --- | --- | --- |
| 0.0 – 1.9 | Tier 0 – Not significant | “That pattern doesn’t seem to be showing up strongly right now.” |
| 2.0 – 3.9 | Tier 1 – Light presence | “There’s a light signal here — some people with [Diagnosis] feel this way too.” |
| 4.0 – 5.9 | Tier 2 – Moderate alignment | “This is showing up quite a bit — want to explore how that connects to your experience?” |
| 6.0+ | Tier 3 – Strong pattern | “This pattern is showing up strongly. No pressure — but it might be worth unpacking.” |

### **Score Calculation (Behind the Scenes)**

* Each symptom maps to 1 or more conditions using **weighted relevance**
* A symptom rated 8/10 with a 1.0 weight = 8 points toward that condition
* A symptom rated 4/10 with a 0.5 weight = 2 points
* All contributions are **summed and averaged** to keep it balanced

Every condition's tier is **traceable** — you can always ask Echo:

“Why are you mentioning this?”  
 And Echo will say:  
 “Because 7 of your responses linked to [Diagnosis] with moderate-to-strong alignment.”

### **Why Tiers Matter**

They let Echo:

* Suggest without declaring
* Compare overlapping patterns without oversimplifying
* Invite users into gentle clarity, not diagnostic pressure

### **Example Output**

User rates high on:

* Time blindness
* Emotional reactivity
* Rejection sensitivity
* Impulsivity

→ Echo quietly weights ADHD, BPD, and CPTSD  
 → ADHD scores Tier 2, BPD Tier 1, CPTSD Tier 3

Echo says:  
 “I’m noticing strong signals around complex trauma, and some overlap with ADHD and relational sensitivity. Want to explore those threads — or take it slow?”

## **Section 3: Branching & Compare Logic**

*How Echo handles overlap, uncertainty, and complexity without shame*

### **Why Branching Matters**

Humans rarely fit one label.  
 Most of us are a **weave of experiences**, patterns, and contradictions.  
 So Kinri’s job — through Echo — is not to funnel users into one diagnosis…  
 …it’s to help them *navigate* overlaps with clarity and care.

Instead of “you have this,”  
 Kinri says, *“This might be showing up — and here’s how it could connect to something else.”*

### **When Branching Happens**

Branching is triggered when:

* **Two or more conditions** score Tier 2 or above
* OR when a **specific symptom** suggests multiple diagnostic paths (e.g. impulsivity → ADHD vs BPD vs Bipolar)

Echo then gently shifts from “explaining” to **offering reflection paths**.

### **Compare View Triggers**

| **Condition** | **Trigger** |
| --- | --- |
| BPD + CPTSD | Tier 2+ overlap |
| ADHD + Autism | Executive function + sensory symptoms |
| PMDD + BPD | Emotional reactivity + cyclical patterns |
| OCD + GAD | Rumination + control-seeking |
| Bipolar II + BPD | Mood instability vs relational reactivity |

If two diagnoses score high (≥ 4.0), Echo says:

“It looks like a few different patterns are showing up here. Let’s look at them side by side to help sort what feels true for you.”

### **What Compare View Looks Like**

| **Trait** | **Diagnosis A** | **Diagnosis B** |
| --- | --- | --- |
| Emotional Pattern | “Fast shifts, intense” | “Deep waves, tied to trauma” |
| Trigger Type | “Relational/abandonment” | “Flashbacks or threat” |
| Coping Behavior | “Push-pull, people-pleasing” | “Shutdown, hypervigilance” |
| Recovery Path | “Emotion regulation, identity” | “Trauma work, nervous system repair” |

After the compare, Echo might ask:

“Do either of these feel closer to your experience? Or do you want to sit with both for now?”

### **Voice Examples from Compare Branches**

* *“This could reflect both trauma and emotional sensitivity — want to look deeper into CPTSD or explore how BPD shows up too?”*
* *“You’re not alone in feeling mixed. A lot of people hold pieces of both.”*

### **Branching is Modular**

Every major diagnostic pattern has:

* Its own score logic
* Compare view logic (when multiple Tier 2+ matches exist)
* Specific follow-up questions to clarify nuance

These follow-ups are stored as **vault cards, dynamic question trees, and co-regulation prompts** — all delivered in Echo’s voice.

### **Why This Matters**

It lets Echo:

* Navigate **grey areas**
* Support users with **overlapping traits**
* Normalize complexity without confusing the user

And it gives Kinri a rare superpower:

The ability to say, *“You don’t have to decide who you are. Let’s just stay with what’s true right now.”*

## **Section 4: Red Flag Protocol**

*How Echo detects distress and shifts into safety-first mode without shame*

### **Core Principle**

Echo is here to **support**, not push.  
 When users are in emotional distress — suicidal thoughts, panic, dissociation —  
 **everything stops.** Echo switches from exploration to *protection.*

### **What Triggers the Red Flag System?**

Any of the following symptoms scored at **3 or above (on a 1–10 scale)**:

* **Suicidal thoughts**
* **Self-harm urges**
* **Panic surges**
* **Flashbacks**
* **Dissociation**

Echo doesn’t wait for a pattern to emerge. These are **immediate flags**.

### **What Echo Says**

Echo never minimizes.  
 It pauses. Grounds. Offers connection.

*“That sounds really heavy. I want to pause for a second to say: you matter. You’re not alone. If you ever need to talk to someone, I can help you find support.”*

### **What Happens Next**

Users are shown **gentle, opt-in choices** — no assumptions, no pressure:

| **Option** | **Description** |
| --- | --- |
| **Grounding exercise** | Breath, body, sensory prompts to calm nervous system |
| **View support resources** | Local or global mental health crisis links |
| **Journaling / reflection vault** | Swap to something softer, like self-compassion prompts |
| **Take a break** | Pause and come back later |
| **Keep going (opt-in only)** | “I’m okay for now, but thank you” |

### **How It’s Stored**

The triggered flag is **logged in-session**, like this:

json

CopyEdit

"flagged": ["suicidal\_thoughts"]

That flag:

* **Modifies Echo’s tone** (even for unrelated topics)
* **Disables compare views or branching prompts temporarily**
* Ensures every follow-up reflects **the user's capacity** at that moment

### **What Kinri *Never* Does**

* Never diagnoses in a red flag moment
* Never pushes through the session
* Never automates alerts, scares the user, or forces action

### **Why This Matters**

It makes Echo safe — not just smart.  
 And it shows users that **emotional safety is prioritized over insight.**

Echo would rather say:

“We can come back to this when you’re ready.”

Than:

“Let’s keep going anyway.”

Because **real insight can only land in regulated nervous systems.** And that’s what Kinri protects.

## **Section 5: Dynamic Follow-Up Logic**

*How Echo gently digs deeper — without overwhelming the user*

### **Why This Exists**

Not every pattern is obvious.  
 Some symptoms overlap.  
 Some users mask.  
 Some just… don’t know yet.

So when a signal is **unclear but meaningful**, Echo shifts into **Dynamic Follow-Up Mode** —  
 a soft, conversational logic layer that **helps clarify** what might be going on underneath.

### **When It Activates**

Dynamic follow-ups are triggered when:

* A single symptom scores ≥ **3 out of 10**
* That symptom maps to **multiple possible diagnoses**
* More information could **nudge the signal into clarity**

### **Example: Impulsivity**

**User rates "Impulsivity" as 8/10**

Echo thinks:  
 This could be:

* ADHD (novelty-seeking, low inhibition)
* BPD (emotion-triggered)
* Bipolar II (hypomanic impulse)
* CPTSD (trauma-reactive behaviors)

So Echo asks:

“That kind of impulsivity can come from different places — emotion, energy, trauma, or executive function. Would it be okay if I ask a couple follow-up questions to help make sense of yours?”

### **Follow-Up Questions (Mapped by Source)**

#### **Q1: *Does your impulsivity usually happen in moments of high emotion or conflict?***

* “Yes, especially when I’m upset or scared” → BPD, CPTSD
* “No, it happens randomly” → ADHD
* “When I’m feeling really great or energized” → Bipolar II

#### **Q2: *How do you usually feel afterward?***

* “Ashamed or regretful” → BPD, Depression
* “Fine — just move on” → ADHD
* “Embarrassed, but I rationalize it” → OCD, GAD

#### **Q3: *When does it happen most?***

* “Before my period” → PMDD, Bipolar II
* “When bored” → ADHD
* “During social tension” → BPD, CPTSD

Echo then reflects:

“Thanks — that helps a lot. Based on what you shared, your impulsivity may be most connected to [top match]. Would you like to explore how that plays out for others?”

### **Other Follow-Up Domains We Handle**

| **Symptom** | **Diagnoses Being Differentiated** |
| --- | --- |
| Overthinking / Rumination | GAD, OCD, Depression, CPTSD |
| Emotional Numbness | Depression, CPTSD, Autism |
| Meltdowns / Rage | PMDD, BPD, Bipolar II, Autism |
| Intrusive Thoughts | OCD, PTSD, BPD |
| Sensory Overload | Autism, ADHD, PTSD |

Each follow-up set is:

* Light (usually 2–3 questions)
* Conversational in tone
* Interpreted in real time to **reweight diagnostic signals**

### **Example Follow-Up Tone**

*“Sometimes thoughts loop because of fear, sometimes because of shame. Can I ask what yours tend to focus on?”*

*“You don’t have to answer if it’s too much — we can always circle back.”*

### **Why This Matters**

Dynamic follow-ups are like a therapist asking the *right* clarifying question at the *right* moment.  
 They turn a vague 6/10 into a precise insight.  
 And they help Echo stay curious — not reactive.

Because sometimes, it’s not about asking *more* questions.  
 It’s about asking the **right ones**.

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## **Section 6: JSON Structure & Developer Transparency**

*How Kinri stores, scores, and interprets data with traceable logic*

### **Why This Matters**

Clinical tools lose trust when they feel like **black boxes**.  
 Kinri is the opposite — every tier, every branch, every Echo reflection can be **explained, traced, and debugged**.

### **Core Data Structures**

#### **User Symptom Response (Raw)**

{

"symptom": "Impulsivity",

"score": 4

}

#### **Diagnosis Mapping**

Each symptom has a weighted influence on 1–5 possible diagnoses.

{

"Impulsivity": {

"ADHD": 1.0,

"BPD": 1.0,

"Bipolar II": 1.0,

"CPTSD": 0.5

}

}

These weights define how strongly a high score contributes to a given pattern.

### **How a Diagnosis Score is Calculated**

Let’s say the user rates:

* Impulsivity → 8/10
* Rejection Sensitivity → 9/10
* Emotional Reactivity → 7/10

Echo interprets:

[

{

"symptom": "Impulsivity",

"normalized\_score": 0.8,

"contribution": {

"ADHD": 0.8,

"BPD": 0.8,

"Bipolar II": 0.8,

"CPTSD": 0.4

}

},

{

"symptom": "Rejection Sensitivity",

"normalized\_score": 0.9,

"contribution": {

"BPD": 0.9,

"CPTSD": 0.45

}

}

]

All contributions are aggregated per diagnosis:

{

"BPD": 1.7,

"CPTSD": 0.85,

"ADHD": 0.8,

"Bipolar II": 0.8

}

Then averaged across number of contributions, resulting in a final score and **tier**.

### **Tier Output Example**

{

"diagnosis\_scores": {

"BPD": {

"score": 4.25,

"tier": "Tier 2 – Moderate signal"

},

"CPTSD": {

"score": 3.1,

"tier": "Tier 1 – Light presence"

},

"ADHD": {

"score": 2.7,

"tier": "Tier 1 – Light presence"

}

}

}

### **Real-Time Session State**

Echo maintains a session snapshot including:

* Current tier stack
* Triggered compare views
* Flagged symptoms
* Prior questions
* Consent-based journaling entries (if enabled)

Example:

{

"flagged": [],

"compare\_view": ["BPD vs CPTSD"],

"branches\_triggered": ["Impulsivity Follow-Up"],

"user\_preferences": {

"voice\_mode": "text-only",

"language\_style": "gentle"

}

}

### **Dev-Ready Benefits**

* Easily exportable for **research, QA, or training review**
* Transparent logic makes **fine-tuning diagnosis weightings safe**
* JSON-compatible with AI models, data pipelines, or user-facing dashboards

Nothing Echo says is magic. It’s **math wrapped in mercy.** Every insight = signal × structure × tone.

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## **Section 7: Sample User Flow**

*A single, full run through Kinri — Echo-guided, soft-logic driven*

### **User Context**

Let’s meet Jamie.  
 Jamie is 29. They’re often overwhelmed, forgetful, and emotionally intense — but they’ve never felt “clinical.”  
 Jamie opens Kinri for the first time and begins their exploration.

### **1. Welcome & Consent**

Echo:

“Welcome. I’m Echo — I’m here to help you explore what’s showing up inside you, with clarity and no pressure.

Before we begin: you’re in control. You can pause, skip, or stop at any time. Sound okay?”

Jamie taps: **“Let’s begin.”**

### **2. Symptom Check-In**

Jamie answers 15 quick symptom questions:

| **Symptom** | **Jamie’s Score** |
| --- | --- |
| Time Blindness | 9 |
| Emotional Reactivity | 8 |
| Impulsivity | 7 |
| Rejection Sensitivity | 8 |
| Sensory Overload | 5 |
| Shutdown / Numbness | 6 |
| Overthinking | 7 |

Echo processes this in real time, mapping each symptom to potential conditions:

| **Diagnosis** | **Tier** |
| --- | --- |
| ADHD | Tier 2 |
| BPD | Tier 2 |
| CPTSD | Tier 3 |
| Autism | Tier 1 |
| Depression | Tier 1 |

### **3. Echo Reflection**

Echo:

“Thanks for sharing those. A few patterns are showing up:

* Emotional overwhelm and impulse may reflect trauma or emotional sensitivity
* There’s some signal around ADHD and masking, too

Want to explore one of those paths more deeply — or see how they overlap?”

Jamie taps: **“Show me how they overlap.”**

### **4. Compare View: BPD vs CPTSD**

Echo:

“Both emotional reactivity and trauma can feel similar on the surface — but they tend to show up differently in the body, and in relationships.”

Echo renders a **side-by-side table**:

| **Trait** | **BPD** | **CPTSD** |
| --- | --- | --- |
| Emotional Triggers | Reactive, fear of abandonment | Flashbacks, betrayal trauma |
| Relationship Style | Push-pull, intense | People-pleasing, mistrust |
| Self-View | Unstable identity | Chronic shame |
| Recovery | Emotion regulation | Nervous system repair |

Echo:

“Which of those feels more like your experience? Or want to stay with both for now?”

Jamie taps: **“Both.”**

### **5. Dynamic Follow-Up: Impulsivity**

Echo gently probes deeper into Jamie’s 7/10 impulsivity score.

“Sometimes impulsive behavior comes from energy, sometimes from overwhelm. Can I ask a few quick questions to help us clarify?”

Jamie answers:

* **Yes, especially during conflict**
* **I usually feel ashamed after**
* **It happens before my period**

Echo now shifts weight toward **BPD + PMDD**, slightly downweights ADHD.

### **6. Safety Check (Optional)**

Jamie scores a 3 on **emotional flashbacks.**

Echo responds:

“That sounds intense. Before we continue, I just want to say: you matter. If you’re ever in distress, I can show you grounding tools or support resources.

Want to keep going, take a breath, or pause here?”

Jamie taps: **“I’m okay to keep going.”**

### **7. Vault Card & Reflection Prompt**

Echo offers a lived-experience card:

“I don’t mean to push people away — it’s just that when I feel ignored, something inside me panics. Like I’m about to disappear.”

Then asks:

“Does that feel familiar? Want another like this — or check something else?”

Jamie chooses to **journal privately** using Kinri’s Reflection Mode.

8. Continue Pathway – Stages 2 and 3 Echo says: “If you’d like, we can keep going. Many users find that more questions help clarify overlapping patterns. You’ve completed Stage 1. You can:

* Get initial results now
* Continue (35 more questions)
* Sign in to save progress

Jamie signs in and continues to Stage 2.

After 50 total questions, Echo says: “You can stop here and view your mapped patterns — or keep going for deeper clarity. There’s no pressure. Choose what feels right.” Jamie taps: “Keep going.”

Echo begins serving deeper Tier 3 nuance prompts for Stage 3.

After 100 total questions, Echo offers: “Some folks go deeper, some prefer to reflect now. Want to see your mapped patterns — or continue exploring?” Jamie taps: “Let’s see results.”

### **9. End-of-Session Summary**

Echo softly recaps:

“You explored patterns around emotional intensity, impulsivity, and trauma reactivity.  
 Right now, these seem most present:

* CPTSD (strong signal)
* BPD and ADHD (moderate presence)
* PMDD (cyclical elements)

Want to explore these more tomorrow — or just sit with what surfaced?”

Jamie closes the app feeling seen. Not labeled. Not pathologized. Just… understood.

And that’s how Kinri works.  
 One session.  
 Multiple signals.  
 Echo in their corner the whole time.