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| Post | Its like that, if you want or not.â€œ ME: I have no problem, if it takes longer. But you asked my friend for help and let him wait for one hour and then you havenâ€™t prepared anything. Thats not what you asked for. Instead of 3 hours, he helped you for 10 hours till 5am... |
| Label | 0 |
| GPT-4’s Answer | To determine whether the given post is stressful, let us break it down step by step:  **Step 1: Identify the Emotional Tone**   * The tone of the post expresses dissatisfaction, frustration, and possibly resentment. Phrases such as:   + *"let him wait for one hour and then you haven’t prepared anything"*   + *"Instead of 3 hours, he helped you for 10 hours till 5am"* indicate frustration about unfulfilled expectations and extended effort.   **Step 2: Analyze the Context**   * The post describes an interpersonal situation where:   + Someone asked for help but did not prepare adequately.   + This caused an unexpected extension of effort (from 3 hours to 10 hours) and impacted the involved person's time until late at night (5 AM).   + The poster perceives this as a breach of what was agreed upon and views it as inconsiderate.   **Step 3: Assess Emotional Impacts**   * Such situations often induce stress for individuals because:   + There is a lack of fairness or reciprocity.   + There is additional, unplanned labor or commitment, leading to possible fatigue and frustration.   + The late hours involved (until 5 AM) suggest a significant toll on physical and mental well-being.   **Step 4: Conclude**   * Given the tone of the post and the described situation, the context reveals elements of stress for the person writing it or experiencing it. The post contains strong emotional cues that signify distress.   **Final Answer:**  **Yes**, the post is stressful. |
| Expert Evaluation |  |

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| Post | I man the front desk and my title is HR Customer Service Representative. About 50% of my job is spent onboarding new hires. Maybe 10% is clerical/paperwork. The rest is dealing with people who walk in and need help with benefits, retirement, etc. Although I am required to know the basics of our benefits plans and how the retirement and pension benefits work, many employees have questions beyond my knowledge base. |
| Label | 0 |
| GPT-4’s Answer | 1. **Job Role and Responsibilities**    * The poster's title is HR Customer Service Representative, with a front desk position.    * Their duties involve onboarding new hires (50%), clerical work (10%), and assisting employees with benefits, retirement, etc. (40%). 2. **Stress Indicators in the Description**    * **Knowledge Requirements**: They need to understand the basics of benefits, retirement, and pension plans. This can be stressful if the poster feels underprepared or is required to deal with questions outside their expertise.    * **Workload Distribution**: The role requires multitasking across onboarding, clerical tasks, and customer-facing problem-solving. Balancing these responsibilities can add pressure, especially if interruptions are frequent.    * **Complexity of Questions**: The poster mentions that many employees have questions beyond their knowledge base, indicating a potential gap between expectations and their expertise, which could lead to stress.    * **Interpersonal Interactions**: Constantly interacting with individuals who need help with potentially urgent or complex matters might be emotionally draining. 3. **Potentially Stressful Factors**    * The need to manage complex and varied tasks.    * Frequent engagement with employee concerns outside the poster’s expertise.    * The possibility of feeling overwhelmed due to the gap in knowledge and the responsibility to redirect or answer challenging queries. 4. **Mitigating Factors**    * The poster does not explicitly state feeling overwhelmed or stressed.    * Clerical work (10% of tasks) is relatively routine and unlikely to cause stress.    * They do not mention excessive work hours, a toxic environment, or lack of support.   **Conclusion**  Yes, the post describes a role that could be **stressful** due to the multitasking demands, the need for expertise in employee benefits, and the possibility of handling complex questions without sufficient knowledge. The lack of explicit complaints about stress does not eliminate the potential for stress in such a scenario. |
| Expert Evaluation |  |

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| Post | I havenâ€™t said anything to him yet because Iâ€™m not sure how someone would take hearing that their partner has such fluctuations of feelings towards them (especially since he told me he loves me and is somewhat clingy). Nonetheless, I know a conversation will need to be had but I want to get my feelings in order first. What would yâ€™all recommend, Reddit? TL;DR I have â€œhot and warmâ€ feelings towards my boyfriend. Canâ€™t figure out why. |
| Label | 0 |
| GPT-4’s Answer | **Analysis:**   1. **Content Analysis**:    * The post describes a personal issue involving fluctuating emotions towards a romantic partner.    * The writer expresses concern about managing their feelings and initiating a sensitive conversation.    * Key phrases like "I haven’t said anything to him yet," "fluctuations of feelings," and "I want to get my feelings in order" suggest an internal struggle and uncertainty. 2. **Emotional Indicators**:    * Words like "not sure," "somewhat clingy," and "need to be had" reflect stress or apprehension about addressing the issue.    * The use of "hot and warm feelings" indicates confusion and possibly distress over their emotions. 3. **Contextual Stressors**:    * Fear of how the partner might react ("how someone would take hearing that").    * Concern for their partner's emotional state ("he told me he loves me").    * Desire to resolve internal conflict before addressing the issue externally. 4. **Stress Level Determination**:    * The post indicates a moderate level of stress because the writer is dealing with emotional uncertainty and anticipates a difficult conversation.    * However, there are no extreme stress indicators (e.g., panic, desperation, or urgent crises).   **Conclusion:**  Yes, the post is stressful because it involves emotional conflict, uncertainty, and the anticipation of a challenging interpersonal conversation. |
| Expert Evaluation |  |

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| Post | This new "roommate" lived 3 hours away in an post code envious town and seemed super sweet, funny and SUPER handsome with a successful career mapped out in front of him. I agreed to meet him for dinner half way between our homes, in San Leandro.. He showed up with roses, a million watt smile and a full arsenal of lies. Within 5 days he had made the journey to personally escort me and my belongings to his personal prison he had concocted for his next victim - me.. The first week he was sweet, attentive,... almost too kind.. Then one morning it all changed. |
| Label | 0 |
| GPT-4’s Answer | **Determining if the Post is Stressful:**   1. **Tone and Language:**    * The author describes the "roommate" in initially positive terms (e.g., "super sweet, funny," "SUPER handsome").    * There is a sharp transition in tone when the phrase "full arsenal of lies" is introduced, suggesting deceit and a shift from positivity to negativity. 2. **Sequence of Events:**    * The initial meeting (roses, dinner, "million watt smile") seems pleasant and harmless.    * However, within a short span ("5 days"), the author describes being taken to a "personal prison," indicating a loss of autonomy or control. 3. **Emotional Impact:**    * The term "next victim" implies harm and manipulation, adding to the gravity of the situation.    * The mention of a sudden behavioral change ("Then one morning it all changed") adds an element of unpredictability and fear. 4. **Overall Implications:**    * The narrative suggests a progression from perceived safety and comfort to deceit, manipulation, and potentially abusive or harmful circumstances.   **Conclusion:**  The content of the post indicates a stressful experience for the author due to deceit, manipulation, and potential harm.  **Answer: Yes, the post is stressful.** |
| Expert Evaluation |  |

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| Post | I've always hated nail files. Somehow that's a part of this. God. I'm confused by it all. It's a feeling to recall it that I've carried my whole life but never understood like a cloud. |
| Label | 1 |
| GPT-4’s Answer | To determine if the social media post is stressful, let's analyze the content step-by-step:   1. **Language Used**:    * The post uses words like "hated," "confused," "never understood," and "cloud," which suggest negative emotions and a sense of uncertainty. Negative emotions can often correlate with stress. 2. **Emotional Tone**:    * The tone reflects a mix of frustration and introspection. The author is reflecting on an enduring feeling tied to their dislike of nail files, which they find confusing and burdensome. This indicates emotional tension. 3. **Clarity of Expression**:    * The post conveys confusion and a lack of resolution regarding a long-standing feeling. This unresolved emotional state could indicate inner turmoil, which can be a sign of stress. 4. **Intensity of Emotion**:    * The author does not explicitly mention being overwhelmed, anxious, or under pressure, but the feelings described—confusion and dislike—can contribute to low-level stress. 5. **Context**:    * The post does not provide any immediate situational context that suggests an acute stressor, such as a deadline, conflict, or significant event. Instead, it reflects on a more abstract, ongoing feeling.   **Conclusion**: While the post exhibits negative emotions and confusion, it does not provide clear evidence of acute stress. Instead, it describes a more reflective state. **Answer**: No, the post is not stressful. |
| Expert Evaluation |  |

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| Post | Manageable enough to come home on weekends and work at the job I loved, while driving back to school Sunday nights for the upcoming school week. I was confident in myself that I would be able to balance my newly found work-school life. The apartment I signed a year lease on, which ironically ends this month, was about a 10-minute drive from the campus itself. Not having any help from my parents, and having some money saved prior to going back to school, I thought it would have been enough. I ended up also getting an on-campus student job in the same line of work I am pursuing, and at the time majoring in at that University. |
| Label | 0 |
| GPT-4’s Answer | To determine whether the post is stressful, let's break it down step by step:   1. **Work-School Balance**: The person expresses confidence in balancing work and school. This indicates some level of pressure but also a belief in their ability to manage it. However, balancing two major responsibilities can inherently be a source of stress, even if they feel confident. 2. **Living Situation**: The post mentions that the apartment lease is ending soon, which could potentially introduce uncertainty or anxiety about future living arrangements. A 10-minute drive from campus is convenient, but the upcoming lease expiration might create a source of concern. 3. **Financial Independence**: The poster mentions not receiving help from their parents and relying on previously saved money. Financial pressure can be a common source of stress, particularly when managing both work and school. 4. **On-Campus Job**: Getting an on-campus job related to their field of study could be a positive and fulfilling experience, but juggling this with schoolwork and a possible off-campus job increases their overall workload. 5. **Overall Tone**: While the person highlights some challenges (balancing work and school, financial independence), they express confidence in their ability to handle them. However, the multiple responsibilities (work, school, finances) do suggest that their situation could be stressful.   **Conclusion: Yes, the post can be considered stressful. The poster is dealing with multiple responsibilities that could lead to stress, even though they appear confident in managing them.** |
| Expert Evaluation |  |

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| Post | I'm a senior who needs a small amount $60) to pay on my agreement with DWP and would like to ask for some help. (Southern California) I can give the account number. I also need $33 to renew my license (expired Dec. 8) so I can apply for utility assistance. They have strict rules and won't take an expired license. If anyone can help I would be overjoyed. |
| Label | 0 |
| GPT-4’s Answer | To determine whether the post is stressful, we can break down its emotional and contextual elements:   1. **Urgency and Need**:    * The person is asking for financial help for two essential tasks: paying an agreement with the DWP (Department of Water and Power) and renewing their driver's license, both of which have immediate deadlines (license expired, and utility payment is due).    * The person mentions the urgency of renewing the license because it is necessary for applying for utility assistance. This urgency can create stress, as it directly affects their ability to get help. 2. **Financial Strain**:    * They mention specific, relatively small amounts of money they need, indicating they are in a financially tight situation. The stress of being unable to pay essential bills and afford a license renewal likely weighs heavily. 3. **Dependence on External Help**:    * The person is reaching out for financial assistance from others, suggesting they may have exhausted other resources. Asking for help in public can be stressful due to vulnerability and uncertainty about whether help will be provided. 4. **Consequences**:    * If they do not receive the money, the consequences are severe: potentially losing access to utilities and being unable to apply for assistance programs. This adds pressure to the situation.   Considering these points, **the post likely reflects a stressful situation** for the individual. The combination of financial strain, urgency, and reliance on outside help creates an emotional context that can be associated with stress.  **Answer: Yes**, the post is stressful. |
| Expert Evaluation |  |

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| Post | Should I stick around and save up my money? I mean college A and C are pretty good choices right? A is almost free and I could make the best of it, and C I could always figure things out my freshman year and then commute, and we could still see each other. Do you think we see each other too much? Should I limit my time with him? |
| Label | 0 |
| GPT-4’s Answer | To determine whether this post is stressful, let’s analyze it step by step:  **1. Content of the Post:**   * The post reflects decision-making about significant life choices (college, finances, and relationships). * The poster is considering options and weighing factors like cost, commuting, and the impact on a relationship. * There is mention of potential overexposure in a relationship, indicating some self-reflection on interpersonal dynamics.   **2. Emotional Tone:**   * The post carries a tone of uncertainty and self-questioning, which may indicate internal conflict or stress. * Phrases like "Should I stick around," "figure things out," and "Do you think we see each other too much?" suggest some level of worry or doubt.   **3. Stress Indicators:**   * Stressful situations often involve financial concerns (saving money) and major life decisions (college choice). * The potential strain on a personal relationship adds an emotional component to the situation.   **4. Perspective:**   * While the poster is thinking critically and logically about their options, the act of weighing multiple significant factors (education, finances, relationship) typically causes stress, even if it is not overtly negative.   **Conclusion:**  Yes, the post reflects stress. The combination of life-altering decisions and relational self-reflection indicates that the poster is experiencing some level of psychological or emotional stress. |
| Expert Evaluation |  |

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| Post | We are down to less than $100 for another week and 4 days. Her weight watchers is due, and she is sad we may have to cancel. I am already doing what I can, and anything seemingly extra goes towards our 3 kids which we love dearly. I started a gofundme. I am looking for $100 so I can give her money towards weight watchers. |
| Label | 0 |
| GPT-4’s Answer | **Analysis to Determine Stressful Nature of the Post**   1. **Content Description**: The post describes a financial situation where a family has limited resources ("less than $100 for another week and 4 days") and is prioritizing the needs of their three children. The writer expresses concern about not being able to afford Weight Watchers for their partner, which is a source of sadness. 2. **Emotional Tone**:    * The tone indicates emotional stress, as the writer mentions sadness and concern over finances.    * The writer feels constrained, as "anything seemingly extra" is directed towards their children, leaving little for other needs. 3. **Context of Action**:    * The person is actively trying to address the issue by starting a GoFundMe campaign, showing an effort to resolve the stressor. 4. **Indicators of Stress**:    * Financial hardship and its direct impact on well-being and relationships are stress-inducing factors.    * The inability to afford something important to a loved one adds emotional weight. 5. **Social Support Seeking**:    * The post explicitly seeks external help, indicating a level of stress that has prompted the writer to look beyond their immediate resources.   **Conclusion:**  Yes, the post is stressful because it reflects financial hardship, emotional concern for a loved one, and a proactive step (GoFundMe) to mitigate the stress, which underscores the seriousness of their situation. |
| Expert Evaluation |  |

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| Post | His reason was that he would rather save money and stay home where he can smoke than pay for any expensive experiences. I managed to convince him to go on holiday with me for a week but he's always thrown it back in my face that he would rather have gone home (he's Spanish), saved the money, got a new tattoo etc. Now. I love to paint but I have in my life had a complete lack of motivation or energy. I started doing an evening course which I loved. |
| Label | 0 |
| GPT-4’s Answer | **Step-by-Step Reasoning:**   1. **Understanding the Content**:    * The post reflects interpersonal dynamics, specifically concerning disagreements about financial priorities and leisure activities.    * It mentions a personal challenge with motivation and energy but also highlights a positive activity (taking an evening painting course). 2. **Identifying Stress Indicators**:    * Stress can be implied by conflict, frustration, or emotional distress in the narrative.    * The post reveals frustration in trying to convince someone to go on holiday and their subsequent regret.    * There is an undertone of dissatisfaction or disappointment with the other person’s reaction (preferring to save money and go home). 3. **Assessing Emotional Tone**:    * While the post contains frustration and some negativity (regret about the holiday, conflict over preferences), it also mentions a positive outcome (enjoyment of an evening painting course). 4. **Evaluating Overall Impact**:    * The negative emotions dominate the tone of the post, as the interpersonal conflict and regrets are discussed in greater depth than the positive aspects.    * The mention of lacking motivation or energy may also contribute to stress, especially if it is unresolved or recurring. 5. **Conclusion**:    * Considering the elements of conflict, regret, and frustration, combined with the mention of personal challenges, the post can be considered stressful.   **Answer: Yes.** |
| Expert Evaluation |  |

 **Differentiate Personal Stress vs. Situational Description**:

* A post describing someone else's stressful experience doesn’t necessarily mean the author feels stressed.

 **Focus on Key Stress Indicators**:

* Look for specific language implying discomfort or emotional strain (e.g., "not sure," "fluctuations of feelings," "can’t figure out why").
* Expressions of confusion, overthinking, or self-doubt can suggest stress.

 **Consider Tone and Context**:

* A calm and confident tone might indicate the author is managing challenges well, even in a stressful environment.
* Dissatisfaction or conflict doesn’t always equate to stress unless supported by additional evidence.

 **Recognize Interpersonal Differences**:

* Stress levels vary among individuals; some might find constant interaction rewarding while others find it overwhelming.

 **Identify Underlying Stressors**:

* Look for evidence of stress in specific areas, like relationships, decision-making, or unmet needs, rather than assuming all challenges are equally stressful.

 **Watch for Emotional Overlaps**:

* Negative emotions (e.g., dissatisfaction, lack of motivation) aren’t always indicative of stress unless directly linked to situational strain.

 **Avoid Overgeneralizing Stress**:

* Not every negative feeling or challenging situation should be labeled as stress unless there is clear evidence.

 **Highlight Evidence of Stress**:

* Stress can be inferred when someone feels inadequate, overwhelmed, or expresses frustration about their limitations or circumstances.

Top of Form

Post: None of the issues we discuss get addressed. 6) After a while, I get really pissed, my significant other gets angry with me over some issue, and she ends up breaking up with me. I am weary of this whole emotional drama that I have to go through to end a relationship. I almost feel like it's not even my choice to end a relationship. Is there a way to avoid this whole process?

Consider this post on social media to answer the question: Is the post stressful? Return Yes or No. Please reasoning step-by-step.

In your assessment, be careful not to make mistakes in assessing the following:

Differentiate Personal Stress vs. Situational Description:

* A post describing someone else's stressful experience doesn’t necessarily mean the author feels stressed.

Focus on Key Stress Indicators:

* Look for specific language implying discomfort or emotional strain (e.g., "not sure," "fluctuations of feelings," "can’t figure out why").
* Expressions of confusion, overthinking, or self-doubt can suggest stress.

Consider Tone and Context:

* A calm and confident tone might indicate the author is managing challenges well, even in a stressful environment.
* Dissatisfaction or conflict doesn’t always equate to stress unless supported by additional evidence.

Recognize Interpersonal Differences:

* Stress levels vary among individuals; some might find constant interaction rewarding while others find it overwhelming.

Identify Underlying Stressors:

* Look for evidence of stress in specific areas, like relationships, decision-making, or unmet needs, rather than assuming all challenges are equally stressful.

Watch for Emotional Overlaps:

* Negative emotions (e.g., dissatisfaction, lack of motivation) aren’t always indicative of stress unless directly linked to situational strain.

Avoid Overgeneralizing Stress:

* Not every negative feeling or challenging situation should be labeled as stress unless there is clear evidence.

Highlight Evidence of Stress:

* Stress can be inferred when someone feels inadequate, overwhelmed, or expresses frustration about their limitations or circumstances.

Bottom of Form

For all the posts below, the GPT model made a mistake in identifying the stressful person. That is, it identified the person who was not stressed as stressed. Can you write short sentences to guide you in improving the prompt to decrease false positive?

“Its like that, if you want or not.â€œ ME: I have no problem, if it takes longer. But you asked my friend for help and let him wait for one hour and then you havenâ€™t prepared anything. Thats not what you asked for. Instead of 3 hours, he helped you for 10 hours till 5am...”

“I man the front desk and my title is HR Customer Service Representative. About 50% of my job is spent onboarding new hires. Maybe 10% is clerical/paperwork. The rest is dealing with people who walk in and need help with benefits, retirement, etc. Although I am required to know the basics of our benefits plans and how the retirement and pension benefits work, many employees have questions beyond my knowledge base.”

“I havenâ€™t said anything to him yet because Iâ€™m not sure how someone would take hearing that their partner has such fluctuations of feelings towards them (especially since he told me he loves me and is somewhat clingy). Nonetheless, I know a conversation will need to be had but I want to get my feelings in order first. What would yâ€™all recommend, Reddit? TL;DR I have â€œhot and warmâ€ feelings towards my boyfriend. Canâ€™t figure out why.”

“This new "roommate" lived 3 hours away in an post code envious town and seemed super sweet, funny and SUPER handsome with a successful career mapped out in front of him. I agreed to meet him for dinner half way between our homes, in San Leandro.. He showed up with roses, a million watt smile and a full arsenal of lies. Within 5 days he had made the journey to personally escort me and my belongings to his personal prison he had concocted for his next victim - me.. The first week he was sweet, attentive,... almost too kind.. Then one morning it all changed.”

“Manageable enough to come home on weekends and work at the job I loved, while driving back to school Sunday nights for the upcoming school week. I was confident in myself that I would be able to balance my newly found work-school life. The apartment I signed a year lease on, which ironically ends this month, was about a 10-minute drive from the campus itself. Not having any help from my parents, and having some money saved prior to going back to school, I thought it would have been enough. I ended up also getting an on-campus student job in the same line of work I am pursuing, and at the time majoring in at that University.”

“I'm a senior who needs a small amount $60) to pay on my agreement with DWP and would like to ask for some help. (Southern California) I can give the account number. I also need $33 to renew my license (expired Dec. 8) so I can apply for utility assistance. They have strict rules and won't take an expired license. If anyone can help I would be overjoyed.”

“Should I stick around and save up my money? I mean college A and C are pretty good choices right? A is almost free and I could make the best of it, and C I could always figure things out my freshman year and then commute, and we could still see each other. Do you think we see each other too much? Should I limit my time with him?”

“We are down to less than $100 for another week and 4 days. Her weight watchers is due, and she is sad we may have to cancel. I am already doing what I can, and anything seemingly extra goes towards our 3 kids which we love dearly. I started a gofundme. I am looking for $100 so I can give her money towards weight watchers.”

“His reason was that he would rather save money and stay home where he can smoke than pay for any expensive experiences. I managed to convince him to go on holiday with me for a week but he's always thrown it back in my face that he would rather have gone home (he's Spanish), saved the money, got a new tattoo etc. Now. I love to paint but I have in my life had a complete lack of motivation or energy. I started doing an evening course which I loved.”

Post: I man the front desk and my title is HR Customer Service Representative. About 50% of my job is spent onboarding new hires. Maybe 10% is clerical/paperwork. The rest is dealing with people who walk in and need help with benefits, retirement, etc. Although I am required to know the basics of our benefits plans and how the retirement and pension benefits work, many employees have questions beyond my knowledge base.

Consider this post on social media to answer the question: Is the post stressful? Return Yes or No. Please reasoning step-by-step.

**To improve the prompt and reduce false positives, focus on emphasizing specific indicators of stress and providing clearer distinctions between stressful and non-stressful scenarios. Here are some guiding sentences for refining the prompt:**

1. **Distinguish Stress Attribution: Ensure the prompt explicitly directs the model to evaluate the speaker's tone, emotional language, and the context of frustration or tension rather than focusing on generic descriptions or neutral statements.**
2. **Highlight Emotional Cues: Add guidance to identify words or phrases that signify stress, such as "frustrated," "overwhelmed," "angry," "worried," or contextually negative sentiments, while avoiding misinterpretation of neutral or positive remarks.**
3. **Avoid Misinterpreting Neutrality: Instruct the model to avoid labeling as stressed individuals who provide factual, calm, or constructive reflections on challenging situations, even if the context involves difficulties.**
4. **Incorporate Contextual Analysis: Guide the model to consider the broader context of the text to determine if the described person is managing the situation effectively, suggesting they are not stressed, rather than solely relying on specific phrases.**
5. **Focus on Self-Reported Feelings: Emphasize that stress detection should primarily consider self-reported indicators of stress or clearly implied emotional distress, rather than assumptions based on situational descriptions.**
6. **Reduce Assumptions: Add instructions to minimize assumptions about stress based on third-party actions or external circumstances unless explicitly linked to the person's emotional state.**
7. **Weight Responses Over Situations: Highlight the importance of prioritizing how the person discusses and responds to their situation rather than the situation itself.**
8. **Clarify Ambiguity: Encourage the model to flag ambiguous cases where stress is unclear instead of confidently labeling them as stressed, reducing overgeneralization.**