

Mood Summary

Longitudinal Mood Analysis of Instagram User

This analysis examines the provided Instagram data to assess the user's mood course and identify potential mental health concerns.

Period 1: Pre-New Year's (2022-12-17)

* **Mood:** Primarily sadness with emerging happiness.

* **Evidence:** The user explicitly mentions battling depression and anxiety but notes a shift towards feeling more like herself. The images show her wearing makeup, potentially indicating an effort towards self-care and improved mood.

Period 2: New Year's and Aftermath (2022-12-31 - 2023-01-02)

* **Mood:** Mixed sadness, anger, and a touch of happiness.

* **Evidence:** The New Year's post expresses heartache and pain related to the past year, including her mother's passing and worsening mental health. The angry tone ("👊and good riddance") towards 2022 suggests unresolved grief and frustration. However, the inclusion of a popular selfie and wishes for a better year hint at a desire for positivity. The subsequent posts about her son ("lil Dragon") and a "T-Riffic" day suggest attempts to focus on positive aspects of her life.

Period 3: Mid-January Slump (2023-01-16)

* **Mood:** Primarily sadness with a focus on self-care.

* **Evidence:** The user mentions not being in the best spot mentally and having not done her makeup in a month. The act of doing her makeup is framed as a first step towards self-care, suggesting a conscious effort to combat her low mood.

Period 4: Medication Concerns and Health Scare (2023-01-22 - 2023-01-25)

* **Mood:** Primarily fear, anger, and disgust.

* **Evidence:** The post about the prescribed medication (lamotrigine) reveals anger and frustration towards her psychiatrist for prescribing a medication seemingly contradictory to her diagnosis (BPD). This evokes fear and uncertainty about her treatment. The subsequent post from a hospital bed, mentioning enlarged kidneys and vomiting, further amplifies fear and potential disgust related to her physical health.

Period 5: Post-Hospitalization and Ongoing Struggles (2023-02-05 - 2023-02-09)

* **Mood:** Mixed sadness, frustration, and a touch of happiness.

* **Evidence:** While reporting feeling better physically after hospitalization, the user mentions thrush and a cold sore, indicating ongoing health challenges and potential frustration. The post about the Inked Magazine competition suggests a desire for recognition and potentially a positive distraction. However, the embedded text on the competition photo ("My kids won't let me get things done... I am tired") reveals underlying fatigue and frustration.

Period 6: Grief Resurfacing (2023-02-10)

* **Mood:** Primarily sadness with complex grief reactions.

* **Evidence:** The anniversary of her mother's death triggers intense sadness, expressed through a heartfelt caption. The user describes a range of grief reactions, including denial, anger, understanding, frustration, and jealousy. This highlights the complex and fluctuating nature of grief.

Emotional Causality and Echoes:

* **Mother's death (T1):** This event is a significant emotional anchor, influencing subsequent mood fluctuations. The grief resurfaces intensely around the anniversary, demonstrating a delayed emotional reaction (emotional echo).

* **BPD and mental health struggles (ongoing):** The user's ongoing mental health challenges contribute to a fluctuating mood pattern. The frustration with the prescribed medication and the hospital visit likely exacerbate these struggles.

* **Physical health issues (T4, T5):** The hospital visit and subsequent health issues add another layer of stress and likely contribute to sadness and frustration.

* **Self-care efforts (T1, T3):** Engaging in self-care activities, such as makeup application, appears to be a coping mechanism for the user. These efforts suggest a proactive approach to managing her mental health.

Potential Trajectories and Concerns:

The user's posts suggest a complex interplay of grief, mental health struggles (likely BPD), and physical health challenges. The fluctuating mood pattern, coupled with expressions of anger, frustration, and periods of low mood, raises concerns about potential worsening of her mental health. The anniversary reaction highlights the importance of ongoing grief processing. The frustration with medication and the desire for effective treatment underscore the need for appropriate psychiatric care.

Overall Analysis:

This user appears to be navigating a challenging period in her life, marked by significant loss, mental health difficulties, and physical health issues. While she demonstrates resilience through self-care efforts and attempts to focus on positive aspects of her life, the data suggests a need for professional support to address her underlying mental health concerns and navigate the complexities of grief. Continued monitoring and professional evaluation are recommended to ensure her well-being.