

## Mood Summary

### ## AI Psychiatrist Analysis of Instagram Posts

This analysis examines the provided Instagram posts to understand the user's mood course and potential mental health trajectories.

#### \*\*Period 1: October 10, 2020 (Sadness, Vulnerability)\*\*

\* \*\*Mood:\*\* Primarily sadness with elements of vulnerability and a desire for connection.

\* \*\*Evidence:\*\* The user discusses their 15-year journey with mental health, expressing feelings of being "scared," "like an alien," and "not good enough." The posts emphasize the importance of talking about mental health and offer support to others. The embedded quotes highlight the difficulty of dealing with mental health issues alone and the worsening effect of silence.

\* \*\*Causal Factors:\*\* The long-standing mental health diagnosis is a significant factor influencing the user's current emotional state. The past experience of feeling isolated due to societal stigma around mental health is resurfacing.

#### \*\*Period 2: October 16, 2020 (Mixed: Happiness, Sadness, Frustration)\*\*

\* \*\*Mood:\*\* A mix of happiness and contentment followed by exhaustion and frustration related to chronic pain and fatigue.

\* \*\*Evidence:\*\* The user expresses joy at having enough energy to leave the house and engage in activities. However, this is followed by exhaustion and a lament about the limitations imposed by chronic pain and fatigue. The user expresses a longing for a "normal" life.

\* \*\*Causal Factors:\*\* The chronic pain and fatigue are the primary drivers of the emotional fluctuations in this period. The excitement of a good day is directly linked to the subsequent exhaustion, highlighting the cyclical nature of the user's health challenges.

#### \*\*Period 3: November 16, 2020 (Anger, Sadness, Frustration)\*\*

\* \*\*Mood:\*\* Predominantly anger and frustration stemming from an incident of being judged for their disability, coupled with sadness and a desire for understanding.

\* \*\*Evidence:\*\* The user describes a negative encounter with a stranger who accused them of misusing a disabled badge. This led to the user being reduced to tears. The caption expresses frustration with the judgment of strangers and a wish for their disability to not be hidden.

\* \*\*Causal Factors:\*\* The public confrontation and judgment related to the user's hidden disability triggered strong emotions of anger, sadness, and frustration. This incident highlights the societal challenges faced by individuals with invisible disabilities.

**\*\*Period 4: February 4, 2021 (Happiness, Gratitude, Love)\*\***

**\* \*\*Mood:\*\*** Primarily happiness, gratitude, and love directed towards the user's mother.

**\* \*\*Evidence:\*\*** The posts celebrate the user's mother's birthday with heartfelt captions expressing love, gratitude, and admiration. The video montage showcases positive memories shared with the mother. The caption acknowledges the challenges of the past year but emphasizes the strength gained from the mother's support.

**\* \*\*Causal Factors:\*\*** The mother's birthday and the strong bond between the user and their mother are the primary drivers of the positive emotions expressed in this period. The caption suggests that the mother provides crucial emotional support, helping the user navigate difficult times.

**\*\*Period 5: February 9-14, 2021 (Mixed: Boredom, Love, Gratitude)\*\***

**\* \*\*Mood:\*\*** A brief period suggesting boredom due to lockdown restrictions, followed by expressions of love and gratitude towards their husband.

**\* \*\*Evidence:\*\*** The "Nowhere to go" post with the date suggests boredom and the limitations of lockdown. The Valentine's Day post shifts to expressions of love and gratitude for the husband's support and positive impact on the user's life.

**\* \*\*Causal Factors:\*\*** Lockdown restrictions appear to contribute to feelings of boredom. The Valentine's Day celebration triggers positive emotions associated with the user's relationship.

**\*\*Period 6: February 27, 2021 (Longing, Sadness)\*\***

**\* \*\*Mood:\*\*** Longing for better days and an implied sadness about the current state.

**\* \*\*Evidence:\*\*** The "Better Days" caption, coupled with a selfie, suggests the user is reminiscing about a time when they felt more "alive." This implies a contrast with their current state, suggesting sadness or a decline in well-being.

**\* \*\*Causal Factors:\*\*** While not explicitly stated, the ongoing chronic illness and potentially the continued lockdown restrictions likely contribute to the user's longing for better days. This post could be an emotional echo of the feelings expressed in the October 16th post.

**\*\*Overall Analysis and Causal Graph:\*\***

The user's emotional journey is marked by significant fluctuations influenced by their chronic illness, mental health history, and social interactions. A causal graph can be constructed:

**\* \*\*Mental Health Diagnosis (T1):\*\*** Influences sadness and vulnerability (T1, T5).

**\* \*\*Chronic Illness (T2, T5):\*\*** Causes cycles of happiness/contentment followed by exhaustion and frustration (T2, T5). Contributes to longing for better days (T6).

\* \*\*Social Judgment (T3):\*\* Triggers anger, sadness, and frustration (T3).

\* \*\*Positive Relationships (Mother/Husband) (T4, T5):\*\* Elicit happiness, gratitude, and love (T4, T5).

\* \*\*Lockdown Restrictions (T5, T6):\*\* Contribute to boredom (T5) and potentially the longing for better days (T6).

**Potential Mental Health Trajectories:**

The user's posts suggest a potential vulnerability to depression and anxiety, particularly given the history of mental health diagnoses, chronic illness, and fluctuating mood patterns. The expressions of exhaustion, frustration, and longing for better days, coupled with the emotional echoes related to feeling "alive," warrant further monitoring. The impact of social stigma and judgment on the user's emotional well-being is also a clinically relevant observation.

**Recommendations:**

Based on this analysis, further evaluation is recommended to assess the user's current mental health status and develop appropriate support strategies. This could involve exploring coping mechanisms for chronic illness, addressing the impact of social stigma, and providing resources for managing mental health challenges. A focus on strengthening positive relationships and engaging in enjoyable activities could also be beneficial. This analysis serves as a starting point for a more comprehensive assessment.