Mood Summary

Mood Course and Temporal Emotional Pattern:

* **Period 1 (August 13, 2022):** Mixed emotions. The user expresses stress and sadness related to missing exams due to illness. However, there's also a sense of resilience and hope, focusing on self-care through exercise and appreciating the sunrise. Primary mood states: Sadness, but with elements of Happiness and Hope.
* **Period 2 (September 8, 2022):** Primarily Sadness and Frustration. The user describes feelings of setback and self-doubt, acknowledging struggles with mental health. There's a sense of vulnerability and a plea for understanding. Social anxiety is also prominent. Primary mood states: Sadness, Fear (social anxiety).
* **Period 3 (September 10, 2022):** Mixed emotions, predominantly Sadness with glimmers of Hope. The user reflects on past suicide attempts and diagnoses of MDD, GAD, social anxiety, PTSD, and panic disorder. While expressing exhaustion and ongoing struggles, there's also pride in survival and a desire to keep fighting. The images show the user with friends, suggesting social support. Primary mood states: Sadness, but with elements of Happiness and Hope.
* **Period 4 (October 10, 2022):** Mixed emotions, with increased positivity. The user acknowledges past trauma and ongoing struggles with depression and anxiety, but also emphasizes resilience, self-acceptance, and seeking help. The acceptance into a polytechnic program brings a sense of accomplishment and hope. The images show a range of activities and expressions, from a tearful selfie to joyful reactions in a video. Primary mood states: Predominantly Happiness and Hope, with underlying Sadness.

Progression and Evolution of Emotional States:

The user's emotional journey shows a fluctuating pattern of sadness, anxiety, and hope. While consistently acknowledging mental health challenges, there's a clear trajectory of increasing resilience and self-awareness over time. The initial posts focus on coping with immediate stressors, while later posts reflect on deeper issues and past trauma. The user's willingness to open up about their struggles and seek help suggests a positive step towards recovery.

Potential Trajectories:

While the user demonstrates resilience, the history of suicide attempts and multiple diagnoses warrants serious concern. Continued monitoring and professional support are crucial. The upcoming national exams could be a significant stressor, and the user's ability to cope with this pressure should be closely observed.

Overall Analysis:

The user's posts reveal a complex and ongoing struggle with mental health. The captions provide valuable insight into their thoughts and feelings, while the images and videos offer glimpses into their daily life and social interactions. The hashtags consistently emphasize mental health awareness and support. The user's openness about their experiences, combined with their efforts towards self-care and seeking help, suggests a proactive approach to managing their mental health.

Emotional Causality:

* **T1 (Past Trauma):** Experiences of fat-shaming and death threats at ages 13 and 14 are identified as significant traumas.
* **T2 (Diagnoses):** Diagnoses of MDD, GAD, social anxiety, PTSD, and panic disorder are likely linked to the earlier traumas.
* **T3 (Suicide Attempts):** The ongoing mental health struggles and unresolved trauma contribute to multiple suicide attempts.
* **T4 (Seeking Help and Support):** Finding support from friends and teachers, and opening up on social media, marks a turning point in the user's journey.
* **T5 (Acceptance into Polytechnic):** This achievement provides a sense of hope and direction for the future.

Emotional Echoes and Delayed Reactions:

The user's posts often reflect on past experiences, indicating that earlier traumas continue to influence their present emotional state. The social anxiety described in the September 8th post could be a delayed reaction to the earlier experiences of bullying and threats. The user's ongoing struggles with depression and anxiety, despite seeking help and achieving academic success, suggest that the emotional impact of past trauma can be long-lasting and require ongoing support.

Important Note: This analysis is based on limited data and should not be considered a formal diagnosis or treatment plan. It is crucial for the user to seek professional help for their mental health concerns. This analysis is intended to provide insights and identify potential areas for further exploration with a qualified mental health professional.