1. **Improvement and Self-management:**  
   If the user mentions a significant improvement in health or describes managing their symptoms well (e.g., self-care, medication), label the post as positive. The focus should be on the positive shift or self-management, even if there was an initial negative experience.  
   *Example:* "I thought I'd need help last night, but I managed to calm my breathing down."  
   **Sentiment: Positive**
2. **Uncertainty:**  
   If the user is not talking about personal experience or if the user provides unclear or uncertain details, label the post as Neutral.  
   *Example:* "There was a fuss about the drug about ten years ago and I am not sure how widely it is now used but I had it a few times, I think it was before I started taking Prednisolone more regularly. Sorry but as it was so long ago I cannot remember the side effects but I know there was something that went wrong."  
   **Sentiment: Neutral**
3. **Objective Information vs. Personal Experience:**  
   If the post only provides general or objective information (e.g., medical facts or observations about a condition), label it as Neutral.  
   *Example:* "It does not cause Asthma, but makes the existing symptoms worse, so anything we can do to reduce stress, anxiety, depression is a good thing. Unfortunately long-term health conditions such as Asthma do tend to come with anxiety."  
   **Sentiment: Neutral**
4. **Polarized Sentiment from Emphasized Shifts :**  
   If a post emphasizes a shift in sentiment (e.g., using words like "really" or "so much"), the sentiment should reflect the emphasized shift, whether it’s positive or negative.  
   *Example:* "My main concern was (still is) that the steroid component of Fostair is Beclometasone. I've been on that steroid before and my asthma was never properly controlled while I was on it. The fluticasone has really been so much more effective."  
   **Sentiment: Positive**
5. **Sharing Helpful Material or Trying to Be Helpful:**  
   If the post shares helpful advice or resources, or provides practical support, label it as Positive. The focus should be on the intent to help or provide useful information.  
   *Example:* “I was just going to say you can get them on Amazon. Www.powerbreathe.com has them too but it looks like they don't have the flutter. The flutter and the acapella are to help move mucus and are of a great help to people with Bronchiectasis. You can also find breathing exercises online on you tube for the same purpose but without buying any device. Have a look on YouTube”  
   **Sentiment: Positive**

If the information shared is about a negative or harmful situation (e.g., warnings about something that could worsen the user’s health) and does not provide any constructive guidance or solutions, label it as Neutral or Negative, depending on the tone and content.

*Example*: " I do not want to make you all paranoid and suspicious but feel the need to warn everyone to be aware. While things are still new I think that we all need to be careful who we give our contact details to. This is a public forum and anyone can post. Last year we had some problems with people who posted many things that later proved to be untrue and it caused lots of bad feeling and upset."

**Sentiment: Negative**

1. **Health Struggles, Pain, and Emotional Struggles:**  
   If the post describes health struggles, negative side effects, pain, discomfort, frustration, or emotional struggles, label it as **Negative**.

"The medication isn’t working as expected, and I feel worse than before! I can’t do anything without feeling breathless, and I feel like my life is on hold."

**Sentiment: Negative**

1. **Tone Sensitivity:**  
   If the user expresses negative emotions or experiences but ends with hope, encouragement, or positive wishes directed toward others, label it as Positive. Even if the user's own situation is negative, the hope, encouragement, or support for others conveyed by their upbeat tone outweighs the negative situation.   
   *Example:* " I'm still awake thanks to lungs throwing a major strop and landing me in A&E earlier this evening. Hope you are all managing to sleep well "

**Sentiment: Positive**

If the post ends with polite expressions (e.g., “thank you,” “take care,” “all the best”) without clear emotional or supportive intent, do not treat these as indicators of positive sentiment.

*Example:*  
"I’ve had a tough night with my asthma, can’t seem to catch a break. I’ll let you know if it improves. Take care."  
**Sentiment: Negative**

1. **Punctuation Sensitivity (Exclamation Point and Question Mark):**

Exclamation Point:

If a post contains an exclamation mark, it indicates emphasis and should be treated as giving more weight to the sentence or word. The sentiment should be evaluated as more intense or emphasized, either positively or negatively.

Example:

" Well this is a good start to the year(!)Luckily I'm not incapacitated."

**Sentiment: Positive**

" Wish I could sleep, but my lungs have other ideas again!”  
**Sentiment: Negative**