

Choose an option

Reddit Username Analysis

Mental Health Disorder Detection

Enter Reddit Username for Analysis

Enter Reddit username:

TheDoodleBug_

Analyze

Recent Text Posts:

▼ [

0 : "Aaj maine jana, Half of India's Mangoes Come from Just Two States: Uttar Pradesh & Andhra Pradesh whole country. "

1 : "Taken with Galaxy S21 FE "

2 : "Is ₹1 Cr Enough to Retire Early in India? Trying to Set My FIRE Number. I'm new to FIRE and trying to figure out what "enough" really means. If I want to retire by 45 and live a simple life in a Tier 2 city, would ₹1 crore cut it? Or is that way too optimistic with inflation and healthcare costs?"

3 : "HMT Shakti "

4 : "Iskcon Temple , Kanpur "

5 : "The 3 films that showcased the peak potential of Malayalam cinema & the Superstardom of Mohanlal. "

6 : "Jagannath Temple, Ranchi "

7 : "Is any other place other than Baba Ramdev dhaba where one can have Authentic Dal Baati ?? "

8 : "Zyada kuch nahi, True friendship isn't about status, it's about a connection from the heart "

9 : "What are your views on Lattafa Yara Pink
• Duration: 6-7 hours
• olfactory profile: floral, sweet and musk
• Projection: average
• Outstanding notes: red fruits, white flowers and musk
• Recommended occasion: day, spring/summer
• Type of fragrance: female

"

10 : "Supreme Court Vodafone Idea verdict: No waiver, dues stay The Supreme Court Vodafone Idea ruling just came in – and it's a tough one. The court rejected their plea to waive or reassess AGR dues. With mounting financial pressure and no legal relief, Vodafone Idea's future seems even more uncertain now. Can the company survive this blow?"

11 : "Supreme Court Vodafone Idea decision could push telco closer to collapse In a major setback, the Supreme Court Vodafone Idea case ended with the court refusing to grant any waiver on AGR dues. This decision might be the final nail for Vi unless a serious bailout or investor rescue comes through. Is a telecom monopoly the next big risk in India?"

12 : "Luxury Butterfly Ring Holder Phone Case for Samsung S21 FE. "

13 : "Stunning HMT kohinoor- Maroon "

14 : "Gurudev Chauraha Metro Station, Kanpur "

```
15 :  
"Lights, Camera, Action! 72nd Miss World Festival Contestants Take on Ramoji  
Film City !! "  
16 : "Mohanlal did Amazing Acting in Thudaram 2025. [removed]"  
17 :  
"Tried Mango milkshake at Alankar Juice Center, Behind Central Mall....Have you  
tried this?? "  
18 : "Beautiful Surya Mandir, Ranchi "  
19 : "Notes for Quantitative Aptitude. "
```

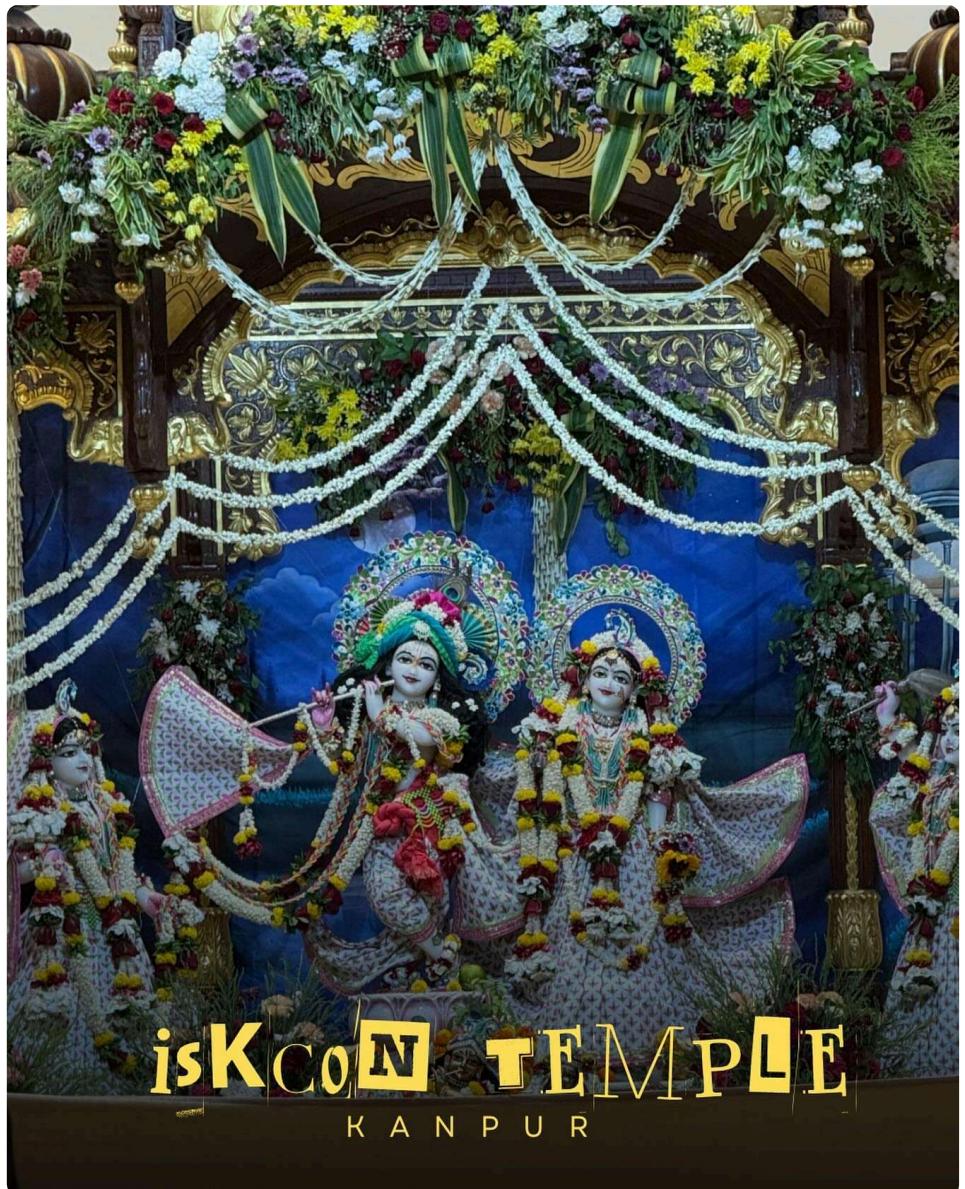
]



Fetched Image

a black and white photo of a black and white bird

Dominant Emotion Detected: sad



Fetched Image

a statue of a woman holding a bouquet of flowers

Dominant Emotion Detected: neutral

Thudarum (2025)



Pulimurugan (2016)



Lucifer (2019)



Fetched Image

a man in a black shirt is looking at something

Extracted and Translated Text from Image:

Thudarum (2025) IE |

Lucifer (2019)

a

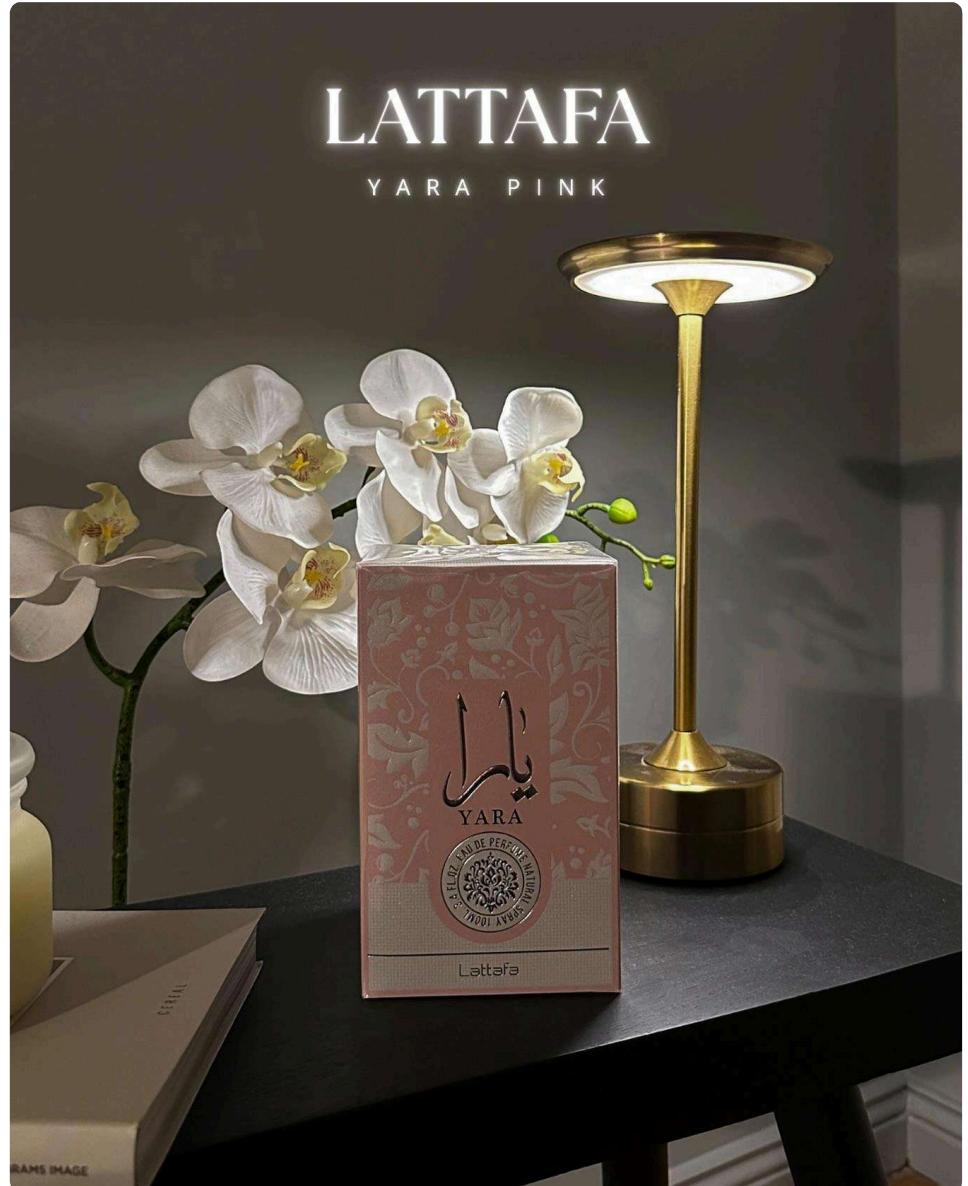
Dominant Emotion Detected: happy



Fetched Image

a plate of food with vegetables and meat

Dominant Emotion Detected: sad



Fetched Image

a table topped with a vase filled with flowers

Extracted and Translated Text from Image:

Lat

Children Pink

Dominant Emotion Detected: sad



Fetched Image

a red and white fire hydrant with a clock on it

Dominant Emotion Detected: neutral



Fetched Image

a red and white fire hydrant with a clock on it

Dominant Emotion Detected: neutral



Fetched Image

a person holding a small device in their hand

Dominant Emotion Detected: sad



Fetched Image

a person holding a cell phone in front of a laptop

Dominant Emotion Detected: fear



Fetched Image

a person holding a cup filled with orange juice

Dominant Emotion Detected: neutral

Aggregated Emotion Counts Across All Images



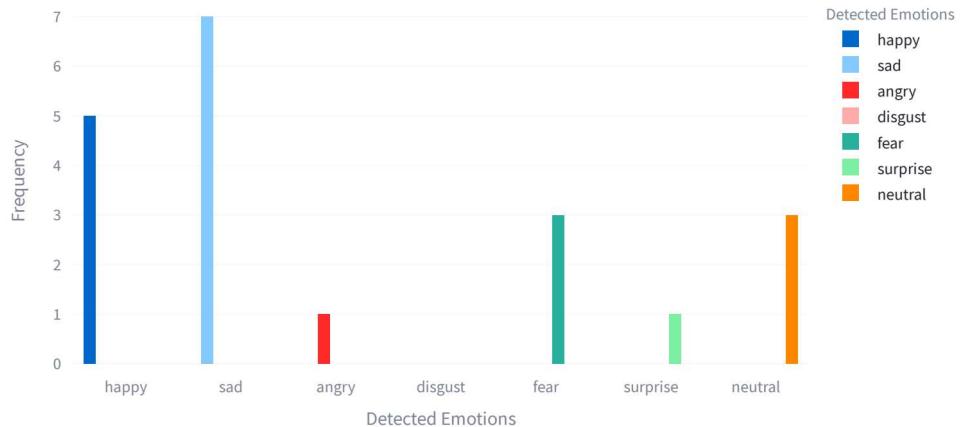
Most Frequent Emotion Across All Images or no Images(Default): sad

The pronounced sadness suggests potential depression, possibly co-occurring with anxiety (fear) or a neutral state indicative of emotional numbing. Seek professional evaluation for mood disorder screening, especially if sadness is persistent and impacting daily life. Implement strategies like mindfulness, social connection, and regular exercise to bolster emotional resilience.

Latest Videos from posts:



Emotion Analysis Summary:

Emotion Counts**Dominant Emotion: sad**

Dominant sadness suggests potential depression or a depressive episode within bipolar disorder, warranting further assessment. Elevated fear alongside sadness could indicate anxiety or PTSD, requiring trauma-informed care. Prioritize mood tracking, seeking therapy, and practicing self-compassion to manage emotional distress.

Analyzing Audio Mood and Tone...

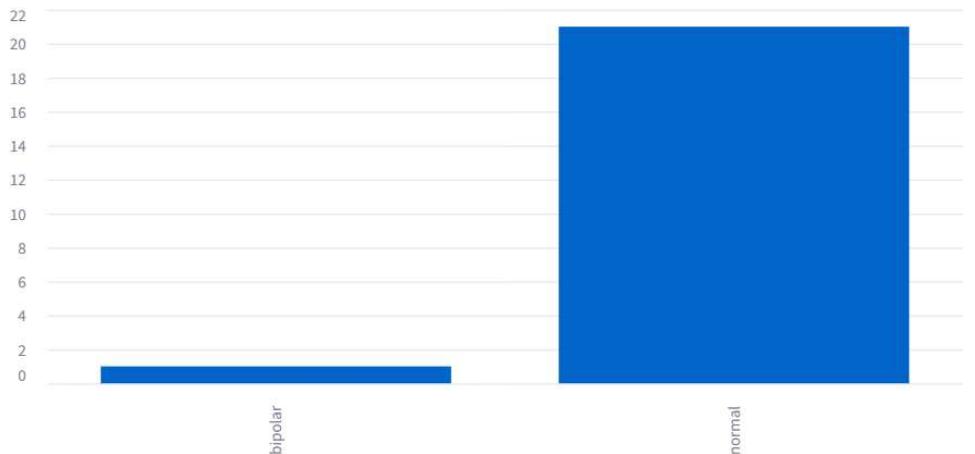
Here's the analysis:

- **Tone: Sad**
- **Mood: Melancholic**

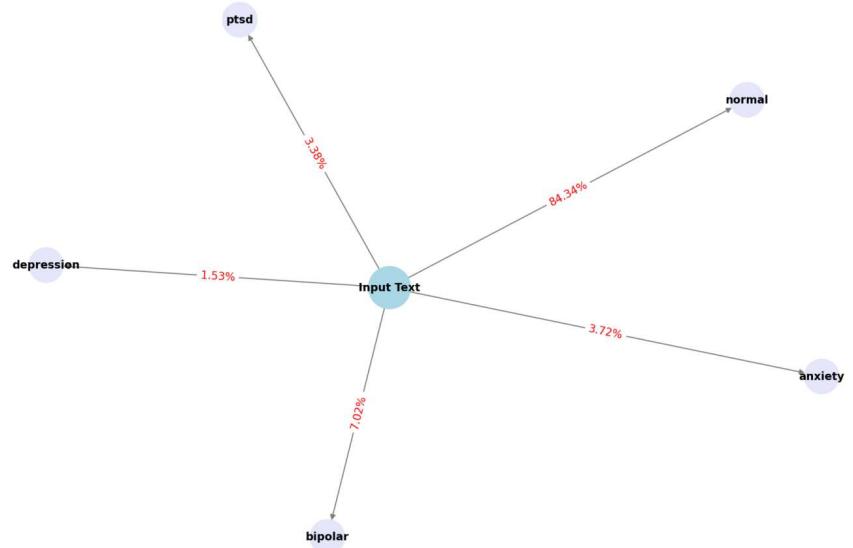
Summary: The audio exhibits a low pitch, a slow speech rate, and reduced spectral brightness, indicative of sadness and melancholy.

Mental health issue distribution across posts:

	Mental Health Issue	Count
0	normal	21
1	bipolar	1



The most frequently detected mental health concern from all the text obtained is: normal with a probability of 84.34% from the analyzed text.



Wellbeing Insight:

It's difficult to determine how "normal" directly impacts the Ryff Scale factors since the provided data doesn't define what "normal" refers to. "Normal" is subjective and relative to an individual's experiences and the context they are in. It appears as if you intended to insert a specific topic or subject in the prompt that I could analyze for relationships with the Ryff scale. As an example, consider how "retirement" impacts each Ryff Scale factor.

1. Autonomy: Retirement can offer increased autonomy as individuals have more control over their time and activities. However, it can also decrease autonomy if retirees become financially dependent on others or rely heavily on structured programs.

- **Practical Advice:** To enhance autonomy in retirement, proactively plan finances, engage in independent hobbies, and maintain decision-making power.

2. Environmental Mastery: Retirement may challenge environmental mastery as individuals adjust to a new routine and environment. It can also provide opportunities to master new skills and adapt to changing circumstances.

- **Practical Advice:** To maintain environmental mastery, set new goals, learn new skills, and adapt to changes in routine and environment.

3. Personal Growth: Retirement can foster personal growth by providing time for self-reflection, learning, and pursuing new interests. However, stagnation can occur if retirees lack motivation or opportunities for growth.

- **Practical Advice:** To stimulate personal growth, engage in lifelong learning, explore new hobbies, and seek out new experiences.

4. Positive Relations with Others: Retirement can strengthen relationships by offering more time for socializing and connecting with loved ones. Isolation can occur if retirees lose social connections or lack opportunities for interaction.

- **Practical Advice:** To nurture relationships, prioritize spending time with loved ones, join social groups, and volunteer in the community.

5. Purpose in Life: Retirement may lead to a loss of purpose as individuals transition away from their careers. However, it can also provide opportunities to discover new passions and contribute to society in meaningful ways.

- **Practical Advice:** To find purpose, explore new interests, volunteer time to a cause, and set meaningful goals.
- 6. Self-Acceptance:** Retirement can promote self-acceptance as individuals reflect on their lives and accomplishments. However, dissatisfaction and regret can arise if retirees focus on missed opportunities or past failures.
- **Practical Advice:** To foster self-acceptance, practice self-compassion, focus on accomplishments, and engage in activities that promote well-being.

 Loaded 2391 documents.

RAG Steps...

Step 1: Initial Retrieval from Knowledge Base...

Retrieved 10 candidates.

Step 2: Re-ranking candidates for relevance...

Re-ranked and selected top 5 candidates.

Step 3: Preparing context for Generation...

Top Re-ranked Records Used as Context

Match 1 (Index: 1130, Score: -7.1000)

Retrieved Input (Instruction+Situation): Index: 1130 Text: Provide wellbeing insight for the below text with normal. More toxic than ever Lahore and Delhi choked by smog as pollution season begins

Retrieved Output (Filtered for Context): **Normal Analysis:**

While "normal" is subjective, experiencing distress due to environmental factors like smog is a valid reaction. This text highlights a situation impacting psychological wellbeing.

Wellbeing Insights (Ryff Scale):

- **Autonomy:** Research air filtration strategies & advocate for clean air.
- **Env. Mastery:** Learn about pollution sources & individual actions to mitigate.
- **Personal Growth:** Educate others & participate in environmental initiatives.
- **Positive Relations:** Connect with community groups fighting pollution.
- **Purpose in Life:** Contribute to a cleaner environment for future generations.
- **Self-Acceptance:** Acknowledge feelings of frustration & focus on actions.

Match 2 (Index: 1871, Score: -7.1768)

Retrieved Input (Instruction+Situation): Index: 1871 Text: Provide wellbeing insight for the below text with normal. LA officially becomes no kill city as animal shelters achieve 90 save rate

Retrieved Output (Filtered for Context): This news promotes psychological wellbeing:

- **Autonomy:** Supports independent values (animal welfare). Donate/volunteer at shelters.
- **Env. Mastery:** Feeling competent. Foster/adopt, creating a safe haven.
- **Personal Growth:** Expands compassion. Learn about animal behavior, fostering empathy.
- **Positive Relations:** Connects with like-minded individuals. Join animal advocacy groups.
- **Purpose in Life:** Feeling significant. Supporting no-kill, saving lives.
- **Self-Acceptance:** Promotes positive self-image (compassionate action). Reflect on contributing to a better world.

Match 3 (Index: 1176, Score: -7.1951)

Retrieved Input (Instruction+Situation): Index: 1176 Text: Provide wellbeing insight for the below text with normal. New York semiconductor site picked for 825 million in funding

Retrieved Output (Filtered for Context): The text describes a positive economic development, potentially fostering a sense of stability and opportunity. Ascribing mental health status to the text itself is inaccurate, but we can offer advice based on potential *impact* of this news:

Ryff Scale Wellbeing Boost:

- **Autonomy:** Consider the skills needed for new jobs this site creates. Invest in training!
- **Env. Mastery:** Learn about the semiconductor industry. Understanding the context boosts confidence.
- **Personal Growth:** Explore new career paths. The news signifies potential growth for the local economy.
- **Positive Relations:** Discuss the news with family/friends. Shared excitement builds connection.
- **Purpose in Life:** Reflect on how this development could positively impact the community/future.
- **Self-Acceptance:** Acknowledge your feelings about this news (hope, anxiety). Validate them.

Match 4 (Index: 1229, Score: -7.2021)

Retrieved Input (Instruction+Situation): Index: 1229 Text: Provide wellbeing insight for the below text with normal. Grant Imahara, Mythbusters cohost, dead at 49

Retrieved Output (Filtered for Context): The news of Grant Imahara's death can trigger feelings even in those without direct connection, highlighting the fragility of life.

- **Autonomy:** Reflect on your choices; are you living authentically?
- **Env. Mastery:** Tackle a small, achievable task to boost confidence.
- **Personal Growth:** Learn something new related to a hobby.
- **Positive Relations:** Reach out to someone you care about.
- **Purpose in Life:** Identify a small action aligned with your values.
- **Self-Acceptance:** Acknowledge and appreciate your strengths.

It's okay to feel sad. Focus on small, positive actions to nurture your wellbeing.

Match 5 (Index: 1073, Score: -7.2861)

Retrieved Input (Instruction+Situation): Index: 1073 Text: Provide wellbeing insight for the below text with normal. Japanese firm gives nonsmokers extra six days holiday to compensate for cigarette break

Retrieved Output (Filtered for Context): **Text Analysis:** The firm's policy aims for fairness, potentially boosting non-smokers' wellbeing.

Ryff Scale Insights:

- **Autonomy:** Advocate for personal work style flexibility.
- **Environmental Mastery:** Skill-building workshops can build workplace competence.
- **Personal Growth:** Embrace learning new skills & be open to feedback.
- **Positive Relations:** Cultivate work friendships, actively listen.
- **Purpose in Life:** Align daily tasks with broader company goals & personal values.
- **Self-Acceptance:** Acknowledge strengths, work on areas for improvement.

Step 4: Generating final insight with LLM...

→ Insight generation took 1.87 seconds.

🔗 Top Re-ranked Match Score:

-7.1000 (CrossEncoder score)

Wellbeing Insight using RAG

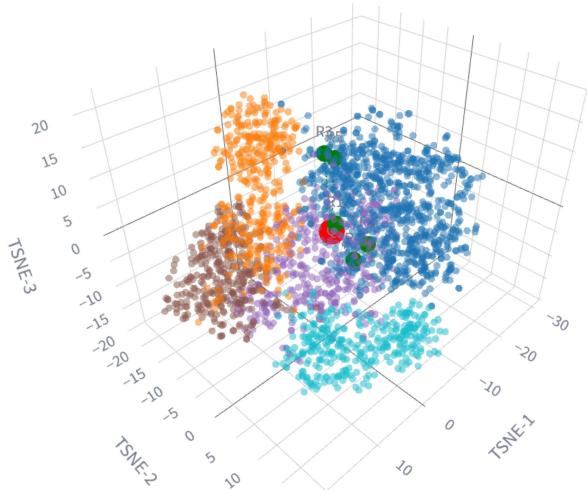
- **Autonomy:** Explore financial planning resources and calculators to understand different retirement scenarios and make informed decisions aligned with your desired lifestyle.
- **Environmental Mastery:** Research the cost of living, inflation rates, and healthcare expenses in your target Tier 2 city to build a realistic financial model for your retirement.
- **Personal Growth:** Reflect on your personal values and what truly brings you joy to identify cost-effective hobbies and activities that can enrich your retirement.
- **Positive Relations:** Share your FIRE journey and concerns with trusted friends or family for support and diverse perspectives on your retirement plans.
- **Purpose in Life:** Consider how you can contribute to your community or pursue meaningful activities during retirement to maintain a sense of purpose and fulfillment.
- **Self-Acceptance:** Acknowledge that financial planning involves uncertainties and adjust your expectations with flexibility and self-compassion throughout your FIRE journey.

3D Match Visualization

3D t-SNE: Query → Re-ranked Top 5 (Colored by Issue)

Legend

- Your Query
- Top 5
- Depression
- Bipolar
- Ptsd
- Normal
- Anxiety



Updating Knowledge Base

Reading/Appending instruction_data.json...

Record appended to instruction_data.json

Rebuilding internal lists...

Total Records: 2392

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2392 vectors, Dim: 384)

💾 Saving updated global store to global_store_gpu.pkl...

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json

Association Matrix

	parameter	anxiety	bipolar	depression	normal	ptsd
0	self acceptance	3	2	1	6	2
1	positive relations with others	3	4	2	6	3
2	autonomy	2	3	2	4	1
3	environmental mastery	2	4	1	6	4
4	purpose in life	4	4	1	6	3
5	personal growth	3	3	1	6	4

Weighted Sum Analysis

Cosine Similarity Analysis

Euclidean Distance Analysis

Specific Parameter Based Insight:

Okay, let's break down how someone with normal mental health (meaning they're not experiencing significant clinical distress or mental illness) can enhance their well-being by focusing on Ryff's dimensions of purpose in life, autonomy, and self-acceptance.

Understanding the Parameters:

- **Purpose in Life:** Feeling that your life has direction and meaning. A sense of past, present, and future aims, beliefs that give life meaning, a sense of directedness, and a feeling that life holds meaning and purpose.
- **Autonomy:** Feeling independent and self-reliant. A sense of independence and the ability to regulate behavior from within. Possessing internal standards, resisting social pressures, and evaluating self by personal standards.
- **Self-Acceptance:** A positive attitude toward the self. Acknowledging and accepting multiple aspects of self, including good and bad qualities, and feeling positive about one's past life.

Practical Advice for Enhancement (Assuming Normal Mental Health):

Here's tailored advice, structured around each parameter:

1. Purpose in Life:

- **Action:** *Volunteer or Engage in Meaningful Activities:*
 - **How:** Find a cause you care about. This could be anything from environmental protection to animal welfare, mentoring youth, or helping the elderly. Start small – even an hour a week can make a difference. Look for volunteer opportunities in your local community.
 - **Why:** Connecting to something larger than yourself fosters a sense of purpose.
- **Action:** *Explore Your Values:*

- **How:** Take some time for introspection. What's truly important to you? Is it creativity, justice, family, learning, health, etc.? Write them down. Then, think about how you can incorporate those values more fully into your daily life.
- **Why:** Living in alignment with your values creates a sense of authenticity and meaning.
- **Action: Set Goals (Big and Small):**
 - **How:** Don't just focus on huge, life-altering goals. Set smaller, achievable goals too. This could be learning a new skill, reading a certain number of books, improving your fitness, or tackling a home project.
 - **Why:** Working towards goals, even small ones, gives you a sense of accomplishment and forward momentum.
- **Action: Reflect on Your Past and Future:**
 - **How:** Journaling can be helpful here. What experiences have shaped who you are? What do you hope to achieve in the future? How can you learn from the past to build a better future? Visualize your ideal future self.
 - **Why:** Connecting to your past and envisioning your future can clarify your purpose.
- **Action: Practice Gratitude:**
 - **How:** Keep a gratitude journal, write thank-you notes, or simply take a few moments each day to appreciate the good things in your life.
 - **Why:** Gratitude shifts your focus from what's lacking to what you already have, which can illuminate the meaning in your present circumstances.

2. Autonomy:

- **Action: Practice Assertiveness:**
 - **How:** Learn to express your needs and opinions respectfully and confidently. This doesn't mean being aggressive, but rather standing up for yourself and your boundaries.
 - **Why:** Assertiveness helps you take control of your life and make choices that are right for you.
- **Action: Make Decisions (Even Small Ones):**
 - **How:** Start with simple choices. Don't always rely on others to make decisions for you. Practice trusting your own judgment.
 - **Why:** Making your own decisions, even small ones, reinforces your sense of independence.
- **Action: Set Boundaries:**
 - **How:** Identify your limits in relationships, at work, and in other areas of your life. Communicate those boundaries clearly and consistently.
 - **Why:** Boundaries protect your time, energy, and emotional well-being, allowing you to act according to your own values and standards.
- **Action: Challenge Social Norms (Thoughtfully):**
 - **How:** Don't blindly follow the crowd. Question assumptions and expectations. Think critically about what's right for you, even if it differs from what others expect.
 - **Why:** True autonomy comes from making conscious choices, not just conforming to social pressures.
- **Action: Develop Internal Locus of Control:**
 - ***How:** Recognize that you have the ability to impact things in your life with your decisions. Realize that while not everything is controllable, your attitude and response towards that uncontrolled situation is.
 - ***Why:** When you accept you have control over your life you become more autonomous in your choices.

3. Self-Acceptance:

- **Action: Practice Self-Compassion:**
 - **How:** Treat yourself with the same kindness and understanding that you would offer to a friend who is struggling. Acknowledge your imperfections and remember that everyone makes mistakes.

- **Why:** Self-compassion reduces self-criticism and fosters a more positive self-image.
- **Action:** *Challenge Negative Self-Talk:*
 - **How:** Pay attention to the negative thoughts you have about yourself. Are they based on facts or just assumptions? Replace them with more realistic and compassionate thoughts.
 - **Why:** Changing your inner dialogue can significantly improve your self-perception.
- **Action:** *Focus on Your Strengths:*
 - **How:** Identify your talents and abilities. What are you good at? What do you enjoy doing? Find ways to use your strengths in your daily life.
 - **Why:** Focusing on your strengths builds confidence and self-esteem.
- **Action:** *Accept Your Past:*
 - **How:** Acknowledge that your past experiences have shaped who you are today, both the good and the bad. Forgive yourself for past mistakes. Focus on learning from the past rather than dwelling on it.
 - **Why:** Accepting your past allows you to move forward with greater self-acceptance and peace.
- **Action:** *Practice Mindfulness:*
 - **How:** Pay attention to the present moment without judgment. Observe your thoughts and feelings without getting carried away by them.
 - **Why:** Mindfulness helps you accept yourself as you are, in this moment, without needing to change or improve.

Important Considerations:

- **Consistency is Key:** These are not one-time fixes. They require ongoing effort and attention.
- **Be Patient:** It takes time to change your mindset and habits. Don't get discouraged if you don't see results immediately.
- **Seek Support When Needed:** While this advice is geared towards people with normal mental health, it's always beneficial to have a support system. Talk to friends, family, or a therapist if you're struggling.
- **Adapt to Your Own Needs:** These are just suggestions. Tailor them to fit your own unique personality, values, and circumstances.
- **Be Realistic:** Self-improvement is a journey, not a destination. There will be ups and downs.

By actively working on these aspects of your psychological well-being, you can cultivate a more fulfilling and meaningful life. Remember to be kind to yourself and celebrate your progress along the way.

 Loaded 2392 documents.

RAG Steps...



Wellbeing Insight using RAG

- **Purpose in Life:** As you consider early retirement, think about how you might use your time and talents to stay engaged and contribute to something meaningful, whether through volunteering, pursuing hobbies, or supporting causes you care about.
- **Autonomy:** Explore different financial strategies and tools available in India to manage your retirement savings, empowering you to make informed decisions that align with your vision of a comfortable and independent life.
- **Self-Acceptance:** Be patient with yourself as you navigate the uncertainties of early retirement planning, recognizing that it's okay to adjust your expectations and plans as you learn more and adapt to changing circumstances.

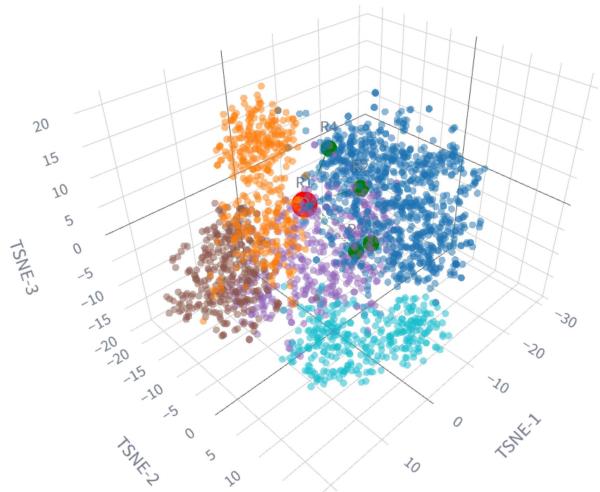
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Knowledge Base Update Complete!

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