

Mental Health Disorder Detection

Upload a Video to Extract and Classify Text

Choose a video file



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Browse files



smp4.mp4 452.4KB





Extracting frames from video...



Frame 1 - Emotion: neutral



Frame 2 - Emotion: neutral



Frame 3 - Emotion: sad



Frame 4 - Emotion: sad



Frame 5 - Emotion: neutral



Frame 6 - Emotion: fear



Frame 7 - Emotion: sad



Frame 8 - Emotion: happy



Frame 9 - Emotion: sad



Frame 10 - Emotion: neutral



Frame 11 - Emotion: sad



Frame 12 - Emotion: sad



Frame 13 - Emotion: neutral



Frame 14 - Emotion: sad



Frame 15 - Emotion: sad



Frame 16 - Emotion: happy



Frame 17 - Emotion: happy



Frame 18 - Emotion: sad



Frame 19 - Emotion: neutral



Frame 20 - Emotion: sad

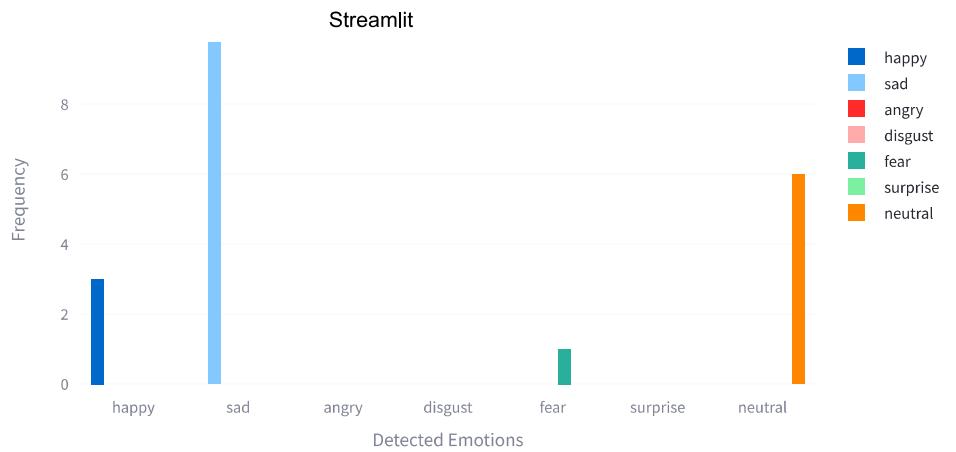
Emotion Analysis Summary:

Emotion Counts

10

■

Detected Emotions



Dominant Emotion: **sad**

Dominant sadness, alongside a low positive emotion ratio, can indicate depressive symptoms, warranting further assessment for mood disorders. Fear might suggest anxiety or trauma, potentially exacerbating the sadness. Prioritize mood tracking, social support, and seeking professional help for personalized strategies to manage these emotions.

Overall Description

A man with glasses and a beard is smiling. A man with a beard and a glasses is also smiling. The man with the beard is wearing glasses. He also has a beard.

Text Extracted from Video Frames:

Transcribed Audio Text:

That's when people start to fall into the pressure when they know they can do more. They know they can be better. They want to be better, but they're not doing the things that are actually going to get them to that place.

Combined Extracted Text (from both video frames and audio):

That's when people start to fall into the pressure when they know they can do more. They know they can be better. They want to be better, but they're not doing the things that are actually going to get them to that place.

Translated Combined Text (Frames + Audio):

That's when people start to fall into the pressure when they know they can do more. They know they can be better. They want to be better, but they're not doing the things that are actually going to get them to that place.

Analyzing Audio Mood...

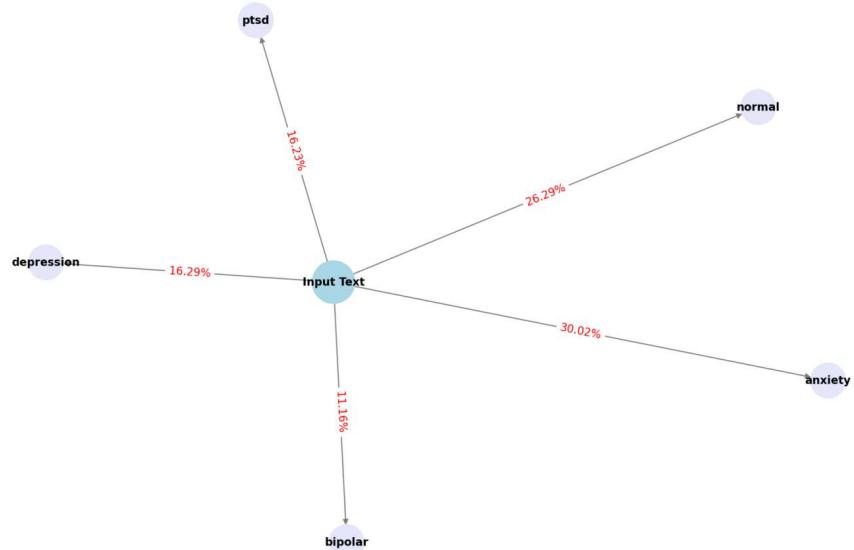
Here's an analysis of the audio:

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

Analysis Summary: The audio exhibits characteristics of sadness, including a low pitch and potentially a slow speech rate. This aligns with a melancholic mood, indicated by low tempo and a possibly monotone delivery, suggesting a somber and reflective state.

Classify Extracted Text

The most likely mental health concern from all the text obtained is: anxiety with a probability of 30.02%



Wellbeing Insight:

Here's an analysis of how anxiety can impact each of the Ryff Scale's factors, along with practical advice based on the provided quote and image descriptions.

1. Autonomy:

Anxiety can significantly undermine autonomy. The fear of making the wrong decision, being judged, or failing can lead individuals to rely heavily on the opinions and approval of others. This dependence on external validation inhibits independent thought and action, preventing individuals from confidently making choices aligned with their own values and beliefs. In the quote, "Thats when people start to fall into the pressure when they know they can do more. They know they can be better. They want to be better, but they're not doing the things that are actually going to get them to that place," suggests that a fear of not living up to their potential, stemming from anxiety, can paralyze people and prevent them from taking independent steps toward their goals.

2. Environmental Mastery:

Anxiety can severely impair a person's sense of environmental mastery. Instead of feeling in control of their surroundings and activities, individuals with anxiety may feel overwhelmed and helpless. Everyday tasks can seem daunting, leading to procrastination, avoidance, and a sense of being trapped by their circumstances. The anticipation of negative outcomes can prevent them from taking calculated risks or pursuing opportunities that would otherwise enhance their sense of competence and accomplishment.

3. Personal Growth:

Anxiety can stifle personal growth by fostering a fear of the unknown and a resistance to change. The discomfort associated with new experiences can lead individuals to avoid challenges, stick to familiar routines, and miss out on opportunities for learning and self-discovery. Negative self-talk and self-doubt can reinforce the belief that they are incapable of improving or adapting, leading to stagnation and a diminished sense of potential.

4. Positive Relations with Others:

Anxiety can negatively impact relationships by promoting social withdrawal, fear of judgment, and difficulty expressing emotions. Individuals with anxiety may avoid social situations, worry excessively

about what others think of them, and struggle to form meaningful connections. They might misinterpret social cues, become overly sensitive to criticism, or experience difficulty communicating their needs and feelings, which can lead to misunderstandings and conflict.

5. Purpose in Life:

Anxiety can cloud an individual's sense of purpose by creating a constant state of worry and unease. It can be difficult to focus on long-term goals or to find meaning in life when preoccupied with anxieties.

Negative thoughts and feelings can undermine motivation, leading to a sense of aimlessness and a lack of direction. In the quote, the frustration that arises from knowing you can do more, but not acting on it, highlights how anxiety can prevent people from pursuing their purpose.

6. Self-Acceptance:

Anxiety is a major obstacle to self-acceptance. It fuels negative self-talk, self-criticism, and a constant striving for perfection. Individuals with anxiety may focus on their perceived flaws and shortcomings, comparing themselves unfavorably to others and feeling inadequate. This lack of self-compassion can lead to low self-esteem, feelings of shame, and a persistent sense of dissatisfaction. The image of the smiling man, while positive, can also represent a facade or an attempt to mask underlying feelings of anxiety and insecurity.

Practical Advice Based on the Quote and Image:

The quote "Thats when people start to fall into the pressure when they know they can do more. They know they can be better. They want to be better, but they're not doing the things that are actually going to get them to that place," provides a starting point for actionable advice:

- **Break Down Goals:** Anxiety often stems from feeling overwhelmed. Break large goals into smaller, manageable steps. Instead of focusing on "being better," identify one small, achievable action you can take today.
- **Focus on Action, Not Perfection:** The smiling men in the images suggest that even when anxiety exists, there's still room for joy and progress. Don't let the pursuit of perfection paralyze you. Focus on taking consistent action, even if it's imperfect.
- **Challenge Negative Thoughts:** Identify and challenge the negative thoughts that are fueling your anxiety. Ask yourself if these thoughts are realistic and helpful. Replace them with more positive and constructive self-talk.
- **Practice Self-Compassion:** Be kind to yourself. Acknowledge that everyone experiences anxiety and setbacks. Treat yourself with the same compassion and understanding you would offer a friend.
- **Seek Support:** Don't be afraid to ask for help from friends, family, or a mental health professional. Talking about your anxiety can help you feel less alone and gain valuable insights.
- **Celebrate Small Wins:** Acknowledge and celebrate every small step you take toward your goals. This will help you build momentum and confidence.
- **Mindfulness and Grounding:** Practice mindfulness techniques, such as deep breathing or meditation, to stay present in the moment and reduce anxiety. Grounding exercises can help you reconnect with your body and surroundings.

By taking these steps, individuals can start to overcome the paralyzing effects of anxiety and move closer to achieving their goals and living a more fulfilling life.

 Loaded 2385 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: 1713, Score: 5.1281)

Retrieved Input (Instruction+Situation): Index: 1713 Text: Provide wellbeing insight for the below text with anxiety. Someone make me stop being anxious I'm anxious all the fuck time. Doesn't matter if everything is going perfectly or if my life is in shambles,...

Retrieved Output (Filtered for Context): Okay, here's an analysis of the text regarding anxiety, followed by Ryff Scale-based wellbeing advice:

Analysis:

The individual expresses pervasive anxiety, unrelated to specific circumstances. It's a constant state causing distress, compounded by financial barriers to professional help. This suggests a possible generalized anxiety disorder or a similar underlying issue. The language indicates a high level of frustration and helplessness.

Wellbeing Insights (Ryff Scale):

- **Autonomy:** Challenge anxious thoughts. Make small decisions to feel in control (e.g., meal choices).
- **Env. Mastery:** Identify manageable tasks and complete them. Organize one small space.
- **Personal Growth:** Learn coping skills via free online resources (meditation apps, anxiety blogs).
- **Pos. Relations:** Reach out to trusted friends/family for support. Share feelings.
- **Purpose in Life:** Find free volunteer options that align with your values.
- **Self-Acceptance:** Practice self-compassion. Acknowledge your struggles without judgment.

Match 2 (Index: 104, Score: 4.9465)

Retrieved Input (Instruction+Situation): Index: 104 Text: Provide wellbeing insight for the below text with anxiety. What is this? I'm always apathetic towards everything, tired, constantly recall embarrassing/cringeworthy events in the past, and have been crit...

Retrieved Output (Filtered for Context): The text suggests symptoms of anxiety, including rumination (recalling embarrassing events) and self-criticism, which can significantly impact psychological wellbeing.

Ryff Scale Insights:

- **Autonomy:** Practice assertive communication. Set boundaries.
- **Environmental Mastery:** Break down tasks. Focus on achievable goals.
- **Personal Growth:** Learn a new skill. Challenge negative thought patterns.
- **Positive Relations:** Connect with supportive friends/family. Limit toxic interactions.
- **Purpose in Life:** Volunteer. Find meaning in hobbies or work.
- **Self-Acceptance:** Practice self-compassion. Focus on strengths and healthy habits.

Match 3 (Index: 94, Score: 4.8361)

Retrieved Input (Instruction+Situation): Index: 94 Text: Provide wellbeing insight for the below text with anxiety. RAnxiety didn't find this interesting, you guys might

Retrieved Output (Filtered for Context): Anxiety impacts all aspects of well-being. Here's how to boost each Ryff dimension:

- **Autonomy:** Identify small choices you can control daily. Practice saying "no" to requests that overwhelm you.
- **Environmental Mastery:** Break down overwhelming tasks into smaller, manageable steps. Celebrate small wins.

- **Personal Growth:** Engage in learning a new skill or hobby, or challenge negative thoughts through cognitive restructuring.
- **Positive Relations:** Schedule regular quality time with supportive people. Express gratitude to loved ones.
- **Purpose in Life:** Reflect on your values and how you can contribute to something larger than yourself. Volunteer or engage in meaningful activities.
- **Self-Acceptance:** Practice self-compassion, acknowledging your strengths and imperfections. Challenge self-critical thoughts.

Match 4 (Index: 52, Score: 4.6851)

Retrieved Input (Instruction+Situation): Index: 52 Text: Provide wellbeing insight for the below text with anxiety. Made me stop and think!

Retrieved Output (Filtered for Context): Anxiety disrupts well-being by impacting several areas.

- **Autonomy:** Practice independent decision-making, even small choices.
- **Environmental Mastery:** Break down overwhelming tasks into manageable steps.
- **Personal Growth:** Learn relaxation techniques; explore mindfulness.
- **Positive Relations:** Communicate needs & feelings assertively to loved ones.
- **Purpose in Life:** Identify values; volunteer; set achievable goals.
- **Self-Acceptance:** Practice self-compassion; challenge negative self-talk.

Match 5 (Index: 7, Score: 4.4009)

Retrieved Input (Instruction+Situation): Index: 7 Text: Provide wellbeing insight for the below text with anxiety. I always feel drained

Retrieved Output (Filtered for Context): "Drained" hints at anxiety impacting well-being.

- **Autonomy:** Set boundaries; say "no" to commitments.
- **Env. Mastery:** Break tasks into smaller, manageable steps.
- **Personal Growth:** Learn a new skill or hobby for self-discovery.
- **Positive Relations:** Connect with supportive friends/family; share feelings.
- **Purpose:** Volunteer or engage in activities that give meaning.
- **Self-Acceptance:** Practice self-compassion; challenge negative self-talk.

Step 4: Generating final insight with LLM...

→ Insight generation took 2.02 seconds.

🔗 Top Re-ranked Match Score:

5.1281 (CrossEncoder score)

Wellbeing Insight using RAG

- **Autonomy:** Recognize and challenge the pressure you feel by making conscious, small decisions that reaffirm your control over your immediate environment.
- **Environmental Mastery:** To combat the feeling of being overwhelmed, break down your aspirations into smaller, more achievable steps, celebrating each milestone as you move closer to your goals.
- **Personal Growth:** Explore free online resources like meditation apps or anxiety blogs to develop coping skills and challenge the self-critical thoughts hindering your progress.
- **Positive Relations:** Reach out to trusted friends or family to share your feelings and gain support, creating a safe space to discuss your anxieties and aspirations.

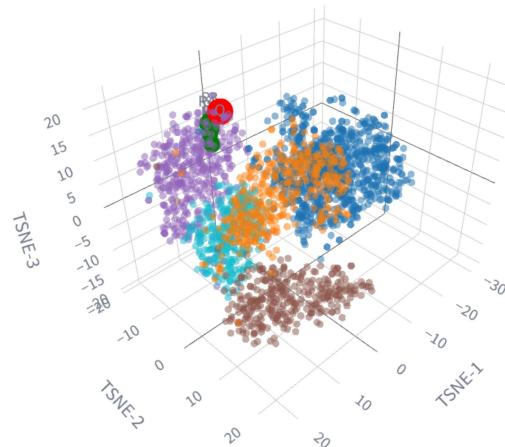
- **Purpose in Life:** Explore volunteer opportunities that align with your values, helping you connect with something larger than yourself and find meaning beyond your immediate struggles.
- **Self-Acceptance:** Practice self-compassion, acknowledging your desire to improve while accepting where you are now, understanding that progress is a journey, not a destination.

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: 2386

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2386 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 ^

Weighted Sum Analysis

Weighted Sums

	Weighted Sum
0	3.1889
1	3.7374
2	2.4751
3	3.4365
4	3.8747
5	3.6251

Row with Highest Weighted Sum

Index: 4

Row Name: purpose in life

Weighted Sum: 3.874678698666315

Cosine Similarity Analysis ^

Cosine Similarity Analysis

Cosine Similarities

	Cosine Similarity
0	0.9156
1	0.9167
2	0.8956
3	0.8487
4	0.9257
5	0.9078

Row with Highest Cosine Similarity

Index: 4

Row Name: purpose in life

Cosine Similarity Score: 0.9257168844773273

Euclidean Distance Analysis

Euclidean Distance Analysis

Euclidean Distances

	Euclidean Distance
0	6.9171
1	8.1701
2	5.4106
3	8.1456
4	8.395
5	7.9984

Row with Smallest Euclidean Distance

Index: 2

Row Name: autonomy

Euclidean Distance: 5.4105881284054576

Specific Parameter Based Insight:

Okay, let's break down how a person with anxiety can work on their sense of purpose in life and autonomy, using the Ryff Scales of Psychological Well-being as a guide, and tailoring advice to be sensitive to the challenges anxiety presents.

Understanding the Concepts

- **Purpose in Life (Ryff):** This isn't just about having a grand, world-changing goal. It's about feeling that your life has meaning, direction, and intentionality. It's about having goals to pursue and feeling a sense of engagement with life.
- **Autonomy (Ryff):** This involves feeling independent and self-determining. It's about resisting social pressures to think and act in certain ways, and feeling confident in your own opinions and beliefs.
- **Anxiety:** Anxiety is a mental health issue characterized by persistent and excessive worry, fear, and nervousness. It can manifest in physical symptoms (like racing heart, sweating) and behavioral changes (like avoidance).

The Interplay: Anxiety, Purpose, and Autonomy

Anxiety can significantly impact both purpose in life and autonomy:

- **Purpose:** Anxiety can make it difficult to pursue goals because of fear of failure, fear of judgment, or simply feeling overwhelmed. It can also cloud one's sense of meaning, leading to feelings of emptiness or despair.
- **Autonomy:** Anxiety can make a person overly reliant on others for reassurance, advice, and decision-making. The fear of making the "wrong" choice or facing negative consequences can erode their sense of independence. Social anxiety can make it hard to express independent opinions.

Practical Advice for Someone with Anxiety to Enhance Purpose and Autonomy

It's crucial to approach these steps with self-compassion and to acknowledge that progress may be gradual and non-linear. It's also important to emphasize that this is NOT a substitute for professional mental health treatment.

I. Enhancing Purpose in Life (with Anxiety in Mind):**1. Start Small and Manageable:**

- **Instead of:** "I need to find my life's calling!"
- **Try:** "I'm going to identify one small thing that makes me feel good or useful." This could be volunteering for an hour a week, starting a small creative project (drawing, writing, knitting), or learning a new skill online for 15 minutes a day.
- **Why this helps with anxiety:** Small steps feel less overwhelming. Success in small endeavors builds confidence and reduces the fear of failure.

2. Focus on Values, Not Just Goals:

- **Instead of:** "I need to achieve X, Y, and Z to feel purposeful."
- **Try:** "What values are important to me? (e.g., kindness, creativity, learning, connection)." Then, brainstorm small ways to live in accordance with those values each day. For example, if kindness is important, it could be as simple as offering a genuine compliment to someone.
- **Why this helps with anxiety:** Values provide a compass, guiding actions even when specific goals feel unattainable. Living in alignment with values brings a sense of integrity and meaning, regardless of external achievements.

3. Mindfulness and Present Moment Awareness:

- **Instead of:** Worrying about the future or dwelling on past mistakes.
- **Try:** Practicing mindfulness techniques like meditation or deep breathing exercises. Focus on the present moment and engage fully in whatever you are doing, even if it's just washing dishes or taking a walk.
- **Why this helps with anxiety:** Anxiety often involves excessive rumination and worry. Mindfulness helps to break the cycle of negative thoughts and allows you to appreciate the present moment, fostering a sense of peace and contentment.

4. Connect with Others:

- **Instead of:** Isolating yourself due to social anxiety.
- **Try:** Finding ways to connect with others in a way that feels safe and comfortable. This could be joining a support group for people with anxiety, volunteering for a cause you care about, or simply reaching out to a friend or family member for a conversation.
- **Why this helps with anxiety:** Human connection is essential for well-being. Sharing your experiences with others can reduce feelings of isolation and provide a sense of belonging.

5. Gratitude Practice:

- **Instead of:** Focusing on what's lacking in your life.
- **Try:** Keeping a gratitude journal or simply taking a few minutes each day to reflect on things you are grateful for. This could be anything from the roof over your head to the kindness of a stranger.
- **Why this helps with anxiety:** Gratitude shifts your focus from negative thoughts and emotions to positive ones. It can also help you appreciate the good things in your life, which can boost your overall sense of well-being.

II. Enhancing Autonomy (with Anxiety in Mind):**1. Challenge Anxious Thoughts:**

- **Instead of:** Believing every anxious thought.
- **Try:** Learning to identify and challenge anxious thoughts. Ask yourself: "Is this thought based on facts or feelings? Is it helpful or harmful? Is there another way to look at the situation?"
- **Why this helps with anxiety:** Anxiety often distorts our perception of reality. By challenging anxious thoughts, you can regain a sense of control and make more rational decisions.

2. Practice Assertiveness:

- **Instead of:** Avoiding conflict or always agreeing with others.
 - **Try:** Learning to express your needs and opinions in a clear and respectful manner. Start with small, low-stakes situations and gradually work your way up to more challenging ones.
 - **Why this helps with anxiety:** Assertiveness empowers you to stand up for yourself and your beliefs. It can also reduce feelings of resentment and frustration.
3. **Set Boundaries:**
- **Instead of:** Saying "yes" to everything and feeling overwhelmed.
 - **Try:** Learning to say "no" to requests that you don't want to do or don't have time for. Be clear and direct in your communication, and don't feel the need to over-explain.
 - **Why this helps with anxiety:** Setting boundaries protects your time, energy, and mental health. It also helps you feel more in control of your life.
4. **Make Small Decisions Independently:**
- **Instead of:** Always seeking reassurance from others.
 - **Try:** Making small decisions on your own, even if it feels uncomfortable. This could be anything from choosing what to wear to deciding what to eat for dinner.
 - **Why this helps with anxiety:** Making independent decisions builds confidence and reduces reliance on others. It also helps you develop your own sense of judgment.
5. **Embrace Imperfection:**
- **Instead of:** Striving for perfection in everything you do.
 - **Try:** Accepting that you are human and that you will make mistakes. Focus on progress, not perfection. Learn from your mistakes and move on.
 - **Why this helps with anxiety:** Perfectionism is a major contributor to anxiety. By embracing imperfection, you can reduce the pressure you put on yourself and feel more comfortable taking risks.

Important Considerations:

- **Therapy is Essential:** These strategies are best used in conjunction with therapy. Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) are particularly helpful for anxiety and can teach coping mechanisms for managing anxious thoughts and behaviors.
- **Medication:** For some individuals, medication may be necessary to manage anxiety symptoms. This should be discussed with a psychiatrist or other qualified medical professional.
- **Self-Compassion:** Be kind to yourself throughout this process. Anxiety can make it difficult to make changes. Celebrate small victories and don't get discouraged by setbacks.
- **Pace Yourself:** Don't try to do too much too soon. Start with one or two strategies and gradually add more as you feel comfortable.
- **Listen to Your Body:** Pay attention to your body's signals and take breaks when you need them. Rest and self-care are essential for managing anxiety.

In Summary:

Improving purpose and autonomy with anxiety requires a sensitive, gradual approach. It's about finding small, manageable ways to connect with your values, challenge anxious thoughts, and build confidence in your own abilities. Combining these strategies with professional mental health support can lead to significant improvements in well-being.

 Loaded 2386 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: 2385, Score: 9.1942)

Retrieved Input (Instruction+Situation): Index: 2385 Text: Provide wellbeing insight for the below text with anxiety. Thats when people start to fall into the pressure when they know they can do more . They know they can be better. They want to be better, but ...

Retrieved Output (Filtered for Context):

- **Autonomy:** Recognize and challenge the pressure you feel by making conscious, small decisions that reaffirm your control over your immediate environment. * **Purpose in Life:** Explore volunteer opportunities that align with your values, helping you connect with something larger than yourself and find meaning beyond your immediate struggles.

Match 2 (Index: 562, Score: 5.8113)

Retrieved Input (Instruction+Situation): Index: 562 Text: Provide wellbeing insight for the below text with anxiety. Anxiety Anx iety just holds even a very capable individual back in life. Its like a rope tied around your body that prevents you from going an...

Retrieved Output (Filtered for Context): **Ryff Scale Insights:**

- **Autonomy:** Practice assertive communication; challenge self-doubt. * **Purpose in Life:** Volunteer; identify values and act on them.

Match 3 (Index: 1713, Score: 5.5158)

Retrieved Input (Instruction+Situation): Index: 1713 Text: Provide wellbeing insight for the below text with anxiety. Someone mak e me stop being anxious Im anxious all the fuck time. Doesn't matter if everything is going perfectly or if my life is in shambles,...

Retrieved Output (Filtered for Context): **Wellbeing Insights (Ryff Scale):**

- **Autonomy:** Challenge anxious thoughts. * **Purpose in Life:** Find free volunteer options that align with your values.

Match 4 (Index: 52, Score: 5.2775)

Retrieved Input (Instruction+Situation): Index: 52 Text: Provide wellbeing insight for the below text with anxiety. Made me sto p and think!

Retrieved Output (Filtered for Context):

- **Autonomy:** Practice independent decision-making, even small choices. * **Purpose in Life:** Identify values; volunteer; set achievable goals.

Match 5 (Index: 58, Score: 5.1906)

Retrieved Input (Instruction+Situation): Index: 58 Text: Provide wellbeing insight for the below text with anxiety. Anxiety Fee ls Like...

Retrieved Output (Filtered for Context): **Ryff Scale Insights:**

- **Autonomy:** Practice independent decision-making. * **Purpose in Life:** Identify values, set meaningful goals aligned with those values, and volunteer time.

Step 4: Generating final insight with LLM...

→ Insight generation took 1.67 seconds.

🔗 Top Re-ranked Match Score:

9.1942 (CrossEncoder score)

Wellbeing Insight using RAG

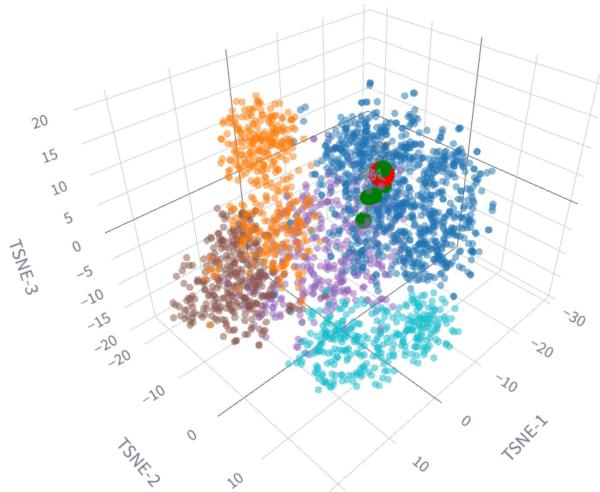
- **Purpose in Life:** If you feel stuck knowing what you *should* be doing, explore opportunities to volunteer your time in areas that resonate with your personal values. This can connect you to something bigger than your current anxiety and help you find a sense of meaning.
- **Autonomy:** The pressure you feel to "be better" can actually feel crushing. Reclaim control by making small, conscious decisions throughout your day. Even simple choices can reaffirm your power and help you challenge the anxious thoughts that are holding you back.

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: 2387

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2387 vectors, Dim: 384)

 Saving updated global store to global_store_gpu.pkl...

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json