

Mental Health Disorder Detection

Choose an option

Text Input

Enter Text to Classify Mental Health Issue

Enter your text here:

তোমার মন কখনো হাসে, কখনো কাঁদে, কিন্তু একটাই প্রশ্ন সবসময় তোমার মনকে তাড়া করে—‘এটা কি কখনো ভালো হবে?’ কখনো মনে হয় সব কিছু শেষ, তুমি আর কিছুতেই আগ্রহী না, জীবনের প্রতি কোন ভালোবাসা নেই। এই অনুভূতি কখনো কাটে না, এবং একসময় তুমি নিজেকে প্রশ্ন করো—‘আমি কি এই প্রথিবীতে আসলে কোথায় আছি?’

Classify Text

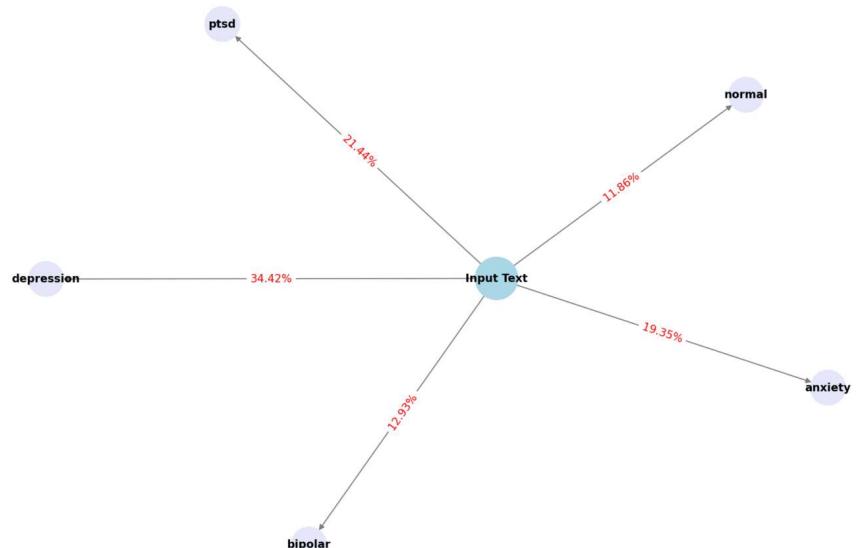
Translated Text (to English):

Many things disappear when you are alone or feeling lonely. Nothing is clear in front of the eyes, only one thing is wandering in the mind - 'Do I want that?' When you go to talk to yourself, it seems that every word raises the same question in your mind - 'Is this my life?' Everything is running outside, the earth rotates, but you are steady, stopped somewhere. People around you are laughing, walking, living, but you should go far from each other.

Sincerity or condolences are just words to you. The relationships are also empty, hidden in an old one, only some words on the face. The lack of deep attention, love or sympathy sometimes becomes so intense that you can think, what happened that you brought yourself at a point where nothing like good. Sometimes it seems that if everything was closed, if the earth had stopped, there would have been some peace.

Your mind ever smiles, sometimes weeps, but one question always chases your mind - 'Will it ever be better?' Ever thinks everything is over, you are not interested in anything else, there is no love for life. This feeling never cuts, and once you ask yourself - 'Where am I really in this world?'

The most likely mental health concern from the text provided is: depression with a probability of 34.42%



Wellbeing Insight:

Okay, here's an analysis of how the provided text and the concept of depression relate to the Ryff Scale's factors of psychological well-being, along with practical advice, formatted as requested:

Analysis of Depression in Relation to Ryff's Well-being Factors & Practical Advice

1. Autonomy:

- **Impact of Depression:** Depression significantly undermines autonomy. The text illustrates this with the individual feeling "steady, stopped somewhere" while the world continues around them. This paralysis stems from an inability to regulate behavior independently. Internal questioning ("Do I want that?", "Is this my life?") reflects a lack of self-confidence and decision-making ability, making the individual highly susceptible to external influences and inner turmoil, ultimately compromising their sense of independence.
- **Practical Advice:** Focus on small, achievable choices each day. Start by reclaiming small decisions (what to eat, what to wear, what short walk to take). This helps rebuild the sense of control and agency. Practice assertive communication with trusted individuals to gradually exercise the ability to express personal needs and boundaries. Limit exposure to negative social media influences that can exacerbate feelings of helplessness.

2. Environmental Mastery:

- **Impact of Depression:** Depression impairs environmental mastery by creating a feeling of helplessness and inability to manage daily life. The individual in the text expresses a desire for everything to "stop" to find peace, implying an overwhelming sense of being unable to cope with the demands of their environment. They feel disconnected from the world and unable to effectively utilize opportunities, further reinforcing their feeling of inadequacy.
- **Practical Advice:** Break down tasks into manageable steps. Overwhelm is a key component of depression. By dividing larger tasks into smaller, less daunting steps, you can gradually regain a sense of accomplishment. Create a structured routine. A predictable schedule can provide a sense of stability and control amidst the chaos of depressive symptoms. Seek help with practical tasks if needed. Don't hesitate to ask for assistance from friends, family, or professionals for tasks that feel insurmountable.

3. Personal Growth:

- **Impact of Depression:** Depression halts personal growth by fostering a sense of hopelessness and disinterest in new experiences. The text highlights this with the sentiment that "everything is over" and a lack of "love for life." This prevents the individual from being open to new challenges, learning from experiences, or recognizing any potential for self-improvement. The feeling of being stuck reinforces a negative self-perception and hinders the process of growth.
- **Practical Advice:** Engage in small, pleasurable activities. Even if you don't feel like it, try revisiting hobbies or activities that once brought joy. This can help rekindle a sense of interest and motivation. Practice mindfulness and self-compassion. Focus on the present moment without judgment and treat yourself with kindness, acknowledging that everyone makes mistakes and experiences setbacks. Consider trying a new, low-pressure activity. Explore a new hobby or skill that doesn't demand perfection but allows for a sense of learning and discovery.

4. Positive Relations with Others:

- **Impact of Depression:** Depression erodes positive relationships by causing feelings of isolation, emotional detachment, and difficulty experiencing empathy. The text describes relationships as "empty" and filled with "only some words on the face," highlighting a lack of genuine connection and emotional investment. Sincerity and condolences seem meaningless, indicating an inability to receive or reciprocate emotional support.
- **Practical Advice:** Reach out to trusted individuals, even if it's just to listen. Share your feelings and experiences with someone you feel comfortable with. Practice active listening with others. Focusing on someone else's experience can help shift attention away from your own negative thoughts and foster a sense of connection. Engage in acts of kindness or service. Helping others can boost your mood and create positive interactions. Seek support from a therapist or support group. These settings can provide a safe and supportive environment to explore relationship patterns and develop healthy communication skills.

5. Purpose in Life:

- **Impact of Depression:** Depression obliterates a sense of purpose by inducing feelings of aimlessness and meaninglessness. The text exemplifies this with the question "Where am I really in this world?"

and the statement "Some people wander aimlessly through life, but I am not one of them." This reflects a profound loss of direction and a lack of conviction that life holds any meaning. The individual feels lost and disconnected from their values and goals.

- **Practical Advice:** *Explore your values.* Identify what is truly important to you in life (e.g., creativity, compassion, justice). *Set small, achievable goals aligned with your values.* This can help create a sense of direction and accomplishment. *Volunteer for a cause you care about.* Helping others can provide a sense of purpose and connection to something larger than yourself. *Practice gratitude.* Focusing on the positive aspects of your life, however small, can help shift your perspective and rekindle a sense of hope.

6. Self-Acceptance:

- **Impact of Depression:** Depression crushes self-acceptance by fostering negative self-perception, self-criticism, and feelings of worthlessness. The text expresses this through the repeated questioning of one's existence ("Is this my life?", "Will it ever be better?"). These questions reflect a deep dissatisfaction with oneself and a pervasive sense of inadequacy. The individual struggles to accept their flaws and appreciate their strengths.
- **Practical Advice:** *Practice self-compassion.* Treat yourself with the same kindness and understanding you would offer a friend. *Challenge negative self-talk.* Identify and question the validity of negative thoughts about yourself. *Focus on your strengths and accomplishments.* Make a list of things you are good at or proud of. *Practice mindfulness and self-awareness.* Observe your thoughts and feelings without judgment, recognizing that they are not necessarily reflections of reality.

 Loaded 2381 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: 384, Score: 0.5530)

Retrieved Input (Instruction+Situation): Index: 384 Text: Provide wellbeing insight for the below text with depression. Alone. 2 3m. Turn 24 soon. Im not looking for sympathy but I just need to get things off my chest. I have no parents. Not a single friend. ...

Retrieved Output (Filtered for Context): Based on the text, here's a Ryff Scale-informed analysis and practical advice:

- **Autonomy:** Feels controlled. *Action:* Identify small decisions you CAN make daily.
- **Environmental Mastery:** Overwhelmed. *Action:* Focus on one achievable task. Small wins matter.
- **Personal Growth:** Stagnant. *Action:* Explore free online courses. Learn something new.
- **Positive Relations:** Isolated. *Action:* Join online groups sharing your interests.
- **Purpose in Life:** Lacks direction. *Action:* Volunteer for a cause you believe in.
- **Self-Acceptance:** Extreme self-loathing. *Action:* List 3 positive qualities about yourself. Seek therapy for professional support.

Match 2 (Index: 1603, Score: -0.2042)

Retrieved Input (Instruction+Situation): Index: 1603 Text: Provide wellbeing insight for the below text with depression. Empty I dont really know how to start this or even why Im writing it. I just feel empty, like nothing matters anymore. Ive done terrible t...

Retrieved Output (Filtered for Context): This text strongly suggests depression. The user expresses emptiness, regret, self-destructive thoughts (drinking to death), and a lack of purpose.

Wellbeing Insights (Ryff Scale):

- **Autonomy:** Identify small, independent choices. Reclaim control.
- **Environmental Mastery:** Start with small, manageable tasks. Build confidence.
- **Personal Growth:** Journaling or therapy can aid self-discovery.
- **Positive Relations:** Reconnect with supportive people or seek new connections.
- **Purpose in Life:** Explore values and find meaning in activities.
- **Self-Acceptance:** Practice self-compassion and acknowledge imperfections.

Match 3 (Index: 637, Score: -1.0821)

Retrieved Input (Instruction+Situation): Index: 637 Text: Provide wellbeing insight for the below text with depression. thoughts My thoughts I dont know, Im scared, I dont like to influence my people I know, I have. I also tried to fix that apologize, its so...

Retrieved Output (Filtered for Context): The text displays indicators of depression: fear, internal distress masked by external happiness, a sense of being overwhelmed, and questioning one's emotional depth. The writer also denies being depressed. **Wellbeing Insights (Ryff):**

- **Autonomy:** Identify personal values. Make small, independent choices daily.
- **Env. Mastery:** Break tasks into smaller steps. Focus on achieving one small goal.
- **Personal Growth:** Embrace learning new skills/hobbies. Journaling can help!
- **Positive Relations:** Share feelings with trusted friends/family. Focus on active listening.
- **Purpose in Life:** Explore values and align your actions with those!
- **Self-Acceptance:** Challenge negative self-talk. Focus on acknowledging your strengths and good qualities.

Match 4 (Index: 1958, Score: -1.1040)

Retrieved Input (Instruction+Situation): Index: 1958 Text: Provide wellbeing insight for the below text with depression. Im so tired Im so tried Im so tired Im so tired physically mentally emotionally academically socially. i dont know what it means to live w...

Retrieved Output (Filtered for Context): The text indicates severe depression.

Ryff Scale Insights:

- **Autonomy:** Feeling controlled. Practice independent decision-making; small choices first.
- **Env. Mastery:** Overwhelmed. Break tasks down; focus on achievable goals.
- **Personal Growth:** Stagnant. Try new hobbies, learn a skill; seek small improvements.
- **Pos. Relations:** Isolated. Reconnect with trusted individuals; seek support groups.
- **Purpose:** Lacking. Explore values, volunteer; find meaning in small actions.
- **Self-Acceptance:** Negative. Practice self-compassion; identify strengths; challenge negative self-talk.

Crucially: The text mentions suicide. Seek immediate professional help from a crisis hotline or mental health professional. This situation is critical.

Match 5 (Index: 1948, Score: -1.2644)

Retrieved Input (Instruction+Situation): Index: 1948 Text: Provide wellbeing insight for the below text with depression. Tired of life Feeling so alone and unloved. I dont know how to continue living like this. I live abroad, and once a year I visit my home c...

Retrieved Output (Filtered for Context): The text strongly suggests depression with suicidal ideation. Addressing:

- **Autonomy:** Reclaim control. Set small, achievable goals *daily*.
- **Environmental Mastery:** Find a comforting space. Volunteer somewhere new.
- **Personal Growth:** Focus on past strengths. Learn a new skill, even online.
- **Positive Relations:** Initiate activities based on shared interests, re-engage with old friends.
- **Purpose in Life:** Explore values. What truly matters to you? Even small acts aligned with these matter.
- **Self-Acceptance:** Practice self-compassion. Acknowledge your struggles without judgment, write down daily achievements.

Professional help is crucial given the suicidal thoughts. Explore different therapists or treatment approaches. The number for the suicide prevention lifeline is 988.

Step 4: Generating final insight with LLM...

→ Insight generation took 2.31 seconds.

🔗 Top Re-ranked Match Score:

0.5530 (CrossEncoder score)

Wellbeing Insight using RAG

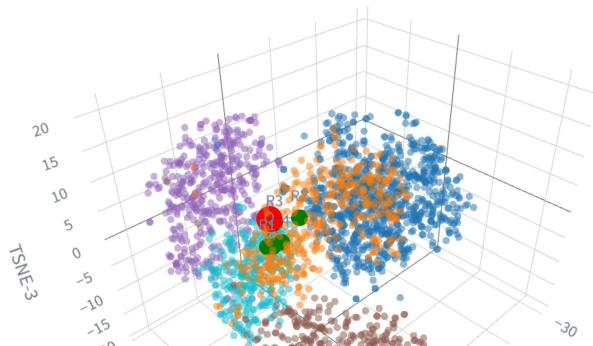
- **Autonomy:** Feeling adrift? Start reclaiming control by making small, independent decisions each day, reminding yourself that you still have agency.
- **Environmental Mastery:** Overwhelmed by the feeling of being stuck? Focus on achieving one small, manageable task today to rebuild your confidence and sense of accomplishment.
- **Personal Growth:** Feeling stagnant and unfulfilled? Explore a new hobby or online course to reignite your curiosity and sense of learning.
- **Positive Relations:** Experiencing a disconnect from others? Reach out to a trusted friend or family member, even if it's just to share a simple hello and remind yourself you're not alone.
- **Purpose in Life:** Lacking direction and questioning your place? Take some time to explore your core values and identify even small actions that align with them, bringing meaning back into your daily life.
- **Self-Acceptance:** Struggling with self-loathing and negativity? Practice self-compassion by acknowledging your strengths and good qualities, and challenge those negative thoughts.

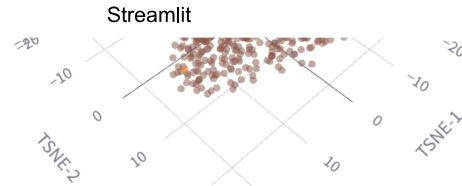
3D Match Visualization

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: 2382

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2382 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 to address Autonomy and Positive Relations with Others (from the Ryff Scales) in the context of someone struggling with depression. It's crucial to remember that depression is a serious condition, and professional help is often necessary. This advice is *not* a substitute for therapy or medication, but rather strategies that can complement professional treatment.

Understanding the Connection: Depression, Autonomy, and Positive Relations

- **Depression & Autonomy:** Depression often undermines autonomy. It can lead to:
 - **Reduced Motivation:** Difficulty making choices and initiating actions.
 - **Increased Dependence:** Leaning heavily on others for decision-making and support, sometimes to an unhealthy degree.
 - **Negative Self-Talk:** Believing you're incapable of making good decisions or handling responsibilities.
 - **Fear of Failure:** Avoiding opportunities to exercise autonomy for fear of not succeeding.
- **Depression & Positive Relations:** Depression significantly impacts relationships:
 - **Social Withdrawal:** Loss of interest in socializing and connecting with others.
 - **Irritability & Conflict:** Increased likelihood of arguments or misunderstandings.
 - **Feelings of Isolation:** Believing you are alone and misunderstood.
 - **Guilt & Shame:** Feeling like a burden on others, leading to further withdrawal.
 - **Difficulty Experiencing Pleasure:** Things that used to bring joy in relationships may no longer feel enjoyable.

Practical Advice for Improving Autonomy and Positive Relations (While Addressing Depression):

I. Enhancing Autonomy (Step-by-Step):

1. Start Small and Be Realistic:

- **Tiny Decisions:** Begin with very small, manageable choices. Examples: "What will I wear today?" "What will I have for breakfast?" "Which route will I take for my walk?" The goal is to rebuild confidence in decision-making.
- **Avoid Overwhelm:** Don't try to overhaul your entire life immediately. Focus on one or two areas where you feel you have some control.
- **Accept Imperfection:** Realize that you won't always make the "right" decision. That is okay. The important thing is to practice making choices.

2. Identify Your Values and Goals (Even if They Feel Distant):

- **Value Exploration:** Even if you feel disconnected from your values, try to remember what used to be important to you. Was it creativity, helping others, learning, physical activity, etc.?
- **Small Steps Towards Goals:** If you valued painting, don't commit to creating a masterpiece right away. Simply spend 5 minutes sketching in a notebook. If you valued helping others, consider sending a supportive text to a friend.
- **Goal Setting (SMART):** Make sure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

3. Practice Assertiveness:

- **Expressing Needs:** Start by expressing your needs in simple situations. For example, "I would prefer to sit by the window" or "I need a few minutes to think about that."
- **Setting Boundaries:** This is crucial. Identify situations where you feel taken advantage of or overwhelmed. Practice saying "no" to requests that drain your energy or compromise your well-being. It's okay to prioritize your own needs.
- **Role-Playing:** Practice assertive communication with a trusted friend or therapist.

4. Challenge Negative Thoughts:

- **Cognitive Restructuring:** Identify negative thoughts that undermine your autonomy (e.g., "I'm not capable of doing this," "I'll just mess things up"). Challenge these thoughts by asking: "Is there evidence to support this thought?" "What's the worst that could happen?" "What's a more balanced way to look at this?"

- **Self-Compassion:** Be kind to yourself when you make mistakes. Everyone makes them. Treat yourself with the same understanding and compassion you would offer a friend.
- 5. **Seek Support (Appropriately):**
 - **Not Isolation, But Collaboration:** Autonomy doesn't mean complete isolation. It means making your own decisions with informed input. Seek advice from trusted sources, but ultimately make the choice that feels right for you.
 - **Therapy:** A therapist can help you identify and overcome obstacles to autonomy, challenge negative thought patterns, and develop coping strategies.

II. Improving Positive Relations with Others (Mindfully):

1. **Manage Expectations:**
 - **Be Realistic:** Don't expect to instantly have fulfilling, deep connections. Start with small, manageable interactions.
 - **Lower the Bar:** Don't put pressure on yourself to be the "perfect" friend, partner, or family member. Focus on being present and authentic.
2. **Initiate Small Connections:**
 - **Simple Gestures:** Send a text message to a friend saying, "Thinking of you." Offer a compliment to a stranger. Smile at someone.
 - **Structured Activities:** Join a group activity related to your interests (e.g., a book club, a hiking group, a volunteer organization). This provides opportunities for interaction without requiring intense emotional vulnerability.
 - **Online Interaction:** Social media can be a tool to rebuild connections, but also draining, so set clear boundaries on it.
3. **Practice Active Listening:**
 - **Focus on the Other Person:** When someone is talking, truly listen to what they are saying without interrupting or formulating your response.
 - **Reflect Back:** Summarize what you heard the person say to ensure you understand them correctly. "So, it sounds like you're feeling [emotion] about [situation]."
 - **Ask Open-Ended Questions:** Encourage the other person to elaborate by asking questions that can't be answered with a simple "yes" or "no."
4. **Be Vulnerable (Gradually):**
 - **Share Appropriately:** Start by sharing small, non-threatening details about yourself. As you feel more comfortable, you can gradually share more personal information.
 - **Accept Rejection:** Not everyone will respond positively to your attempts to connect. That's okay. Don't take it personally.
5. **Focus on Quality over Quantity:**
 - **One or Two Strong Connections:** It's better to have one or two close relationships than a large number of superficial ones.
 - **Invest Time and Effort:** Nurturing relationships takes time and effort. Be willing to invest in the people who matter to you.
6. **Address Underlying Issues (With Professional Help):**
 - **Guilt and Shame:** Depression often leads to feelings of guilt and shame, which can make it difficult to connect with others. Therapy can help you address these feelings and develop healthier relationship patterns.
 - **Social Skills Deficits:** If you struggle with social skills, a therapist can provide guidance and support.
7. **Be Patient and Kind to Yourself:**
 - **Relapses are Normal:** There will be times when you feel discouraged or withdrawn. That's okay. Don't give up.
 - **Celebrate Small Victories:** Acknowledge and celebrate your progress, no matter how small it seems.

Important Considerations:

- **Professional Support is Essential:** Depression is a complex illness that often requires professional treatment. Encourage the person to seek help from a therapist, psychiatrist, or other mental health professional.
- **Medication:** If prescribed by a doctor, medication can play a vital role in managing depression symptoms and improving overall functioning.
- **Safety:** If the person is experiencing suicidal thoughts, it is crucial to seek immediate help.

In summary: Improving autonomy and positive relations with others while struggling with depression requires a gradual, mindful, and compassionate approach. It involves small steps, realistic expectations, and a commitment to self-care. With the support of professionals and loved ones, it is possible to regain a sense of control over one's life and build meaningful connections with others.

 Loaded 2382 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: 2381, Score: 3.3748)

Retrieved Input (Instruction+Situation): Index: 2381 Text: Provide wellbeing insight for the below text with depression. Many things disappear when you are alone or feeling lonely. Nothing is clear in front of the eyes, only one thing is wandering in the mind...

Retrieved Output (Filtered for Context):

- **Autonomy:** Feeling adrift? * **Positive Relations:** Experiencing a disconnect from others?

Match 2 (Index: 384, Score: 0.5530)

Retrieved Input (Instruction+Situation): Index: 384 Text: Provide wellbeing insight for the below text with depression. Alone. 23m. Turn 24 soon. Im not looking for sympathy but I just need to get things off my chest. I have no parents. Not a single friend. ...

Retrieved Output (Filtered for Context): Based on the text, here's a Ryff Scale-informed analysis and practical advice:

- **Autonomy:** Feels controlled. * **Positive Relations:** Isolated.

Match 3 (Index: 1603, Score: -0.2042)

Retrieved Input (Instruction+Situation): Index: 1603 Text: Provide wellbeing insight for the below text with depression. Empty I dont really know how to start this or even why Im writing it. I just feel empty, like nothing matters anymore. Ive done terrible t...

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

- **Autonomy:** Identify small, independent choices. * **Positive Relations:** Reconnect with supportive people or seek new connections.

Match 4 (Index: 637, Score: -1.0821)

Retrieved Input (Instruction+Situation): Index: 637 Text: Provide wellbeing insight for the below text with depression. thoughts My thoughts I dont know, Im scared, I dont like to influence my people I know, I have. I also tried to fix that apologize, its so...

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

- **Autonomy:** Identify personal values. * **Positive Relations:** Share feelings with trusted friends/family.

Match 5 (Index: 1948, Score: -1.2644)

Retrieved Input (Instruction+Situation): Index: 1948 Text: Provide wellbeing insight for the below text with depression. Tired of life Feeling so alone and unloved. I dont know how to continue living like this. I live abroad, and once a year I visit my home c...

Retrieved Output (Filtered for Context): Addressing:

- **Autonomy:** Reclaim control. * **Positive Relations:** Initiate activities based on shared interests, re-engage with old friends.

Step 4: Generating final insight with LLM...

→ Insight generation took 0.88 seconds.

🔗 Top Re-ranked Match Score:

3.3748 (CrossEncoder score)

Wellbeing Insight using RAG

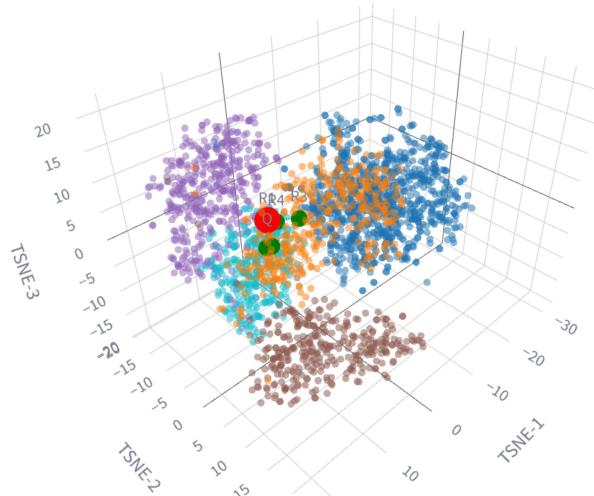
- **Autonomy:** In moments of feeling lost and disconnected, rediscover your sense of self by identifying small, independent choices you can make each day to regain a sense of control over your life.
- **Positive Relations:** Combat the feeling of isolation by reaching out to supportive individuals in your life, or consider exploring new connections to rebuild a sense of belonging and shared understanding.

3D Match Visualization

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

Legend

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- Bipolar
- Ptsd
- Normal
- Anxiety



Updating Knowledge Base

Reading/Appending instruction_data.json...

Record appended to instruction_data.json

Rebuilding internal lists...

Total Records: 2383

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2383 vectors, Dim: 384)

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

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json