

Mental Health Disorder Detection

Enter Twitter Username for Analysis

Enter Twitter username:

myogiadityanath

Analyze

Recent Text Posts from Tweets:

0 : "जनपद कासगंज में ₹724 करोड़ की विभिन्न विकास परियोजनाओं के लोकार्पण/शिलान्यास एवं नवनिर्मित पुलिस लाइस के उद्घाटन हेतु आयोजित कार्यक्रम में... <https://t.co/yjLGxzj2lF>"

1 : "श्रीहरि विष्णु के श्री वराह अवतार की कृपाभूमि और महर्षि कपिल की तपोभूमि कासगंज की पावन धरती पर आज आने का सौभाग्य प्राप्त हो रहा है।

2 : "₹724 करोड़ की लागत से 60 विकास परियोजनाओं का लोकार्पण/शिलान्यास एवं 25.63 हेक्टेयर में विस्तृत अत्यधुनिक पुलिस लाइन का उद्घाटन नए उत्तर प्रदेश"

3 : "नई ऊंचाइयों की ओर बढ़ता उत्तर प्रदेश!

सिर्फ 24 घंटे में 10 किमी क्रैश बैरियर और 34.24 लेन किमी बिटुमिनस कंक्रीट निर्माण कर उत्तर प्रदेश ने बनाए दो विश्व रिकॉर्ड!

गौल्डन बुक, एशिया बुक और इंडियन बुक ॲफ वर्ल्ड रिकॉर्ड्स में नाम दर्ज!

यह उपलब्धि @upeidaofficial की उक्तष्ट योजना,"

4 : "यद्यपि समाजवादी पार्टी से किसी आदर्श आचरण की अपेक्षा करना व्यर्थ है, किंतु सभ्य समाज उनके अशोभनीय एवं अभद्र वक्तव्यों को सहन नहीं कर सकता।

समाजवादी पार्टी के शीर्ष नेतृत्व को चाहिए कि वे अपने सोशल मीडिया हैंडल्स की भली भांति समीक्षा करें तथा यह सुनिश्चित करें कि वहाँ प्रयुक्त"

5 : "भारतीय क्रिकेट टीम के प्रख्यात गेंदबाज मोहम्मद शमी जी से आज लखनऊ स्थित सरकारी आवास पर शिष्टाचार भेट हुई।

@MdShamill <https://t.co/M7DQl6VnGB>"

6 : "महान साहित्यकार, 'पद्म भूषण' हजारी प्रसाद द्विवेदी की पुण्यतिथि पर उन्हें विनग्र श्रद्धांजलि!

उनकी कालजयी रचनाएं भारतीय साहित्य, इतिहास व चिंतन की अमूल्य धरोहर हैं। <https://t.co/dTXJjpDETQ>"

7 : "सादगी, शुचिता और अनुशासन के प्रतीक, माननीय उपराष्ट्रपति श्री जगदीप धनखड़ जी को जन्मदिन की हार्दिक बधाई।

प्रभु श्री राम से आपके उत्तम स्वास्थ्य, सुदीर्घ जीवन एवं आरोग्यता हेतु प्रार्थना है।

@VPIndia <https://t.co/zmpkJBkibS>"

8 : "आज माननीय राष्ट्रपति श्रीमती द्वैपदी मुर्मु जी द्वारा पूज्य संत, पञ्चविभूषित जगदगुरु तुलसीपीठाधीश्वर रामानंदाचार्य स्वामी श्री रामभद्राचार्य जी महाराज को संस्कृत भाषा व साहित्य के क्षेत्र में उनके अतुल्य योगदान के लिए प्रतिष्ठित 'ज्ञानपीठ पुरस्कार-2023' से सम्मानित होने पर <https://t.co/bVlmj0BedH>"

8 :

"अनुपम प्राकृतिक सौंदर्य और सांस्कृतिक विविधताओं से समृद्ध, सिविकम राज्य के स्थापना दिवस पर सिविकम वासियों को हार्दिक बधाई एवं अनंत शुभकामनाएं!"

आदरणीय प्रधानमंत्री श्री @narendramodi जी के मार्गदर्शन एवं मा. मुख्यमंत्री श्री @PSTamangGolay जी के कुशल नेतृत्व में सिविकम राज्य"

9 :

"डेंगू एक गंभीर बीमारी है किन्तु स्वच्छता के नियमों का पालन कर इससे बचा जा सकता है।

आइए, इस 'राष्ट्रीय डेंगू दिवस' पर हम सभी मिलकर यह संकल्प लें कि स्वच्छ परिवेश व सतर्क जीवनशैली अपनाकर एक जागरूक समाज का निर्माण करेंगे तथा डेंगू जैसी बीमारी को मात देंगे।

<https://t.co/fTMu6kOQPp>

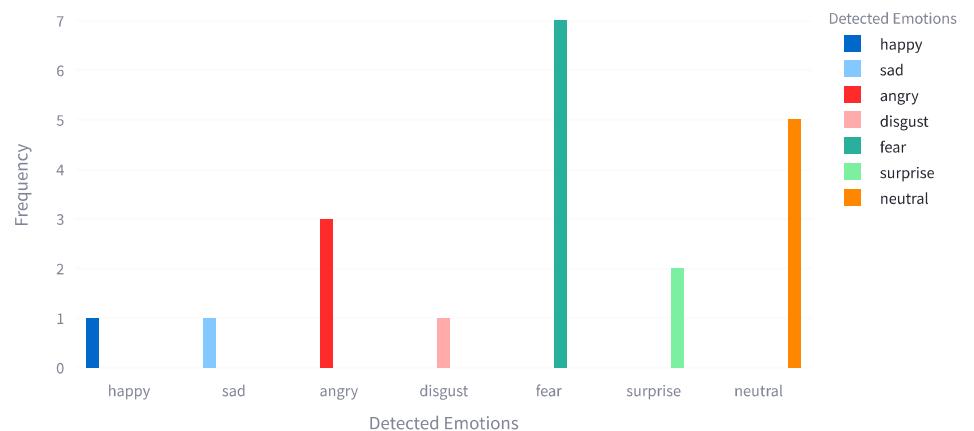
]

Latest Videos from tweets:



Emotion Analysis Summary:

Emotion Counts



Dominant Emotion: fear

Dominant fear with some anger/surprise suggests possible anxiety or PTSD, potentially linked to triggers. Address underlying causes through therapy like CBT or EMDR to manage fear responses. Practice mindfulness and relaxation techniques to reduce overall anxiety levels.

Analyzing Audio Mood and Tone...

Here's the analysis:

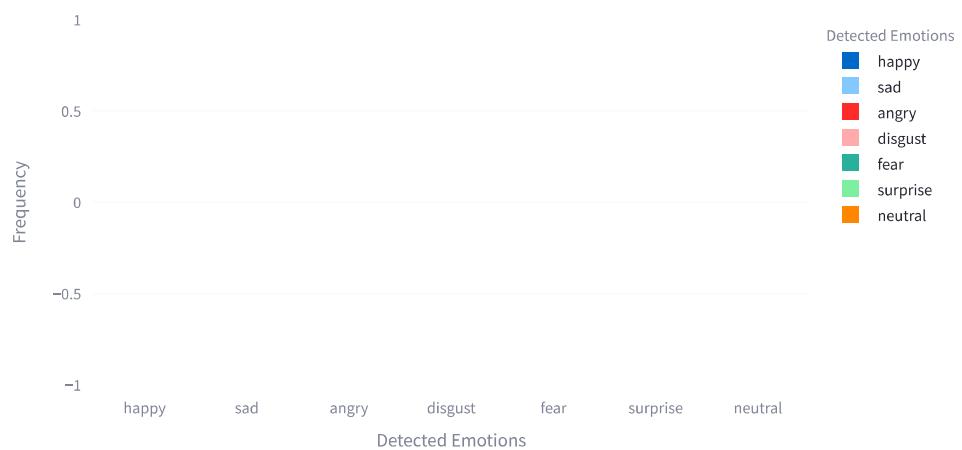
- **Tone:** Excited
- **Mood:** Energetic

Summary: The audio exhibits a high pitch and rapid speech, indicating an excited tone. This is complemented by a high tempo and strong spectral roll-off, further suggesting an energetic mood.



Emotion Analysis Summary:

Emotion Counts



Dominant Emotion: **happy**

A consistently 'happy' state, while seemingly positive, can mask underlying struggles or manic phases in bipolar disorder. It's important to assess genuine well-being, not just surface-level emotions, through self-reflection and professional evaluation. Engage in mindfulness practices and mood tracking to identify any discrepancies between perceived and actual emotional state.

Analyzing Audio Mood and Tone...

Error analyzing audio mood: The video / audio is corrupted or do not exist.



Image from Tweet

a man standing next to a woman holding a cake

Dominant Emotion Detected: happy

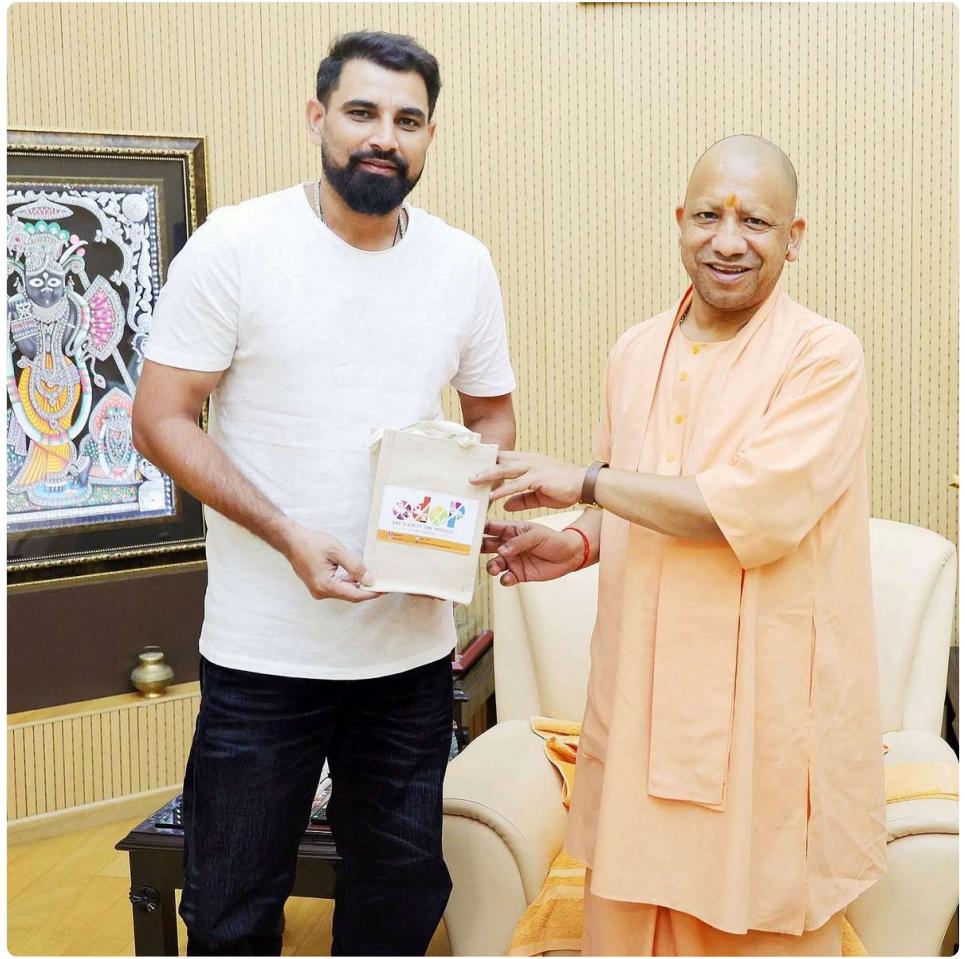


Image from Tweet

a man and a woman holding a cake together

Dominant Emotion Detected: happy

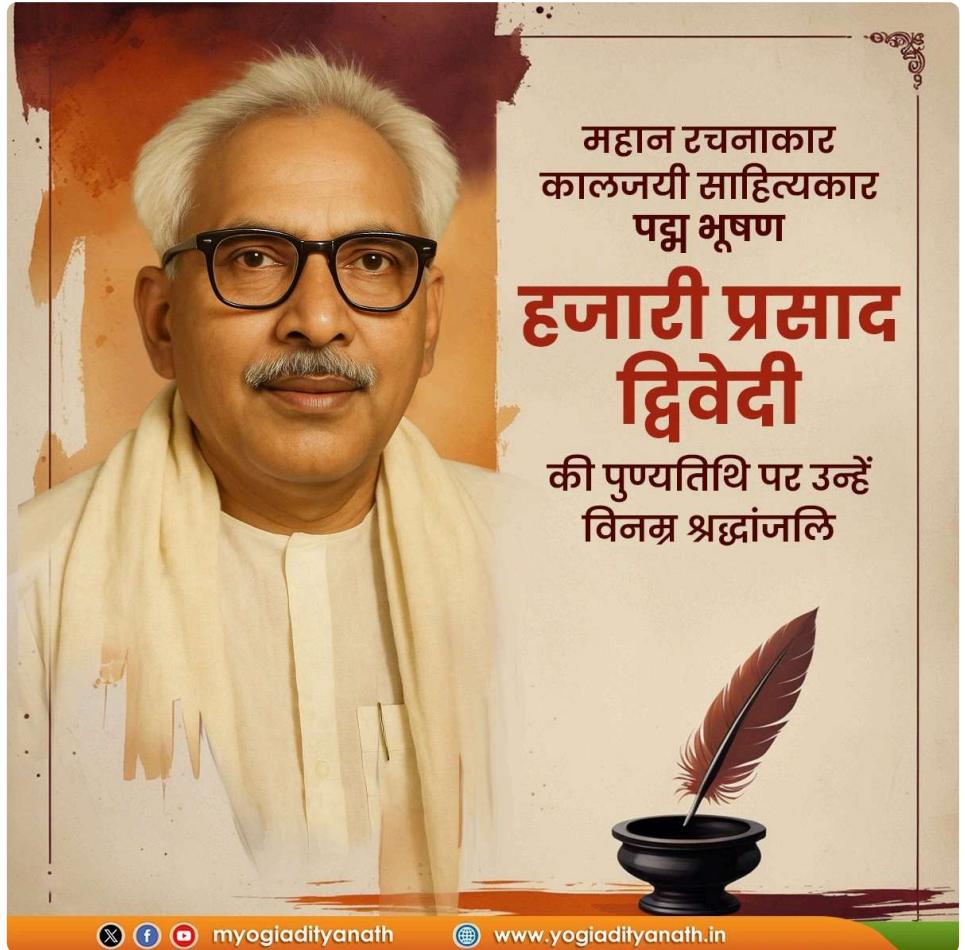


Image from Tweet

a painting of a man with a mustache

Dominant Emotion Detected: neutral

राष्ट्रीय डेंगू दिवस



डेंगू से बचाव के लिए आसपास जलभराव न होने दें
मच्छरदानी का नियमित प्रयोग करें

आइए, राष्ट्रीय डेंगू दिवस पर हम सभी डेंगू से बचाव के लिए समाज में जन-जागरूकता, स्वच्छता और सतर्कता का संकल्प लें।

myogiadityanath

www.yogiadityanath.in

Image from Tweet

a sign with a picture of a bear on it

Dominant Emotion Detected: fear

Aggregated Emotion Counts Across All Images

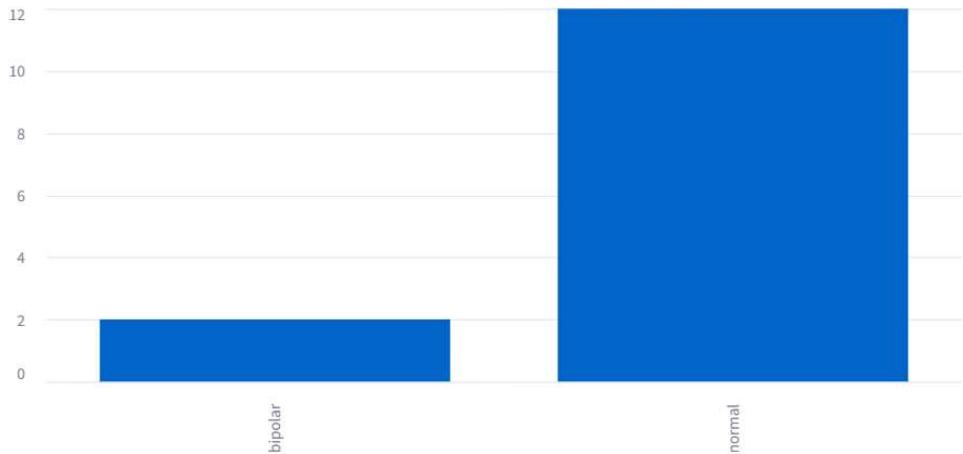


Most Frequent Emotion Across All Images or no Images(Default): happy

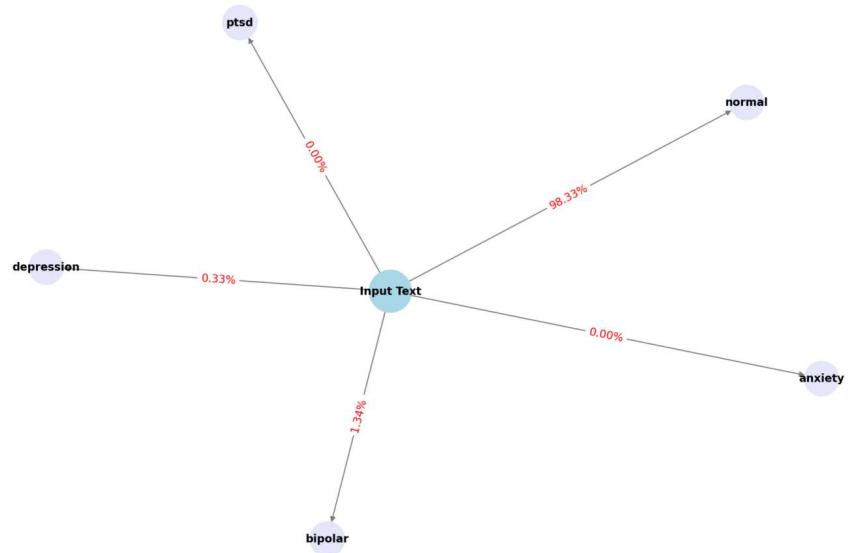
A dominant 'happy' state is generally positive, but the presence of 'fear' and 'neutral' warrants attention, as emotional blunting or underlying anxiety could be masked. Monitor for shifts towards sadness or increased anxiety. Cultivate emotional awareness and seek professional help if concerning patterns emerge.

Mental health issue distribution across posts:

	Mental Health Issue	Count
0	normal	12
1	bipolar	2



The most frequently detected mental health concern from all the text obtained is: normal with a probability of 98.33% from the analyzed text.



Wellbeing Insight:

Okay, I will analyze the provided text and image captions, and then discuss how "normal" (as a general state of being, as opposed to a mental health condition) impacts each of the six factors of psychological well-being from the Ryff Scale. Finally, I'll provide practical advice to improve or reduce the impact of "normal" life on each factor.

Analysis of the Text and Image Captions

The text consists of a series of tweets and some extraction errors. The tweets primarily cover the following:

- **Government Projects and Achievements:** Focus on infrastructure development, breaking records, and project inaugurations.
- **Political Statements:** Defending against criticism, praising government initiatives, and indirectly criticizing the opposition.

- **Meetings and Greetings:** Meetings with notable individuals (e.g., a cricketer), birthday wishes to politicians, and honoring individuals.
- **Commemorations and Events:** Observing anniversaries of literary figures, state foundation days, and public health awareness days.

The image captions are:

- "a man standing next to a woman holding a cake"
- "a man and a woman holding a cake together"
- "a painting of a man with a mustache"
- "a sign with a picture of a bear on it"

Overall, the text portrays a focus on governance, public image, political maneuvering, and cultural observances. The images offer glimpses into personal events and symbolic representations. It is all a pretty normal part of a public servant's job.

Impact of "Normal" on Ryff's Six Factors of Well-being

Here's how "normal" everyday life, as represented in this dataset, might impact each of the six factors, along with practical advice:

1. Autonomy:

- **Impact:** Normal life, with its routines, obligations, and social expectations, can sometimes limit autonomy. Work schedules, family responsibilities, and societal norms can pressure individuals to conform and act in ways that may not fully align with their personal values or desires.
- **Advice:**
 - **Schedule "Me Time":** Deliberately carve out time each week for activities chosen purely for personal enjoyment and relaxation.
 - **Practice Saying No:** Learn to decline requests or commitments that overly burden your time or energy, and do not align with your priorities.
 - **Express Your Opinions:** Actively participate in discussions and express your unique perspective, even if it differs from the majority opinion.
 - **Set Boundaries:** Establish clear boundaries in relationships and work to protect your time and energy.

2. Environmental Mastery:

- **Impact:** Normal life can sometimes feel overwhelming. Managing daily tasks, navigating bureaucracy, and responding to unexpected challenges can strain one's sense of control. Financial stress, job insecurity, and health concerns can further erode environmental mastery.
- **Advice:**
 - **Develop Problem-Solving Skills:** Learn effective strategies for tackling challenges. Break large problems into smaller, manageable steps.
 - **Create a Routine:** Establish a consistent daily routine to provide structure and predictability, which can enhance feelings of control.
 - **Build a Support Network:** Cultivate strong relationships with friends, family, or mentors who can offer support and guidance during difficult times.
 - **Learn new skills:** Take time to learn new skills to help solve environmental problems.

3. Personal Growth:

- **Impact:** Normal life can lead to stagnation if individuals become complacent and stop seeking new experiences. Routine jobs, repetitive tasks, and a lack of intellectual stimulation can stifle personal growth. Fear of failure or discomfort can also prevent people from venturing outside their comfort zones.
- **Advice:**
 - **Embrace Lifelong Learning:** Read books, take courses, attend workshops, or learn a new skill to stimulate your mind and expand your horizons.
 - **Seek New Experiences:** Travel to new places, try new hobbies, or engage in activities that challenge your perspective and beliefs.
 - **Reflect on Your Experiences:** Regularly reflect on your experiences and identify areas where you have grown or learned something new. Keep a journal to track your personal

development.

- **Set Meaningful Goals:** Set short-term and long-term goals that align with your values and aspirations. Work towards achieving these goals to foster a sense of purpose and accomplishment.

4. Positive Relations with Others:

- **Impact:** The demands of normal life can strain relationships. Work stress, time constraints, and conflicting priorities can limit the time and energy available for nurturing connections. Social isolation, loneliness, and a lack of meaningful social interactions can negatively impact well-being.
- **Advice:**
 - **Prioritize Quality Time:** Schedule regular time to connect with loved ones, free from distractions. Engage in activities that you both enjoy.
 - **Practice Active Listening:** Pay attention to what others are saying, both verbally and nonverbally. Show empathy and understanding.
 - **Express Appreciation:** Let the people in your life know how much you value them. Offer compliments, express gratitude, and provide support.
 - **Join Social Groups:** Participate in clubs, organizations, or community events to meet new people and build social connections.

5. Purpose in Life:

- **Impact:** Normal life can feel meaningless if individuals lack a sense of purpose or direction. Routine jobs, unfulfilling relationships, and a lack of engagement in meaningful activities can lead to feelings of emptiness and disillusionment.
- **Advice:**
 - **Identify Your Values:** Reflect on what is most important to you in life. What do you stand for? What makes you feel alive?
 - **Set Meaningful Goals:** Set goals that align with your values and contribute to something larger than yourself.
 - **Volunteer Your Time:** Dedicate time to helping others or supporting causes that you care about.
 - **Connect with Your Community:** Engage in community activities and build relationships with people who share your values.

6. Self-Acceptance:

- **Impact:** Normal life often involves facing challenges, making mistakes, and experiencing setbacks. These experiences can lead to self-doubt, self-criticism, and a negative self-image. Social comparisons, media portrayals, and societal pressures can further undermine self-acceptance.
- **Advice:**
 - **Practice Self-Compassion:** Treat yourself with the same kindness and understanding that you would offer to a friend. Acknowledge your imperfections and accept that you are not perfect.
 - **Challenge Negative Thoughts:** Identify and challenge negative thoughts and beliefs about yourself. Replace them with more positive and realistic ones.
 - **Focus on Your Strengths:** Identify your strengths and talents. Focus on developing these abilities and using them to achieve your goals.
 - **Practice Gratitude:** Regularly reflect on the things you are grateful for in your life. This can help shift your focus from what you lack to what you have.

By consciously addressing each of these factors, individuals can navigate the challenges of "normal" life and cultivate a greater sense of well-being.

 Loaded 2393 documents.

RAG Steps...

Wellbeing Insight using RAG

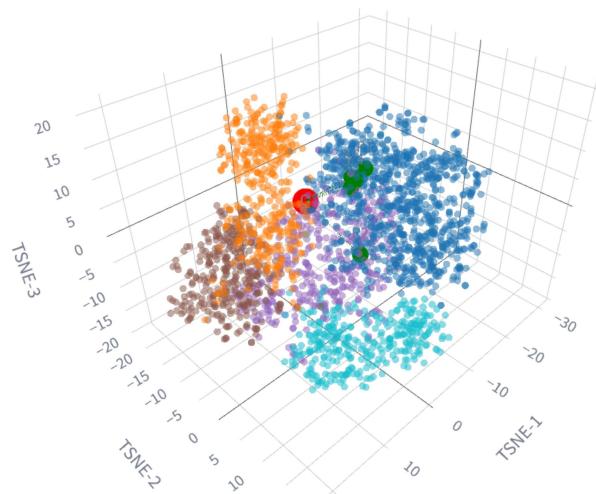
- **Autonomy:** Even amidst public events and societal expectations highlighted in the text, take time to reflect on your own values and make independent decisions that align with them.
- **Environmental Mastery:** Channel the energy of large-scale projects mentioned into tackling a small, achievable goal in your own life, boosting your confidence and sense of control.
- **Personal Growth:** Inspired by the recognition of literary figures like Hazari Prasad Dwivedi, dedicate some time to learn about a topic that interests you, expanding your knowledge and perspectives.
- **Positive Relations:** Reflect on the various people mentioned in the text, from political figures to athletes, and reach out to someone you care about to strengthen your connection and offer support.
- **Purpose in Life:** Consider the public service initiatives highlighted in the text and identify a small way you can contribute to your community, finding meaning and purpose in helping others.
- **Self-Acceptance:** Acknowledge that perfection isn't attainable, and practice self-compassion, celebrating your strengths while accepting your imperfections.

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: 2394

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2394 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	5.9298
1	5.9599
2	3.9799
3	5.9566
4	5.9566
5	5.9432

Row with Highest Weighted Sum

Index: 1

Row Name: positive relations with others

Weighted Sum: 5.9598997493734345

Cosine Similarity Analysis

Cosine Similarity Analysis

Cosine Similarities

	Cosine Similarity
0	0.8206
1	0.7045
2	0.6941
3	0.7089
4	0.6858
5	0.7172

Row with Highest Cosine Similarity

Index: 0

Row Name: self acceptance

Cosine Similarity Score: 0.8205816231805693

Euclidean Distance Analysis

Euclidean Distance Analysis

Euclidean Distances

	Euclidean Distance
0	6.5656
1	7.9402
2	5.1968
3	7.8774
4	8.1886
5	7.7512

Row with Smallest Euclidean Distance

Index: 2

Row Name: autonomy

Euclidean Distance: 5.196839072539886

Specific Parameter Based Insight:

Okay, let's break down practical advice for someone with "normal mental issues" (assuming this means experiencing common stressors, anxieties, or sadness, but not diagnosed with a serious mental illness) looking to improve their Autonomy, Self-Acceptance, and Positive Relations with Others, based on the Ryff Scale:

Understanding the Context: "Normal Mental Issues"

It's important to acknowledge that everyone experiences mental health challenges at some point. Feeling stressed, anxious, down, or insecure is a normal part of life. This advice is geared towards those experiences, not clinical mental illness. If someone is experiencing persistent or debilitating symptoms, seeking professional help is always the best course of action.

I. Autonomy

- **Definition:** Autonomy, in the Ryff Scale, refers to the feeling of independence, self-determination, and resistance to social pressures. It's about making choices based on your own values and beliefs, even if they differ from others.
- **Practical Advice for Improvement:**
 - **Identify Your Values:** What truly matters to you? What principles guide your decisions? Spend some time reflecting on your core values. Journaling, meditation, or even just quiet contemplation can help. Knowing your values will provide a foundation for making autonomous choices.
 - **Set Boundaries:** Learn to say "no" to requests that don't align with your values or that you simply don't have the capacity to fulfill. This is crucial for protecting your time, energy, and mental well-being. Practice assertive communication – expressing your needs and boundaries respectfully but firmly.
 - **Challenge Limiting Beliefs:** Identify any beliefs that are holding you back from acting autonomously. For example, "I always have to please everyone" or "I can't disagree with my family." Question the validity of these beliefs and explore alternative perspectives.
 - **Make Small, Independent Decisions:** Start with small decisions to build your confidence. Choose what you want to eat for lunch, decide on a weekend activity that you truly enjoy, or take a different route to work. These small acts of autonomy can build momentum.
 - **Practice Self-Reliance:** Develop skills that make you more self-sufficient. This could be learning basic home repairs, managing your finances, or mastering a new skill. Greater self-reliance fosters a sense of independence.
 - **Seek Information from Diverse Sources:** When making decisions, don't rely solely on one source of information. Gather information from multiple perspectives to form your own informed opinion.
 - **Accept Responsibility for Your Choices:** Autonomy comes with responsibility. Acknowledge that you are in control of your own life and accept the consequences of your decisions, both positive and negative. Learn from your mistakes and use them as opportunities for growth.

II. Self-Acceptance

- **Definition:** Self-acceptance involves having a positive attitude toward yourself, acknowledging both your strengths and weaknesses, and accepting your past experiences.
- **Practical Advice for Improvement:**
 - **Practice Self-Compassion:** Treat yourself with the same kindness and understanding you would offer a friend. When you make a mistake or experience a setback, avoid self-criticism and instead offer yourself words of encouragement and support.
 - **Identify and Challenge Negative Self-Talk:** Pay attention to the negative thoughts you have about yourself. Challenge these thoughts by asking yourself if they are truly accurate or helpful. Replace negative self-talk with more positive and realistic affirmations.
 - **Focus on Your Strengths:** Identify your strengths and talents. Engage in activities that allow you to use these strengths. This will boost your confidence and self-esteem.
 - **Accept Your Imperfections:** Recognize that no one is perfect. Embrace your imperfections and view them as opportunities for growth and learning.
 - **Practice Gratitude:** Regularly reflect on the things you are grateful for in your life. This will help you to focus on the positive aspects of yourself and your experiences.
 - **Forgive Yourself:** Let go of past mistakes and forgive yourself for any wrongdoings. Holding onto guilt and resentment will only hinder your self-acceptance.
 - **Engage in Self-Care:** Prioritize activities that nourish your mind, body, and soul. This could include exercise, healthy eating, spending time in nature, or engaging in hobbies you enjoy.
 - **Reflect on Past Accomplishments:** Remind yourself of what you've overcome and the challenges you've successfully navigated.

III. Positive Relations with Others

- **Definition:** This parameter focuses on having warm, trusting, and satisfying relationships with others, as well as being capable of empathy, affection, and intimacy.

- **Practical Advice for Improvement:**

- **Practice Active Listening:** When communicating with others, focus on truly listening to what they are saying, rather than just waiting for your turn to speak. Pay attention to their body language and tone of voice.
- **Express Empathy and Compassion:** Try to understand the perspectives and feelings of others. Show empathy and compassion by offering support and understanding.
- **Be Vulnerable:** Allow yourself to be vulnerable with others. Share your thoughts, feelings, and experiences in an open and honest way. This will help you to build deeper and more meaningful connections.
- **Set Boundaries in Relationships:** Maintain healthy boundaries in your relationships. Communicate your needs and limits clearly and respectfully.
- **Spend Quality Time with Loved Ones:** Make time for activities that you enjoy together with the people you care about. This could include having dinner, going for a walk, or engaging in a hobby.
- **Practice Forgiveness:** Forgive others for their mistakes. Holding onto grudges will only damage your relationships.
- **Cultivate New Relationships:** Join groups or organizations that align with your interests. This will give you the opportunity to meet new people and expand your social circle.
- **Be a Supportive Friend:** Offer support and encouragement to your friends and loved ones. Be there for them during difficult times.
- **Learn Conflict Resolution Skills:** Conflict is inevitable in relationships. Learn how to resolve conflicts in a healthy and constructive way.

General Notes:

- **Be Patient:** Improving your psychological well-being takes time and effort. Be patient with yourself and celebrate your progress along the way.
- **Be Consistent:** Make these practices a regular part of your life. The more you practice them, the more natural they will become.
- **Seek Support:** Don't be afraid to reach out to friends, family, or a therapist for support. Talking to someone can help you to process your emotions and develop coping strategies.
- **Focus on Progress, Not Perfection:** Don't get discouraged if you have setbacks. The goal is progress, not perfection.

Important Disclaimer: This information is for educational purposes only and is not intended to be a substitute for professional medical advice. If you are experiencing significant mental health challenges, please consult with a qualified mental health professional.

 Loaded 2394 documents.

RAG Steps...



Wellbeing Insight using RAG

Here are some wellbeing insights based on the provided information:

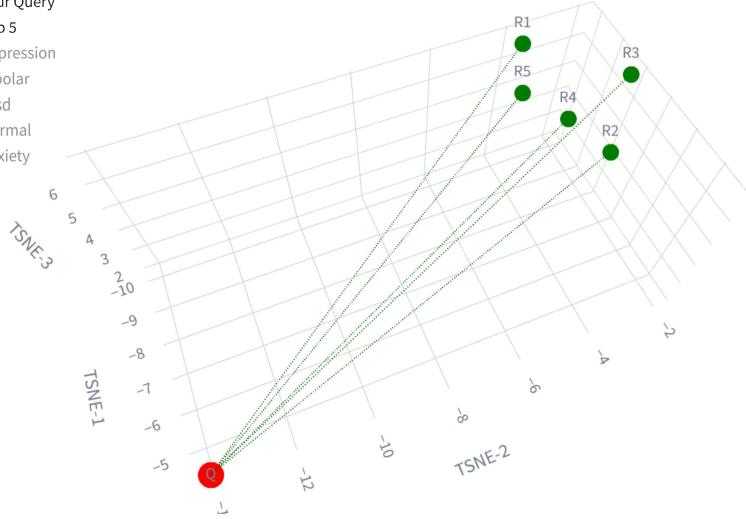
- **Autonomy:** Consider how you can make independent decisions within your sphere of influence, even amidst external events or political discussions highlighted in the news feed.
- **Self-Acceptance:** Acknowledge your strengths and weaknesses, understanding that everyone has imperfections. Focus on self-compassion, especially when dealing with differing opinions or societal issues.
- **Positive Relations:** Nurture supportive relationships by engaging respectfully with others, even when viewpoints diverge, and remember the importance of empathy in all interactions.

3D Match Visualization

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Record appended to instruction_data.json

Rebuilding internal lists...

Total Records: 2395

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2395 vectors, Dim: 384)

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

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json