

Mental Health Disorder Detection

Choose an option

Image Upload

Upload an Image to Extract and Classify Text

Upload an Image



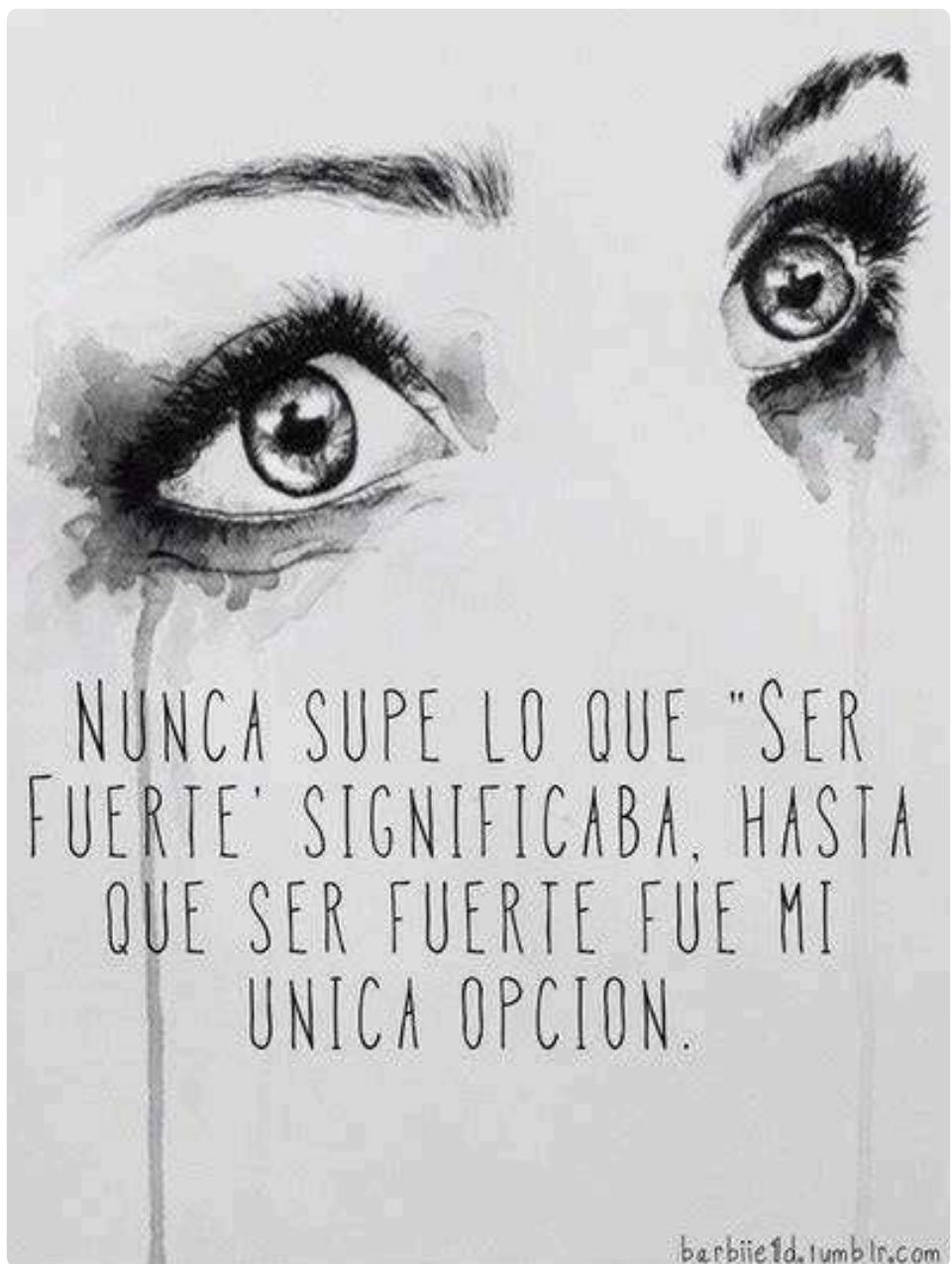
Drag and drop file here

Limit 200MB per file • JPG, JPEG, PNG, WEBP, BMP, TIFF, TIF

Browse files



OIP (2).jpg 26.7KB



Uploaded Image

a drawing of a person with a sign on it

Translated Text (to English)

_ \ 4g

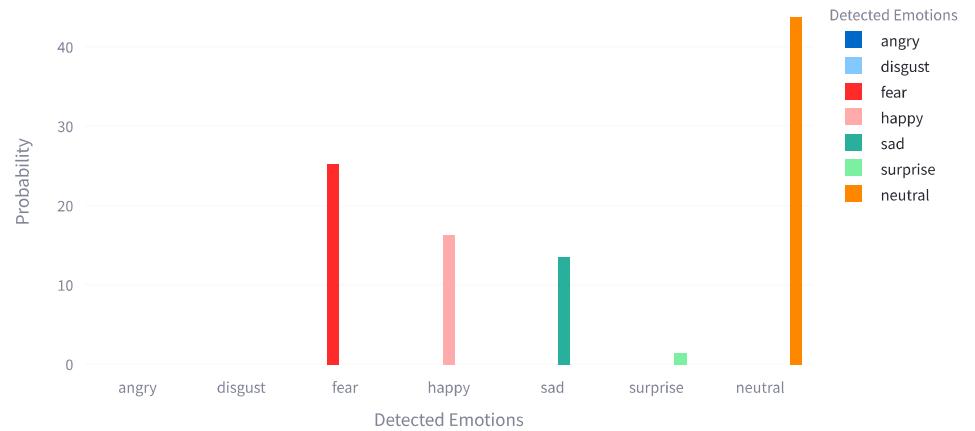
I never knew what "to be

Strong sight, up to

What to be strong was hi
UNICA OPTION.

Barbietd. TUNBLRCOM:

Average Emotion Probabilities from Analyzed Faces



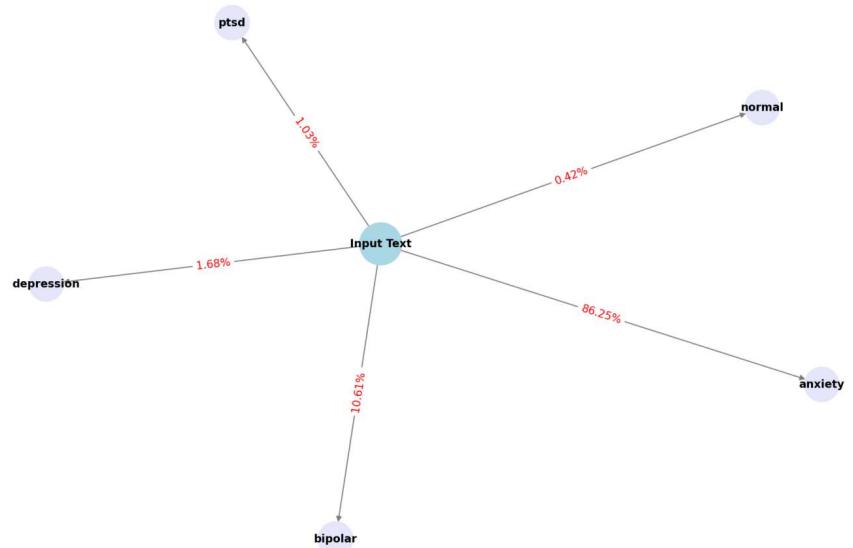
Dominant Emotion: neutral

A consistently neutral emotional state could indicate blunted affect in depression or emotional regulation difficulties. Explore underlying feelings with a therapist or consider mood-tracking tools. Engaging in activities that promote joy or connection might help reintroduce emotional range and improve overall well-being.

[Classify Extracted Text](#)

[Classify Extracted Text and Retrain Model](#)

The most likely mental health concern from all the text obtained is: anxiety with a probability of 86.25%



Wellbeing Insight:

Okay, let's break down how anxiety can impact each of the Ryff Scale factors and then offer some practical advice.

1. Autonomy and Anxiety:

Anxiety can significantly undermine autonomy. Individuals experiencing anxiety, especially social anxiety or generalized anxiety, may struggle to make independent decisions, constantly seeking reassurance from others or deferring to perceived external pressures. The fear of making the "wrong" decision or facing judgment can lead to a dependence on others and a feeling of being controlled by their anxieties rather than acting according to their own values and preferences. This can manifest as difficulty expressing opinions, conforming to group norms even when disagreeing, and a general lack of confidence in one's own judgment. In effect, anxiety steals the individual's freedom to authentically be themselves.

2. Environmental Mastery and Anxiety:

Anxiety can make managing daily life feel overwhelming. Individuals with anxiety might struggle with tasks like planning, organizing, or problem-solving. The constant worry and fear associated with anxiety can impair concentration and create a sense of being constantly on edge. For example, someone with anxiety may avoid taking on new responsibilities at work due to fear of failure, or they might struggle with simple tasks like grocery shopping due to social anxiety or fear of making mistakes. This avoidance further reduces their sense of competence and mastery over their environment, creating a vicious cycle. Physical symptoms of anxiety, like fatigue and muscle tension, also contribute to the diminished capacity to manage everyday affairs.

3. Personal Growth and Anxiety:

Anxiety often acts as a barrier to personal growth. The fear of the unknown, a common feature of anxiety, can discourage individuals from trying new experiences or stepping outside their comfort zones. This avoidance of challenges and opportunities limits their exposure to new perspectives and the development of new skills. Individuals may become trapped in familiar routines, avoiding situations that might trigger their anxiety, thus stifling their ability to learn and grow. Furthermore, anxiety can make it difficult to reflect on personal experiences and identify areas for improvement, as self-reflection might trigger further negative thoughts and worries.

4. Positive Relations with Others and Anxiety:

Anxiety can significantly impair the ability to form and maintain meaningful relationships. Social anxiety, in particular, can lead to avoidance of social situations, making it difficult to meet new people or connect with existing friends and family. Even in existing relationships, anxiety can lead to fear of judgment, difficulty expressing needs and emotions, and a tendency to withdraw or isolate oneself. The constant worry about what others think can interfere with genuine connection and empathy. Additionally, the physical symptoms of anxiety, such as irritability and restlessness, can strain relationships and make it difficult to be fully present with others.

5. Purpose in Life and Anxiety:

Anxiety can cloud a person's sense of purpose and meaning in life. The constant worry and fear associated with anxiety can make it difficult to focus on long-term goals or pursue activities that bring a sense of fulfillment. Individuals may feel overwhelmed by their anxiety and lose sight of their values and aspirations. The negative thinking patterns associated with anxiety can also lead to a sense of hopelessness and a belief that life is meaningless. This can result in a lack of motivation, difficulty setting goals, and a general feeling of being adrift.

6. Self-Acceptance and Anxiety:

Anxiety often fuels negative self-perception and reduces self-acceptance. Individuals with anxiety may be highly critical of themselves, focusing on their perceived flaws and shortcomings. The constant worry about what others think can lead to feelings of shame, inadequacy, and self-doubt. Anxiety can also amplify pre-existing insecurities and make it difficult to appreciate one's strengths and accomplishments. This negative self-image can contribute to low self-esteem and a feeling of being unworthy of love and acceptance.

Practical Advice to Improve or Reduce the Impact of Anxiety:

Here are some practical strategies to mitigate the negative impact of anxiety on these areas:

- **Mindfulness and Meditation:** Practicing mindfulness can help individuals become more aware of their thoughts and feelings without judgment, reducing the power of anxious thoughts. Regular meditation can promote relaxation and reduce overall anxiety levels. Apps like Headspace or Calm can provide guided meditations.
- **Cognitive Behavioral Therapy (CBT):** CBT is a type of therapy that helps individuals identify and challenge negative thought patterns and develop more adaptive coping strategies. Working with a therapist trained in CBT can be highly effective in managing anxiety.
- **Exposure Therapy:** This involves gradually exposing oneself to feared situations or objects in a safe and controlled environment. This helps to desensitize individuals to their triggers and reduce avoidance behaviors.
- **Relaxation Techniques:** Learning relaxation techniques such as deep breathing exercises, progressive muscle relaxation, and visualization can help to calm the body and mind during periods of anxiety.
- **Regular Exercise:** Physical activity has been shown to reduce anxiety symptoms by releasing endorphins and reducing stress hormones. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Healthy Diet and Sleep:** Maintaining a healthy diet and getting enough sleep can help to regulate mood and reduce anxiety symptoms. Avoid excessive caffeine and alcohol, and prioritize getting 7-9 hours of sleep per night.
- **Social Support:** Connecting with supportive friends, family members, or support groups can provide a sense of belonging and reduce feelings of isolation. Sharing experiences with others who understand can be validating and empowering.
- **Self-Compassion:** Practicing self-compassion involves treating oneself with kindness and understanding, especially during times of difficulty. This can help to reduce self-criticism and improve self-acceptance.
- **Gradual Goal Setting:** Break down larger goals into smaller, more manageable steps. This can make progress feel less overwhelming and increase feelings of accomplishment.
- **Professional Help:** If anxiety is significantly impacting one's daily life, it is important to seek professional help from a therapist or psychiatrist. Medication may be helpful for some individuals in managing anxiety symptoms.

By implementing these strategies, individuals can regain a sense of control over their anxiety and improve their overall psychological well-being, fostering greater autonomy, environmental mastery, personal growth, positive relationships, purpose in life, and self-acceptance.

 Loaded 2383 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: 400, Score: 4.1318)

Retrieved Input (Instruction+Situation): Index: 400 Text: Provide wellbeing insight for the below text with anxiety. This sense of dread is unmanageable My stomach feels cold and hollow and I cant b reathe with the weight on my chest

Retrieved Output (Filtered for Context): The text suggests anxiety: dread, physical symptoms (stomach, breathing, chest).

Ryff Scale & Wellbeing Insights:

- **Autonomy:** Practice saying "no" to commitments causing stress. Define personal boundaries.
- **Environmental Mastery:** Break down overwhelming tasks into smaller, manageable steps. Create a calming, organized space.
- **Personal Growth:** Learn a new skill or hobby; challenge anxious thoughts with logic.
- **Positive Relations:** Connect with supportive friends/family; express feelings openly.
- **Purpose in Life:** Engage in activities you find meaningful, volunteer.
- **Self-Acceptance:** Practice self-compassion; acknowledge imperfections; challenge negative self-talk.

Match 2 (Index: 104, Score: 3.8558)

Retrieved Input (Instruction+Situation): Index: 104 Text: Provide wellbeing insight for the below text with anxiety. What Is This? Im always apathetic towards everything, tired, constantly recall em barassingcringeworthy 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: 3.7614)

Retrieved Input (Instruction+Situation): Index: 94 Text: Provide wellbeing insight for the below text with anxiety. RAnxiety di dnt 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: 3.6024)

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): 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: 3.4986)

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 wellbeing.

- **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 2.27 seconds.

🔗 Top Re-ranked Match Score:

4.1318 (CrossEncoder score)

Wellbeing Insight using RAG

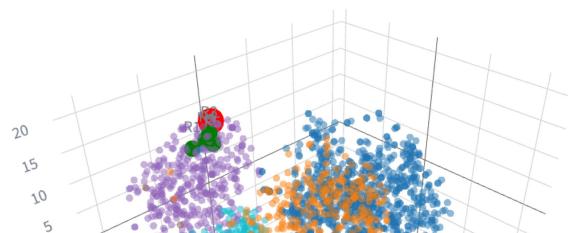
- **Autonomy:** Even amidst feelings of being defined by external pressures ("Barbietd"), identify small, independent choices you can make daily to reclaim a sense of control.
- **Environmental Mastery:** When tasks feel overwhelming, especially with underlying anxiety, break them down into smaller, manageable steps to regain a sense of accomplishment.
- **Personal Growth:** Explore relaxation techniques or mindfulness practices to help navigate anxious thoughts and foster self-discovery beyond external expectations.
- **Positive Relations:** Connect with supportive friends or family and share your feelings openly, limiting interactions that reinforce negative self-perceptions.
- **Purpose in Life:** Reflect on your values and how you can contribute to something larger than yourself, engaging in activities that provide meaning and counteract feelings of being confined.
- **Self-Acceptance:** Practice self-compassion, acknowledging your strengths and imperfections, and challenge the negative self-talk potentially fueled by societal pressures.

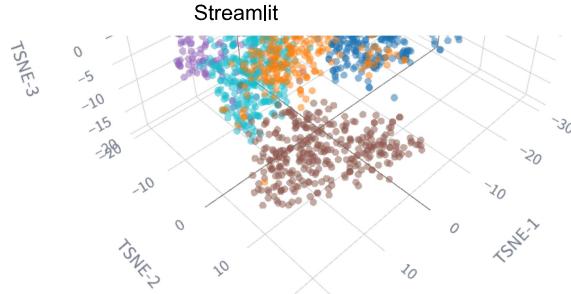
3D Match Visualization

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: 2384

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2384 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	2.8625
1	3.1018
2	2.1041
3	2.2328
4	3.9475
5	2.9892

Row with Highest Weighted Sum

Index: 4

Row Name: purpose in life

Weighted Sum: 3.9475353643604416

Cosine Similarity Analysis ^

Cosine Similarity Analysis

Cosine Similarities

	Cosine Similarity
0	0.4481
1	0.4148
2	0.4151
3	0.3006
4	0.5142
5	0.4081

Row with Highest Cosine Similarity

Index: 4

Row Name: purpose in life

Cosine Similarity Score: 0.5141821203412695

Euclidean Distance Analysis ^

Euclidean Distance Analysis

Euclidean Distances

	Euclidean Distance	
0		7.0022
1		8.2796
2		5.527
3		8.3241
4		8.4179
5		8.1103

Row with Smallest Euclidean Distance

Index: 2

Row Name: autonomy

Euclidean Distance: 5.526971252469504

Specific Parameter Based Insight:

Okay, let's break down how someone struggling with anxiety can work on building their sense of purpose in life and autonomy, drawing from the Ryff Scales of Psychological Well-being and practical anxiety management techniques.

Understanding the Connection

- **Anxiety's Impact:** Anxiety can significantly impair both purpose in life and autonomy.
 - It can cloud your vision of what's important, making it hard to set goals or even identify what you value. Worry and fear can dominate your thoughts, obscuring any sense of meaning.
 - Anxiety often leads to avoidance behaviors, making it difficult to take initiative and feel in control of your decisions. It can manifest as seeking constant reassurance from others, reinforcing dependence rather than independence.
- **Purpose and Autonomy as Buffers:** A stronger sense of purpose and autonomy can, in turn, buffer against anxiety.
 - Knowing *why* you're doing something (purpose) provides motivation and resilience, even when you're anxious.
 - Feeling in control of your choices (autonomy) reduces the feeling of being overwhelmed by external pressures or internal anxieties.

Practical Advice & Actionable Steps

1. Purpose in Life (Finding Meaning and Direction):

- * **Explore Your Values:**
 - * **Exercise:** Make a list of things that are important to you (e.g., creative hobbies, family, work).
 - * **Journaling Prompts:** "What makes me feel most alive?", "What problems do I face that I'm not addressing?"
- * **Start Small with Meaningful Activities:**
 - * **Action:** Don't try to overhaul your life overnight. Pick one small activity to focus on.
 - * **Mindfulness:** While you're doing the activity, pay attention to how it makes you feel.
- * **Set Realistic, Achievable Goals:**
 - * **Action:** Break down larger goals into smaller, manageable steps. If you have a big goal, break it into weekly or daily tasks.
 - * **Celebrate Small Wins:** Acknowledge and celebrate your progress, no matter how small it is.
- * **Cultivate Gratitude:**
 - * **Exercise:** Keep a gratitude journal and write down 3-5 things you're grateful for each day.
- * **Challenge Negative Thoughts About Purpose:**
 - * **Cognitive Restructuring:** If you find yourself thinking "My life is meaningless", challenge those thoughts with evidence of your purpose and accomplishments.

2. Autonomy (Feeling in Control of Your Life):

```

*   **Identify Areas Where You Feel Lack of Control:**  

*     **Journaling Prompt:** "Where in my life do I feel most controlled by exte  

*   **Make Small, Deliberate Choices:**  

*     **Action:** Start with simple decisions. Choose what you want to eat for  

*     **Practice Saying "No":** This is crucial. Start with less important req  

*   **Set Boundaries:**  

*     **Action:** Identify your personal boundaries (e.g., time, energy, emotio  

*   **Challenge Anxious Thoughts That Limit Autonomy:**  

*     **Cognitive Behavioral Therapy (CBT) Techniques:**  

*       **Identify Avoidance Behaviors:** What are you avoiding because of you  

*       **Graded Exposure:** Gradually expose yourself to the situations you  

*   **Learn Assertiveness Skills:**  

*     **Practice:** Role-play assertive communication with a friend or therapist  

*   **Focus on What You CAN Control:**  

*     **Exercise:** When you're feeling overwhelmed, make a list of things you *

```

Important Considerations:

- **Professional Support:** This advice is not a substitute for professional mental health care. If you're struggling with anxiety, it's essential to seek help from a therapist or psychiatrist. CBT and medication can be very effective in managing anxiety and improving your overall well-being.
- **Self-Compassion:** Be kind to yourself. Building purpose and autonomy takes time and effort. There will be setbacks. Treat yourself with the same compassion you would offer a friend.
- **Mindfulness and Relaxation Techniques:** These are essential tools for managing anxiety. Practice deep breathing, meditation, progressive muscle relaxation, or other techniques that help you calm your mind and body.
- **Patience:** Change takes time. Don't get discouraged if you don't see results immediately. Keep practicing, and celebrate your progress along the way.
- **Physical Health:** Take care of your physical health. Get enough sleep, eat a healthy diet, and exercise regularly. Physical health and mental health are interconnected.

Example Scenario:

Let's say someone with anxiety feels stuck in a job they hate (affecting purpose and autonomy).

1. **Purpose:** They might start by identifying values that are missing in their current job (e.g., creativity, helping others). They could then volunteer in a field that aligns with those values or take an online course to develop a new skill.
2. **Autonomy:** They could start by setting small boundaries at work (e.g., not checking emails after a certain hour). They could also start exploring other job options, even if it's just browsing job boards, to remind themselves that they have choices.
3. **Anxiety Management:** While doing this, they would use relaxation techniques to manage the anxiety that arises from making these changes. They might also work with a therapist to challenge the anxious thoughts that are holding them back.

By consistently working on these areas, a person with anxiety can gradually build a stronger sense of purpose and autonomy, leading to improved mental well-being and a more fulfilling life. Remember, it's a journey, not a destination.

 Loaded 2384 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: 2383, Score: 8.5615)

Retrieved Input (Instruction+Situation): Index: 2383 Text: Provide wellbeing insight for the below text with anxiety. _\4g I ne ver knew what "to be Strong sight, up to

What to be strong was hi UNI CA OPTION.

Barbiietd. TUNBLRCOM: a drawing of a person with...

Retrieved Output (Filtered for Context):

- **Autonomy:** Even amidst feelings of being defined by external pressures ("Barbiietd"), identify small, independent choices you can make daily to reclaim a sense of control. * **Purpose in Life:** Reflect on your values and how you can contribute to something larger than yourself, engaging in activities that provide meaning and counteract feelings of being confined.

Match 2 (Index: 400, Score: 4.1298)

Retrieved Input (Instruction+Situation): Index: 400 Text: Provide wellbeing insight for the below text with anxiety. This sense of dread is unmanageable My stomach feels cold and hollow and I cant b reathe with the weight on my chest

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

- **Autonomy:** Practice saying "no" to commitments causing stress. * **Purpose in Life:** Engage in activities you find meaningful, volunteer.

Match 3 (Index: 104, Score: 3.8263)

Retrieved Input (Instruction+Situation): Index: 104 Text: Provide wellbeing insight for the below text with anxiety. What Is Thi s? Im always apathetic towards everything, tired, constantly recall em barassingcringeworthy events in the past, and have been crit...

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

- **Autonomy:** Practice assertive communication. * **Purpose in Life:** Volunteer.

Match 4 (Index: 52, Score: 3.6663)

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: 90, Score: 3.6199)

Retrieved Input (Instruction+Situation): Index: 90 Text: Provide wellbeing insight for the below text with anxiety. Dear Anxiet y A MiniDocumentary

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

- **Autonomy:** Practice asserting needs, setting boundaries. * **Purpose in Life:** Identify values, align actions.

Step 4: Generating final insight with LLM...

→ Insight generation took 1.25 seconds.

🔗 Top Re-ranked Match Score:

8.5615 (CrossEncoder score)

Wellbeing Insight using RAG

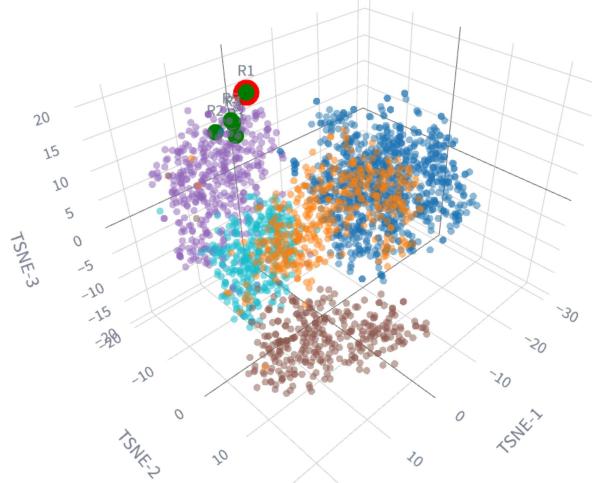
- **Purpose in Life:** Given the feeling of limited options, consider exploring small acts of service or creative expression aligned with your values; even dedicating a little time to something meaningful can provide a renewed sense of direction and purpose.
- **Autonomy:** Reclaim your sense of self by identifying one small decision you can make for yourself today, independent of external pressures, to reinforce your sense of control and agency.

📊 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: 2385

🔍 Re-encoding documents...

📦 Building new FAISS Index...

FAISS Index rebuilt (2385 vectors, Dim: 384)

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

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json

Updated Dataset (Last 3 Rows):

	text	mental_health_issue
18595	Does anybody else get really anxious from hearing a phone ring or even vibrate? I've j	anxiety
18596	I was born trying to kill myself Came out looking like fucking megamind. Some babies	depression
18597	_ \4g I never knew what "to be Strong sight, up to What to be strong was hi UNICA Of	anxiety

Model is being retrained...

Detailed Status

Dataset loaded and processed successfully!

Processing text for each model...

Text processed successfully!

Predicting using base models...

Predictions generated successfully!

Training the meta-learner...

Meta-learner trained successfully!

Meta-Learner Accuracy

97.79%

Performing cross-validation...

Execution completed successfully!

Retrained Model Accuracy

97.59%