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Mental Health Disorder Detection

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Extracted Pages



I don't know where to begin. Maybe it doesn't even matter. Lately, everything feels like a blur, like I'm moving through life in slow motion while the rest of the world rushes past me. It's exhausting. Waking up every day, knowing it's going to be the same as yesterday—the same weight pressing down on my chest, the same thoughts circling in my head, the same emptiness that never seems to go away.

People ask me what's wrong, but how do I explain something that doesn't have a single cause? There's no big event I can point to, no reason that makes sense. It's just this constant, heavy fog that settles over everything. Some days, I feel nothing at all. Other days, it's like there's too much inside me, but I don't know how to let it out.

I try to pretend I'm okay. I laugh when I'm supposed to. I say the right things so no one asks too many questions. But inside, it's like I'm screaming, and no one hears me. I feel so alone, even when I'm surrounded by people. It's like I'm invisible, or worse, like I don't matter. And maybe I don't.

I don't have the energy to do anything anymore. Things that used to make me happy just... don't. I used to love reading, music, even just watching a good movie, but now I can't bring myself to care. It all feels pointless. I see people talking about their dreams, their plans for the future, and I can't relate. I can't even imagine next week, let alone years from now.

The worst part is the guilt. I know I should be grateful. I know other people have it worse. But knowing that doesn't change how I feel. It just makes me hate myself more for being this way. I keep thinking, What's wrong with me? Why can't I just be normal?

Some days, I want to talk about it, but I don't know how. I don't want to be a burden. I don't want people to look at me differently or feel sorry for me. So I stay quiet. I push people away, even the ones who care. It's not that I don't want

Page 1

help-I just don't believe it will make a difference.

Nighttime is the hardest. That's when the thoughts get louder. That's when I start questioning everything-my worth, my purpose, whether anything I do actually matters. I lie in bed staring at the ceiling, wondering if this is how it's always going to be. If I'll ever feel happy again. If I even deserve to.

I keep hoping that one day I'll wake up and feel different. That something will change. That I'll find a reason to keep going. But right now, it feels like I'm just existing, not really living. And I don't know how much longer I can keep pretending that's enough.

Page 2

Detected Text

I don't know where to log in. Maybe it doesn't even matter. Lately, everything feels like a blur, like I'm moving through life in slow motion while the rest of the world rushes past me. Life's exhausting. Waking up every day, knowing it's going to be the same as yesterday-the same weight pressing down on my chest, the same thoughts circling in my head, the same emptiness that never seems to go away.

People ask me what's wrong, but how do I explain something that doesn't have a single cause? There's no big event I can point to, no reason that makes sense. It's just this constant, heavy fog that settles over everything. Some days, I feel nothing at all. Other days, it's like there's too much inside me, but I don't know how to let it out.

I try to pretend I'm okay. I laugh when I'm supposed to. I say the right things so

Translated Text (English):

Translated Text

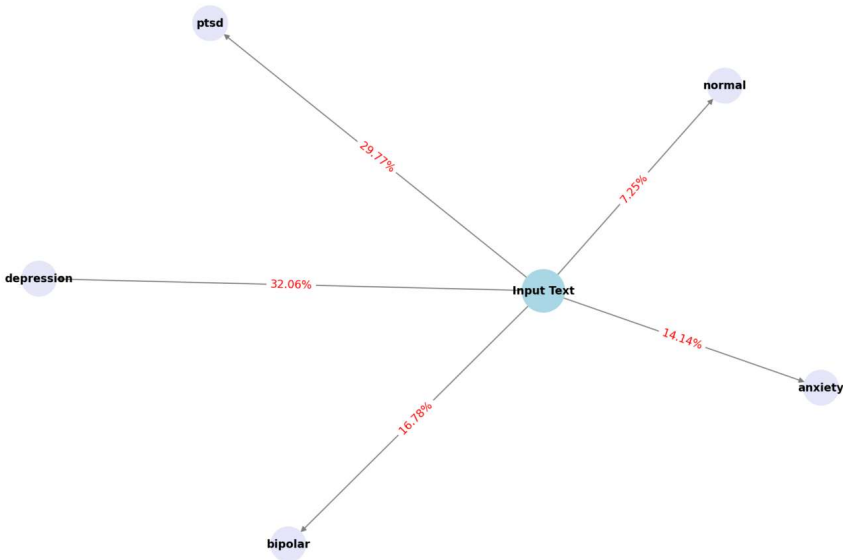
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Classify Text

The most likely mental health concern from the text provided is: depression with a probability of 32.06%



Wellbeing Insight:

Here's an analysis of how depression, as illustrated in the provided text, impacts the Ryff Scale's factors of psychological well-being, along with practical advice:

1. Autonomy:

Depression severely compromises autonomy. The individual in the text feels like they are moving through life in slow motion, disconnected from the world around them. They lack the energy to pursue their own interests or make decisions independently. They are going through the motions of their usual schedule. The example statement from the Ryff Inventory, "I have confidence in my opinions, even if they are contrary to the general consensus," directly contrasts with the feeling of worthlessness and lack of self-belief expressed in the text, where the individual feels invisible and that their opinions don't matter.

Practical Advice:

- **Start Small:** Begin with small, manageable decisions to regain a sense of control.
- **Challenge Negative Thoughts:** Actively question and reframe negative thoughts that undermine confidence.
- **Set Realistic Goals:** Create achievable goals to foster a sense of accomplishment and build self-efficacy.

2. Environmental Mastery:

Depression makes it difficult to manage one's environment and activities. The person in the text feels overwhelmed by everyday tasks and finds it hard to engage in activities they once enjoyed. This sense of helplessness prevents them from effectively using opportunities or creating situations to benefit their personal needs. The feeling of being unable to cope with life's demands is evident in the line, "I don't have the energy to do anything anymore."

Practical Advice:

- **Break Down Tasks:** Divide overwhelming tasks into smaller, more manageable steps.
- **Establish Routine:** Create a structured routine to provide a sense of order and predictability.
- **Seek Support:** Reach out to others for help with tasks or activities that feel overwhelming.

3. Personal Growth:

Depression stagnates personal growth. The individual in the text feels stuck and unable to envision a positive future. The inability to find joy in activities they once loved suggests a loss of motivation and a resistance to new experiences. This contrasts with the Ryff Scale's emphasis on welcoming new experiences and recognizing improvement over time. The line "I can't even imagine next week, let alone years from now" highlights this lack of future orientation.

Practical Advice:

- **Reintroduce Enjoyable Activities:** Gradually reintroduce activities that once brought joy, even if they don't feel as appealing initially.
- **Set Small Learning Goals:** Focus on small learning goals to help expand knowledge and experience.
- **Practice Gratitude:** Keep a gratitude journal to recognize positive aspects of life and shift focus away from negativity.

4. Positive Relations with Others:

Depression negatively impacts relationships. The person in the text feels isolated and alone, even when surrounded by people. They push others away due to feelings of being a burden and a fear of judgment. The inability to connect with others is evident in the line, "It's like I'm screaming, and no one hears me." This hinders the development of reciprocal empathy, intimacy, and affection, crucial components of positive relationships.

Practical Advice:

- **Communicate Feelings:** Find a trusted friend, family member, or therapist to share thoughts and emotions.
- **Engage in Social Activities:** Gradually re-engage in social activities, even if it feels difficult at first.
- **Practice Active Listening:** Focus on actively listening to others and showing empathy to strengthen connections.

5. Purpose in Life:

Depression erodes the sense of purpose in life. The individual in the text questions their worth and whether anything they do matters. They feel aimless and lack a strong goal orientation. The line, "That's when I start questioning everything—my worth, my purpose..." reflects a profound loss of meaning and direction.

Practical Advice:

- **Identify Values:** Reflect on personal values and identify activities or causes that align with them.
- **Set Meaningful Goals:** Set small, meaningful goals that contribute to a sense of purpose and accomplishment.
- **Volunteer or Help Others:** Engage in acts of kindness or volunteer work to connect with others and make a positive impact.

6. Self-Acceptance:

Depression leads to self-loathing and a negative self-image. The person in the text hates themselves for feeling this way and constantly questions what is wrong with them. The line, "It just makes me hate myself more for being this way," illustrates a profound lack of self-acceptance and a struggle to like any aspect of their personality.

Practical Advice:

- **Practice Self-Compassion:** Treat yourself with the same kindness and understanding you would offer a friend.
- **Identify Strengths:** Focus on identifying and acknowledging personal strengths and positive qualities.
- **Challenge Negative Self-Talk:** Actively challenge negative self-talk and replace it with more positive and realistic statements.

In conclusion, depression significantly undermines psychological well-being by negatively impacting autonomy, environmental mastery, personal growth, relationships, purpose, and self-acceptance. The practical advice provided aims to address these specific areas and help individuals regain a sense of control, hope, and self-worth. It's important to emphasize that seeking professional help from a therapist or counselor is a crucial step in managing depression.

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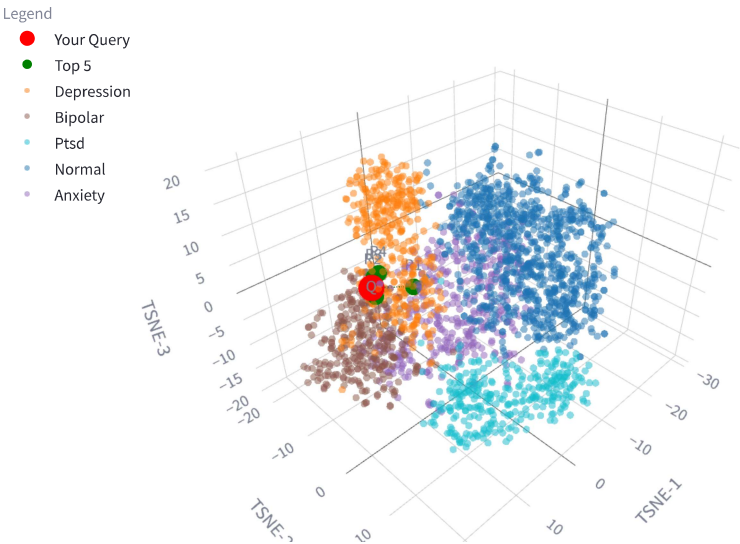
RAG Steps...

Wellbeing Insight using RAG

- **Autonomy:** Because you feel controlled and unable to make decisions, start with small, independent choices to regain a sense of control over your life.
- **Environmental Mastery:** Given the feeling of being overwhelmed, break down daily tasks into smaller, more manageable steps to create a sense of accomplishment and reduce the feeling of being burdened.
- **Personal Growth:** Since you feel stuck and unable to enjoy things you once loved, explore new hobbies or revisit old ones, focusing on small improvements and sparking curiosity to reignite a sense of progress.
- **Positive Relations:** Recognizing the isolation and loneliness you're experiencing, consider reconnecting with trusted friends or exploring support groups to build a network of understanding and shared experiences.
- **Purpose in Life:** Considering the feeling of pointlessness, take some time to reflect on your values and explore small actions aligned with them, such as volunteering or helping others, to find renewed meaning.
- **Self-Acceptance:** In light of the negative self-perception and guilt, practice self-compassion, challenge the negative self-talk, and consciously identify your strengths to begin reframing your internal narrative.

3D Match Visualization

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



Updating Knowledge Base

Reading/Appending instruction_data.json...

Record appended to instruction_data.json

Rebuilding internal lists...

Total Records: 2388

 Re-encoding documents...

 Building new FAISS Index...

FAISS Index rebuilt (2388 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 a person with depression can work on autonomy and positive relations with others, drawing from the Ryff Scales of Psychological Well-being framework. It's important to emphasize that these are suggestions, and professional help (therapy, medication, etc.) is often crucial for managing depression.

Understanding the Connection

- **Depression and Autonomy:** Depression often saps motivation and energy, leading to feelings of helplessness and a sense of being controlled by the illness. It can erode a person's belief in their ability to make choices and pursue goals. Low autonomy in the context of depression can look like:
 - Feeling unable to make simple decisions.
 - Relying heavily on others for guidance, even in areas where they were previously independent.
 - Avoiding new experiences due to fear of failure or negative outcomes.
 - Passivity and a sense of being "stuck."
- **Depression and Positive Relations with Others:** Depression can lead to social withdrawal, feelings of isolation, and difficulty connecting with others. The negative thoughts and feelings associated with depression can make it hard to maintain healthy relationships. Low positive relations with others in the context of depression can look like:
 - Feeling disconnected from friends and family.
 - Avoiding social gatherings.
 - Experiencing increased conflict in relationships.
 - Believing that others don't understand or care.
 - Feeling like a burden to others.
 - Difficulty expressing emotions or needs.

Practical Advice for Improving Autonomy (When Depressed):

1. **Start Small and Celebrate Successes:**
 - **Tiny Decisions:** Begin with small, manageable decisions. Examples: "What will I wear today?" "What will I have for breakfast?" "Which book will I read for 15 minutes?" Acknowledge each choice as a step towards self-direction.
 - **Micro-Goals:** Break down larger goals into smaller, achievable steps. If the goal is "exercise," the micro-goal might be "put on my walking shoes." Celebrate the small victories. This combats the feeling of being overwhelmed.
 - **Positive Self-Talk:** When you make a decision, even a small one, remind yourself, "I made this choice, and I'm proud of myself for taking action."
2. **Identify Areas of Control:**
 - **Journaling:** Keep a journal to identify areas where you *do* have control, even when feeling helpless. Examples: Your hygiene routine, what you eat, what you watch, what time you go to bed.
 - **Focus on the Controllable:** When faced with a stressful situation, identify what aspects you can control and focus your energy there. Let go of trying to control the uncontrollable.
 - **Routine:** Having a routine helps maintain the sense of control.
3. **Challenge Negative Thoughts:**
 - **Cognitive Restructuring:** Depression often involves negative thought patterns (e.g., "I'm not good at anything," "I always fail"). Learn to identify these thoughts and challenge their validity. Ask yourself, "Is there evidence to support this thought? Is there another way to look at the situation?"
 - **Realistic Expectations:** Avoid setting unrealistic expectations for yourself. Recognize that you may need to adjust your standards while you're dealing with depression.
 - **Mindfulness:** Mindfulness techniques can help you observe your thoughts without judgment, allowing you to detach from negative thought patterns.
4. **Assertiveness Skills:**
 - **Learn to Say "No":** Overcommitting can lead to burnout and feelings of being controlled. Practice politely declining requests that you don't have the capacity to handle.
 - **Express Your Needs:** Communicate your needs and boundaries clearly and respectfully. This doesn't mean being aggressive, but rather being assertive in expressing what you want and need.
 - **Role-Playing:** Practice assertive communication with a trusted friend or therapist.

Practical Advice for Improving Positive Relations with Others (When Depressed):

1. **Small Steps Towards Connection:**

- **Reach Out (Even When You Don't Want To):** Make a conscious effort to connect with at least one person each day, even if it's just a brief text message or a quick phone call.
- **Scheduled Social Activity:** Plan small social activities in advance. Knowing that something is on the calendar can provide a sense of anticipation and motivation. Choose activities that are low-pressure and enjoyable.
- **Online Support Groups:** Consider joining online support groups for people with depression. This can provide a sense of community and understanding.

2. **Be Open (But Pace Yourself):**

- **Share Your Feelings (Selectively):** Choose one or two trusted people to confide in about your depression. Sharing your feelings can help you feel less alone and can strengthen your relationships.
- **Avoid Over-Sharing:** Be mindful of over-sharing or burdening others with your problems. Balance your needs with the needs of the other person.
- **"Safe" Topics:** Start with small talk and topics of mutual interest before delving into deeper issues.

3. **Practice Active Listening:**

- **Focus on the Other Person:** When you are with others, make a conscious effort to focus on what they are saying and showing you genuine interest.
- **Ask Questions:** Ask open-ended questions to encourage them to share their thoughts and feelings.
- **Reflect Back:** Summarize what you've heard to show that you're paying attention and understanding their perspective.

4. **Engage in Acts of Kindness:**

- **Helping Others:** Volunteering or performing acts of kindness for others can boost your mood and help you feel more connected.
- **Small Gestures:** Offer a compliment, send a thank-you note, or do a small favor for someone.
- **Meaningful Connections:** Look for ways to connect with people based on shared interests or values. This can create a sense of belonging and purpose.

5. **Manage Expectations:**

- **Recognize Limitations:** Acknowledge that you may not be able to be as social or engaged as you once were. Be kind to yourself and avoid pushing yourself too hard.
- **Communicate Needs:** Let your friends and family know what you're going through and what you need from them. This can help them understand your behavior and provide support.
- **Avoid Comparisons:** Don't compare yourself to others who seem to have perfect social lives. Everyone struggles at times, and it's important to focus on your own progress.

Important Considerations:


- **Professional Help is Key:** The advice above is *not* a substitute for professional help. Therapy (especially Cognitive Behavioral Therapy or Interpersonal Therapy) and/or medication are often essential for managing depression.
- **Individual Differences:** Everyone experiences depression differently. What works for one person may not work for another. Experiment with different strategies and find what resonates with you.
- **Patience and Persistence:** Recovery from depression takes time and effort. Be patient with yourself and don't get discouraged if you experience setbacks.
- **Self-Compassion:** Be kind and compassionate to yourself. Depression is an illness, not a personal failing.

Example Scenarios:

- **Autonomy:** A person with depression feels overwhelmed by having to grocery shop.
 - **Instead of:** Avoiding the store altogether and ordering takeout (giving up autonomy).
 - **Try:** Breaking the task down: "Today, I will look at the grocery store's online flyer." "Tomorrow, I will write a list of 3 essential items." "The next day, I will go to the store and buy only those 3 items."

- **Positive Relations:** A person with depression isolates themselves because they feel like a burden.
 - **Instead of:** Staying home and scrolling through social media, feeling worse.
 - **Try:** Sending a simple text to a friend: "Thinking of you. How's your week going?" Even a small connection can make a difference.

By consistently working on these areas, a person with depression can gradually regain a sense of control over their life and build stronger, more supportive relationships. Remember to consult with a healthcare professional to make sure that these lifestyle changes are safe and appropriate for you.

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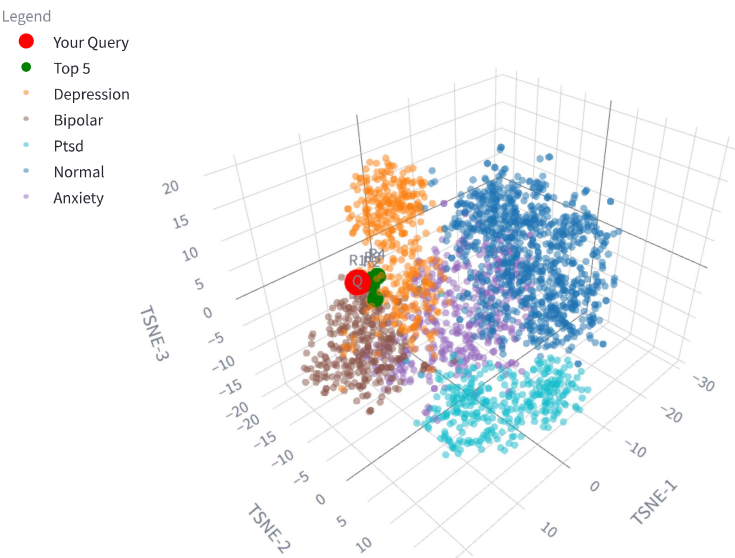
RAG Steps... 

Wellbeing Insight using RAG

- **Autonomy:** Given the feeling of being trapped and lacking control, start by identifying small decisions you can make independently each day, even if they seem insignificant. This can help you gradually reclaim a sense of agency and self-determination.
- **Positive Relations:** Acknowledge the loneliness and isolation you're experiencing; consider reaching out to a trusted friend or family member, or exploring online support groups. Sharing your feelings, even in small steps, can help you rebuild connections and feel less alone.

3D Match Visualization

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



Updating Knowledge Base

Reading/Appending instruction_data.json...

Record appended to instruction_data.json

Rebuilding internal lists...

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 Re-encoding documents...

 Building new FAISS Index...

FAISS Index rebuilt (2389 vectors, Dim: 384)

 Saving updated global store to global_store_gpu.pkl...

Knowledge Base Update Complete!

Your insight was saved to instruction_data.json