

Mental Health Dataset

1. I feel grateful for the little things. - Label: 0
2. I enjoy spending time with friends. - Label: 0
3. I don't enjoy the things I used to. - Label: 1
4. I'm proud of what I've achieved. - Label: 0
5. I cry myself to sleep often. - Label: 1
6. I'm thankful for my support system. - Label: 0
7. I have no motivation for anything. - Label: 1
8. I have a positive outlook on life. - Label: 0
9. I'm feeling confident and strong. - Label: 0
10. I feel like a burden to everyone. - Label: 1
11. Even simple tasks feel exhausting. - Label: 1
12. I'm finding joy in small moments. - Label: 0
13. It's hard to get out of bed every day. - Label: 1
14. I'm proud of what I've achieved. - Label: 0
15. I'm tired all the time and can't focus. - Label: 1
16. I wish I could just disappear. - Label: 1
17. Life feels meaningless lately. - Label: 1
18. I cry myself to sleep often. - Label: 1
19. I'm feeling confident and strong. - Label: 0
20. I'm hopeful for the future. - Label: 0
21. I feel trapped in my own thoughts. - Label: 1
22. I enjoy reading and learning new things. - Label: 0
23. I often think about giving up. - Label: 1
24. I often think about giving up. - Label: 1
25. Even simple tasks feel exhausting. - Label: 1
26. I'm proud of what I've achieved. - Label: 0

27. I feel like I'm losing control. - Label: 1
28. I'm finding joy in small moments. - Label: 0
29. I'm constantly anxious about everything. - Label: 1
30. I feel like a burden to everyone. - Label: 1
31. I'm overwhelmed with sadness. - Label: 1
32. I enjoy reading and learning new things. - Label: 0
33. I feel like a burden to everyone. - Label: 1
34. I have a positive outlook on life. - Label: 0
35. I feel so empty inside. - Label: 1
36. I feel trapped in my own thoughts. - Label: 1
37. I feel balanced and in control. - Label: 0
38. I feel balanced and in control. - Label: 0
39. I feel healthy and energetic. - Label: 0
40. I enjoy my job and work environment. - Label: 0
41. I feel healthy and energetic. - Label: 0
42. I'm hopeful for the future. - Label: 0
43. I feel calm and relaxed. - Label: 0
44. Even simple tasks feel exhausting. - Label: 1
45. I feel strong and capable. - Label: 0
46. I feel like I'm losing control. - Label: 1
47. I'm afraid of facing people. - Label: 1
48. I often think about giving up. - Label: 1
49. I'm overwhelmed with sadness. - Label: 1
50. I look forward to each day. - Label: 0
51. I feel calm and relaxed. - Label: 0
52. I'm proud of what I've achieved. - Label: 0
53. Even simple tasks feel exhausting. - Label: 1

54. I'm thankful for my support system. - Label: 0
55. I'm finding joy in small moments. - Label: 0
56. I feel strong and capable. - Label: 0
57. I'm afraid of facing people. - Label: 1
58. I cry myself to sleep often. - Label: 1
59. I don't enjoy the things I used to. - Label: 1
60. I look forward to each day. - Label: 0
61. I don't enjoy the things I used to. - Label: 1
62. Spending time with family makes me happy. - Label: 0
63. I have a positive outlook on life. - Label: 0
64. I'm tired all the time and can't focus. - Label: 1
65. I love going on morning walks. - Label: 0
66. I'm constantly anxious about everything. - Label: 1
67. I feel strong and capable. - Label: 0
68. I feel so empty inside. - Label: 1
69. I feel like I'm losing control. - Label: 1
70. I don't enjoy the things I used to. - Label: 1
71. I wish I could just disappear. - Label: 1
72. It's hard to get out of bed every day. - Label: 1
73. I enjoy spending time with friends. - Label: 0
74. Nothing seems to matter anymore. - Label: 1
75. I have no motivation for anything. - Label: 1
76. I'm making progress on my goals. - Label: 0
77. I often think about giving up. - Label: 1
78. I feel grateful for the little things. - Label: 0
79. I feel so empty inside. - Label: 1
80. I feel like I'm losing control. - Label: 1

81. I feel strong and capable. - Label: 0
82. I'm constantly anxious about everything. - Label: 1
83. I feel so empty inside. - Label: 1
84. I feel balanced and in control. - Label: 0
85. It's hard to get out of bed every day. - Label: 1
86. I'm finding joy in small moments. - Label: 0
87. I enjoy reading and learning new things. - Label: 0
88. Every day feels like a struggle. - Label: 1
89. I'm overwhelmed with sadness. - Label: 1
90. I'm hopeful for the future. - Label: 0
91. I enjoy reading and learning new things. - Label: 0
92. I'm finding joy in small moments. - Label: 0
93. I'm constantly anxious about everything. - Label: 1
94. The future looks bleak to me. - Label: 1
95. I enjoy my job and work environment. - Label: 0
96. Life feels meaningless lately. - Label: 1
97. I feel balanced and in control. - Label: 0
98. I enjoy reading and learning new things. - Label: 0
99. I feel grateful for the little things. - Label: 0
100. I enjoy reading and learning new things. - Label: 0
101. I have a positive outlook on life. - Label: 0
102. I look forward to each day. - Label: 0
103. Nothing seems to matter anymore. - Label: 1
104. I'm finding joy in small moments. - Label: 0
105. I'm excited about the weekend plans. - Label: 0
106. Spending time with family makes me happy. - Label: 0
107. I feel like I'm losing control. - Label: 1

108. I feel so empty inside. - Label: 1
109. I feel calm and relaxed. - Label: 0
110. I feel trapped in my own thoughts. - Label: 1
111. I'm hopeful for the future. - Label: 0
112. Nothing seems to matter anymore. - Label: 1
113. It's hard to get out of bed every day. - Label: 1
114. I feel like I'm losing control. - Label: 1
115. Sometimes I just want to run away. - Label: 1
116. Spending time with family makes me happy. - Label: 0
117. Spending time with family makes me happy. - Label: 0
118. I'm proud of what I've achieved. - Label: 0
119. Nothing seems to matter anymore. - Label: 1
120. I have a positive outlook on life. - Label: 0