

# r/depression

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November 12, 2020

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- Posts span from January 2019 to November 2020.
- Contains posts, date posted, and metadata about the users/submission.

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# Goals

- Understand how social media is used as a support for mental health.
- Understand the language around mental health and how people discuss it.
- Gain insights to help provide better support.

# Topic Modeling

## Topic Examples:

### Work

“Could someone give me advice on finding a job? I know I could post in a different subReddit, but I feel more comfortable posting with people who will understand the struggles of finding a job with depression”

### Sleep

“Going to bed when I have to be up in 6 hours, so full of anxiety I can't sleep, thinking to myself "I can't wait for tomorrow night. I'll get some good sleep tomorrow night." But I never do.”

### Counseling

“How to tell parents I would like to see a therapist I feel like a therapist would benefit me greatly”

### Dietary Related

“I can't eat Every time I think of eating, I feel sick. I'm hungry but I have to force myself to eat. I don't know how to fix it”

### Suicide

“I kinda wanna kill my self, but at the same time, I know how much it would hurt others around me, and I really care about them. If I commit suicide right here right now, what will my 2 siblings that currently live with me think.”

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# Topic Modeling

## Topic Examples:

### **Panic**

"I'm having a panic attack and I don't know what to do. Please help me calm down. I feel like my heart is going to explode."

### **Medication/Psychiatric**

"I've been on medication for the last 2 years. While depression is still a part of my life, it's been a lot better. I have to get off my meds in a few months and I am so scared"

### **School**

"I'm depressed because of school and i hate school. Why. BECAUSE I GO TO A SPECIAL ED SCHOOL. I go to a special ed school and the kids scream like hell when they dont get there. I have autism and i sometimes have melt downs. My life is going down by the second. I hate everything."

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# Understanding the Topics

## Support

Need, advice, scared, struggling, needs, parents, somebody, hello, open, support, hug, listen, professional, vent reach, break, situation, problem, posting, chat, encouragement, online, tips, therapists, guidance, appreciate, desperately

## Suicide

suicide, commit, attempt, hotline, committing, harm, hospital, family, note, thought, plan, option, attempts, failed, prevention, contemplating, dead, pills, selfish, afraid, planning, killing, scared, suffering, considered, methods, ago, cutting, gun, consider, painless, ideation, jumping, ward, burden, planned, support, probably, contemplate, method, overdose

## School

school, high, class, year, college, grade, parent, fail, study, semester, teacher, graduate, student, bully, drop, home, motivation, online, miss, stress, finish, summer, university, homework, exam, test, skip, waste, pass, failure, attend, counselor, smart, degree, advice, struggle, gpa, program, sophomore, motivate, hate, pressure, plan, start, disappoint, quarantine, apply, useless

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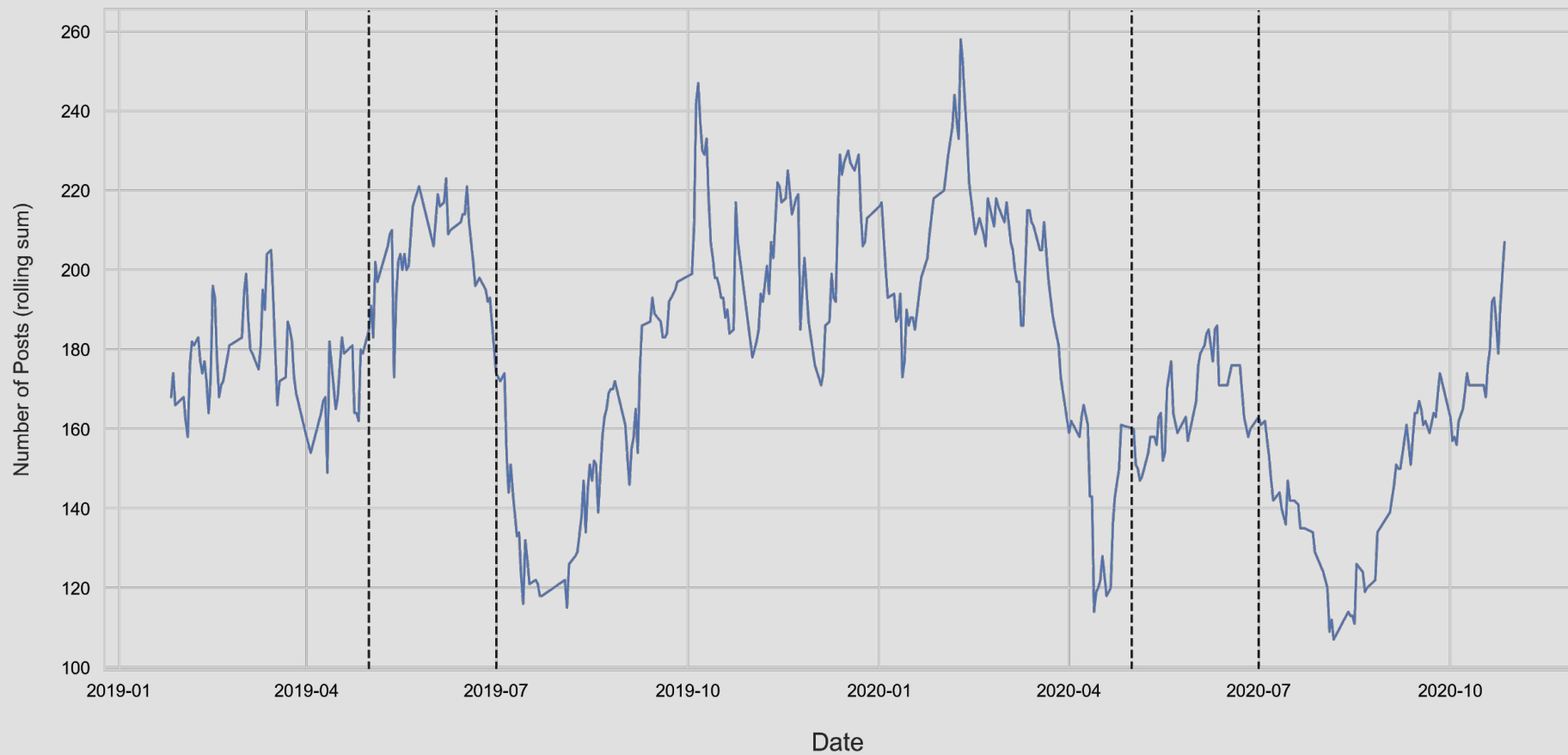
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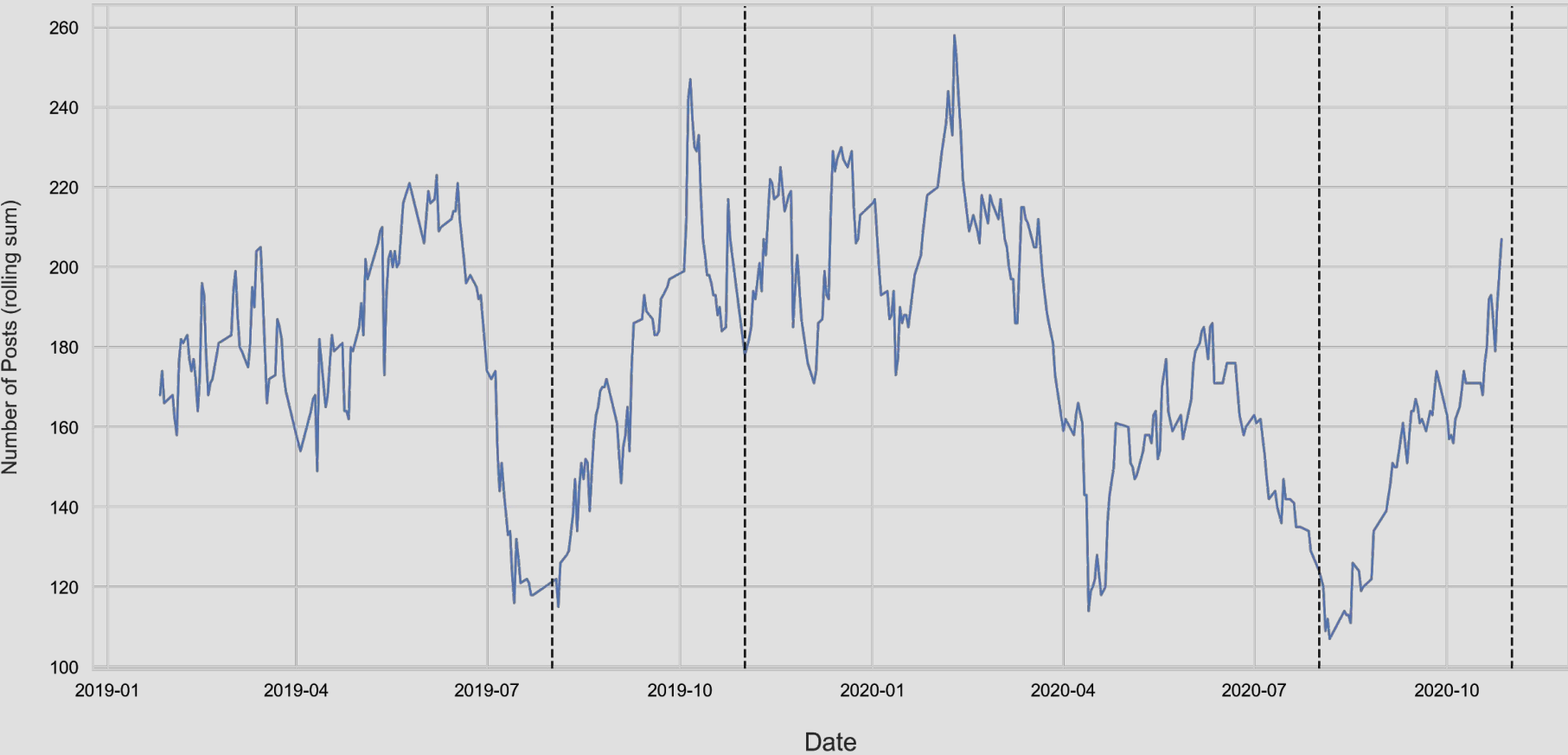
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# Providing Support

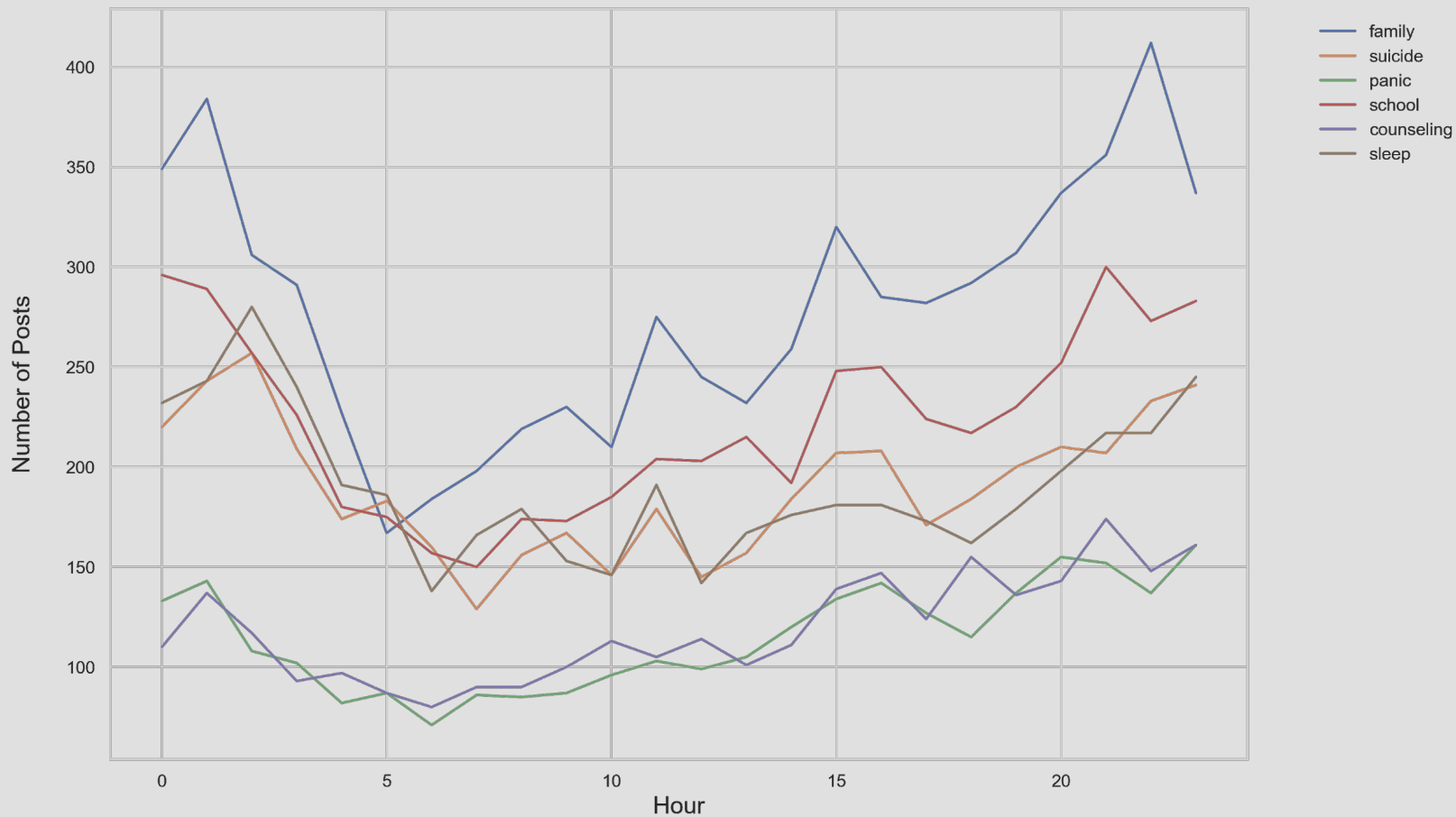
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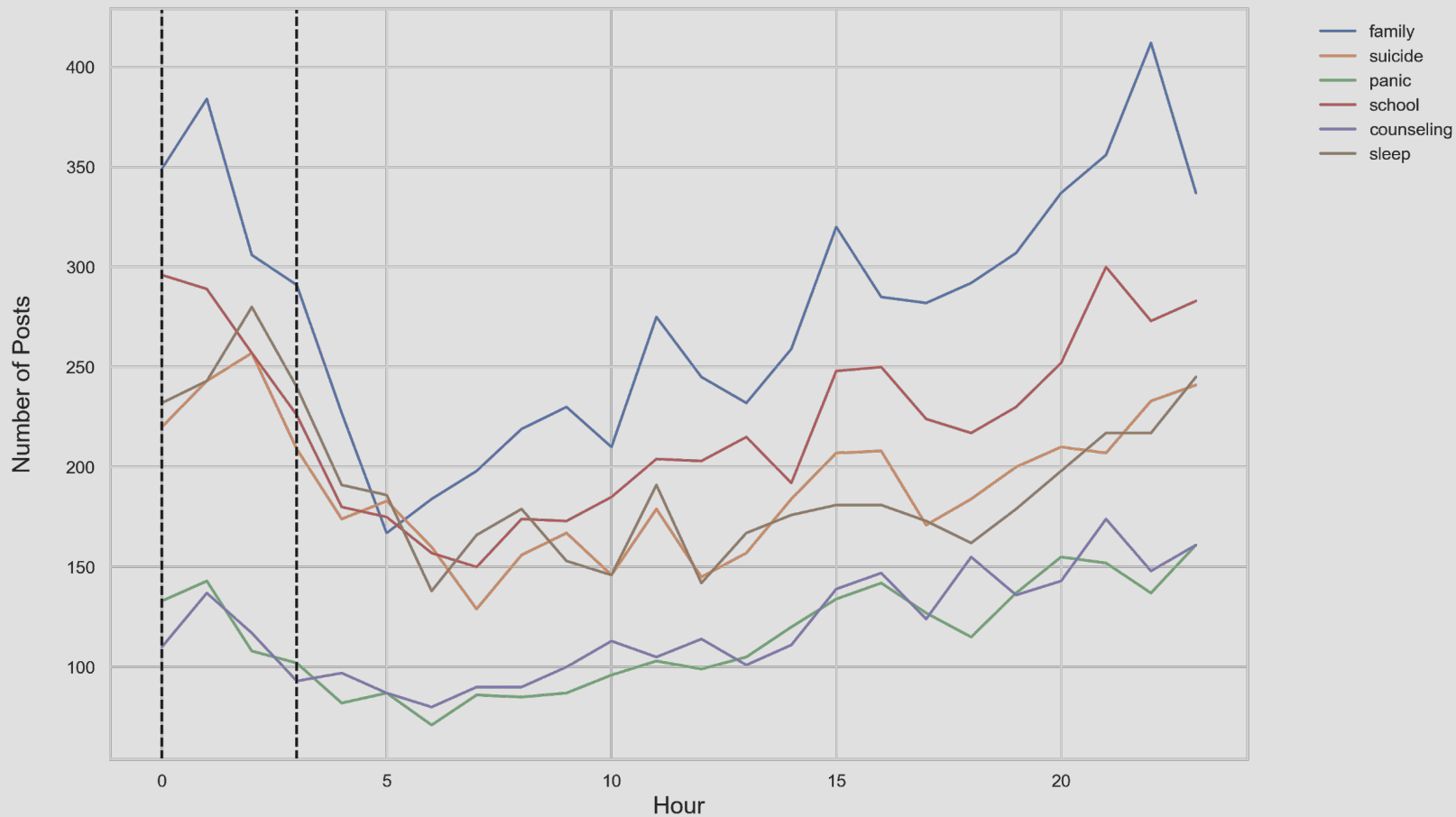
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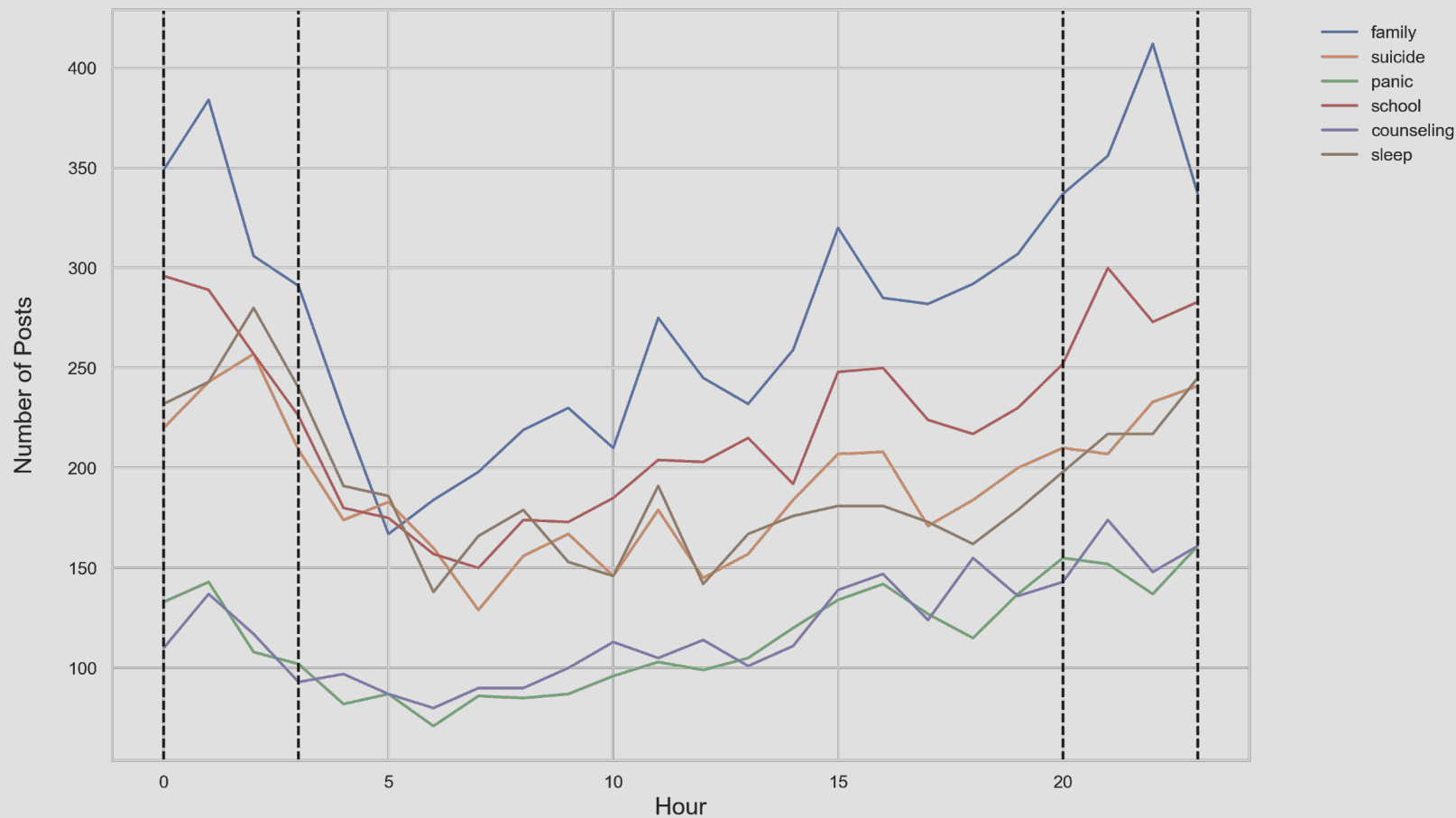
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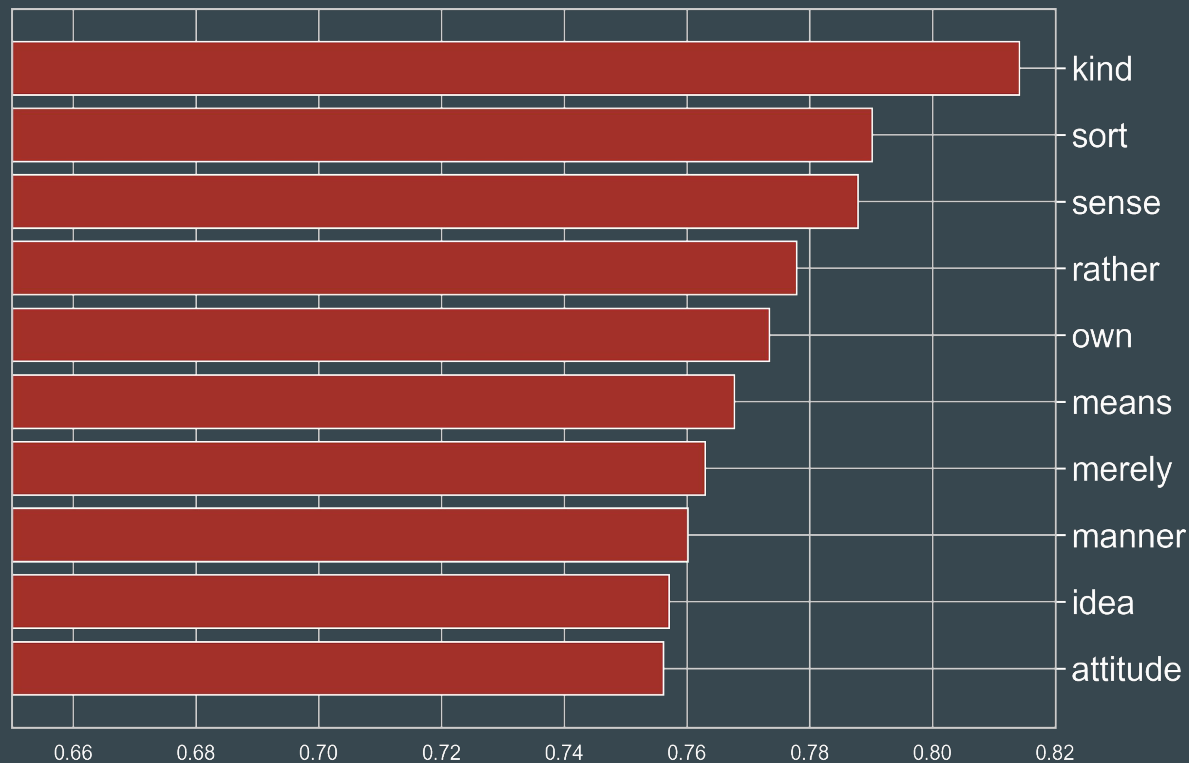




# Understanding the Language

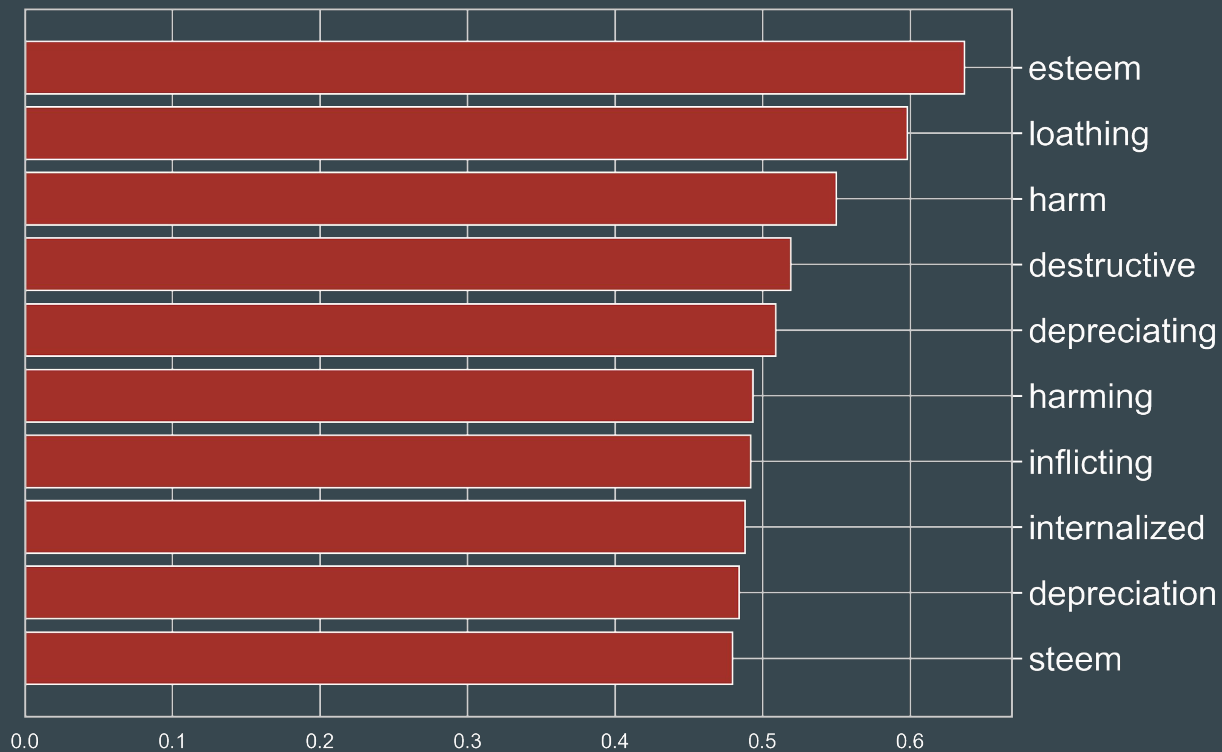
# Wiki gigaword vectors

Similarity to "self"



# r/depression vectors

Similarity to "self"



# Word Similarities

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- “Cycle”  
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cycles, perpetuating, rut, endless,  
stagnation, viscous, monotony,  
trap, continuous, despising,  
purgatory, spiral, menstrual

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# Exploring further

Tensorboard

