

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."

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

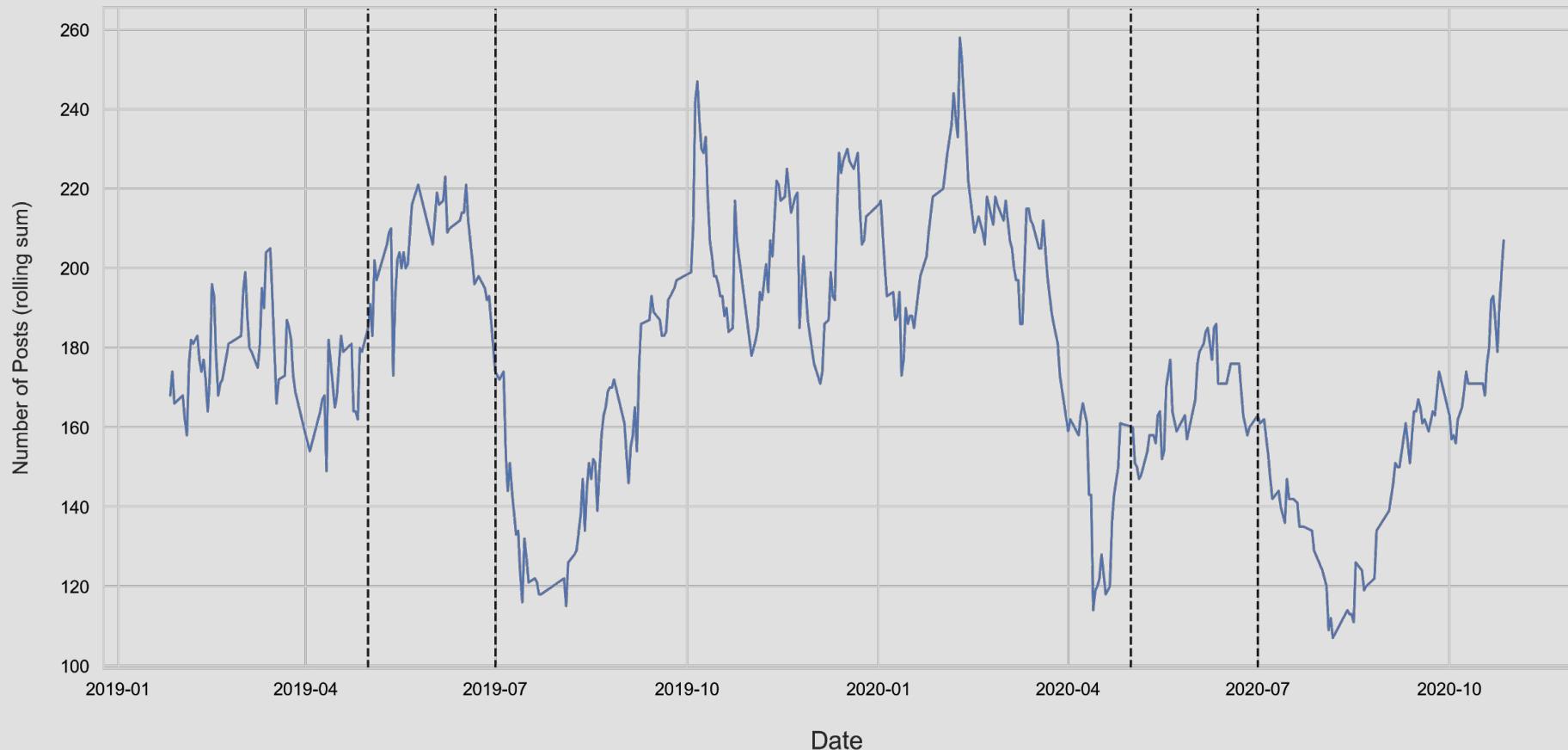
"I've been on medication for the last 2 years. While depression is still a part of my life, it's been a lot better. I have to get off my meds in a few months and I am so scared"

School

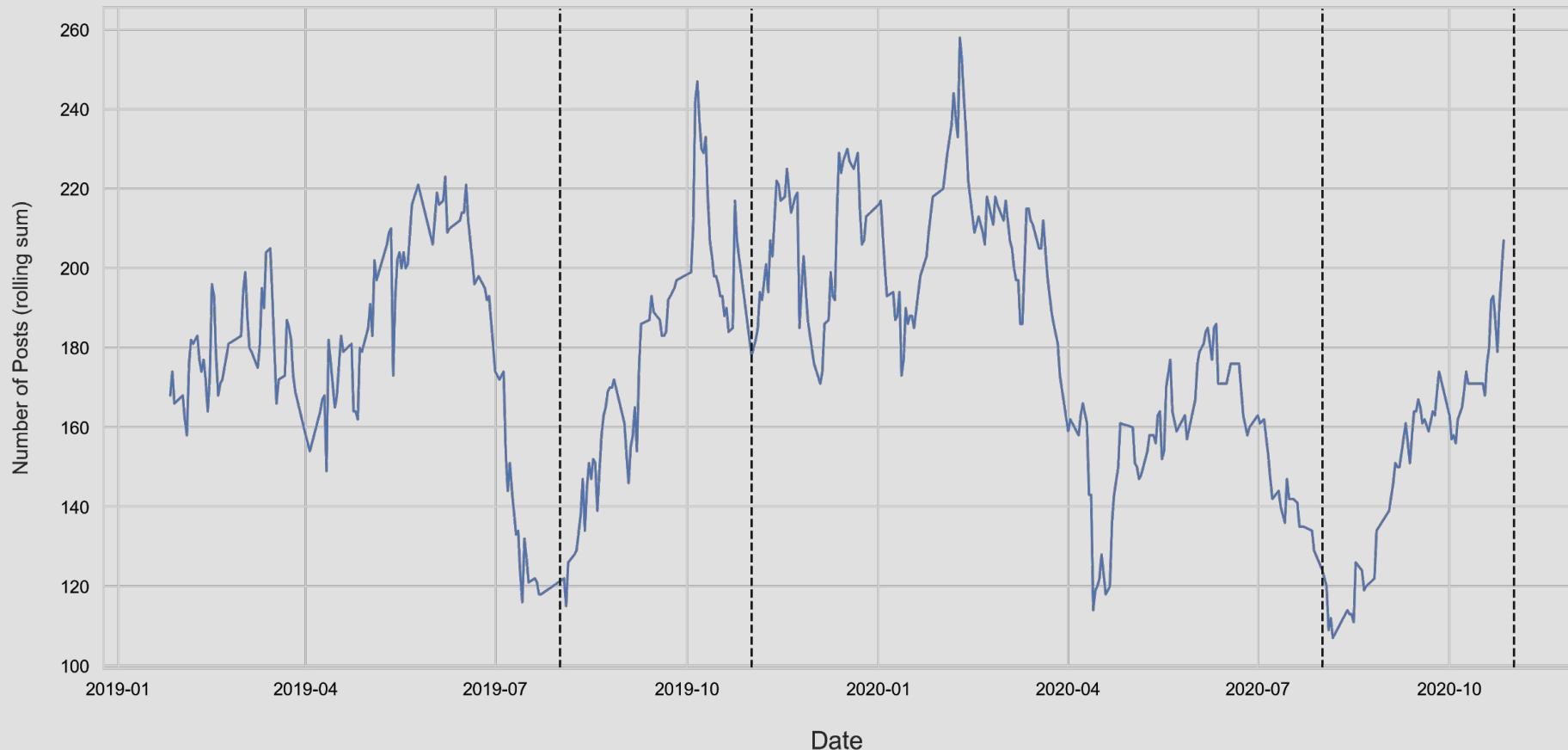
"I'm depressed because of school and i hate school. Why. BECAUSE I GO TO A SPECIAL ED SCHOOL. I go to a special ed school and the kids scream like hell when they dont get there. I have autism and i sometimes have melt downs. My life is going down by the second. I hate everything.

Providing Support

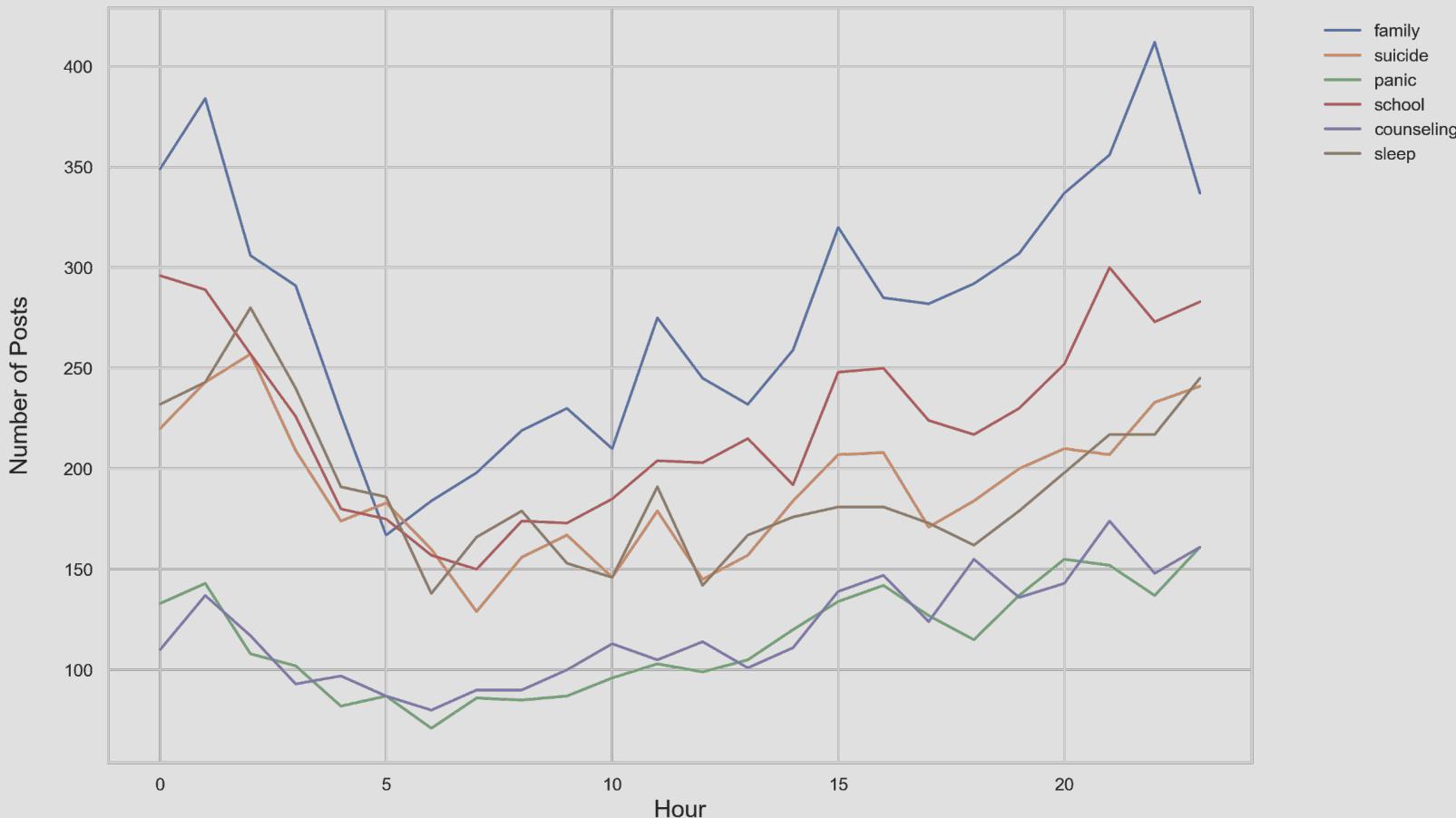
School Related Posts



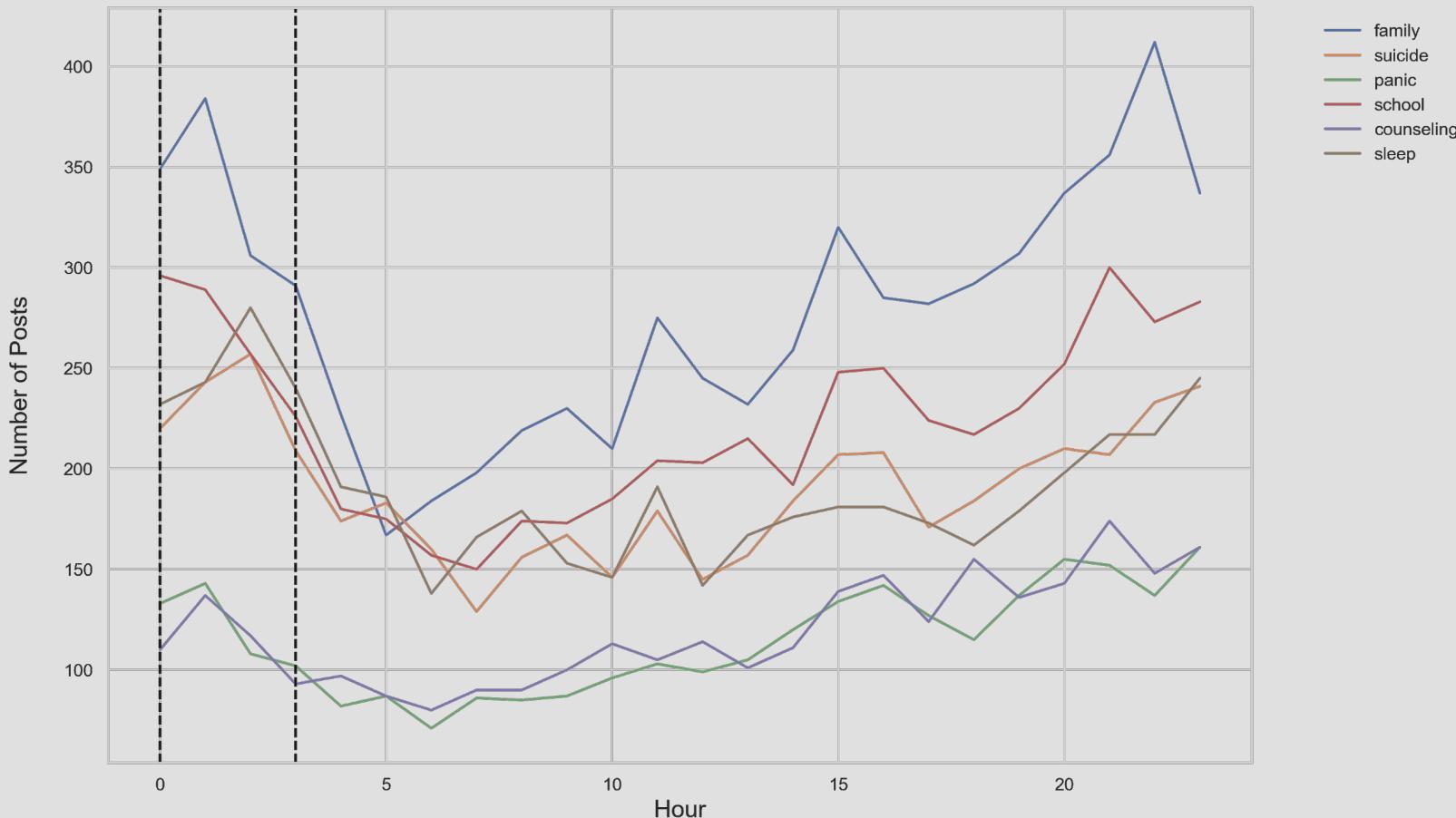
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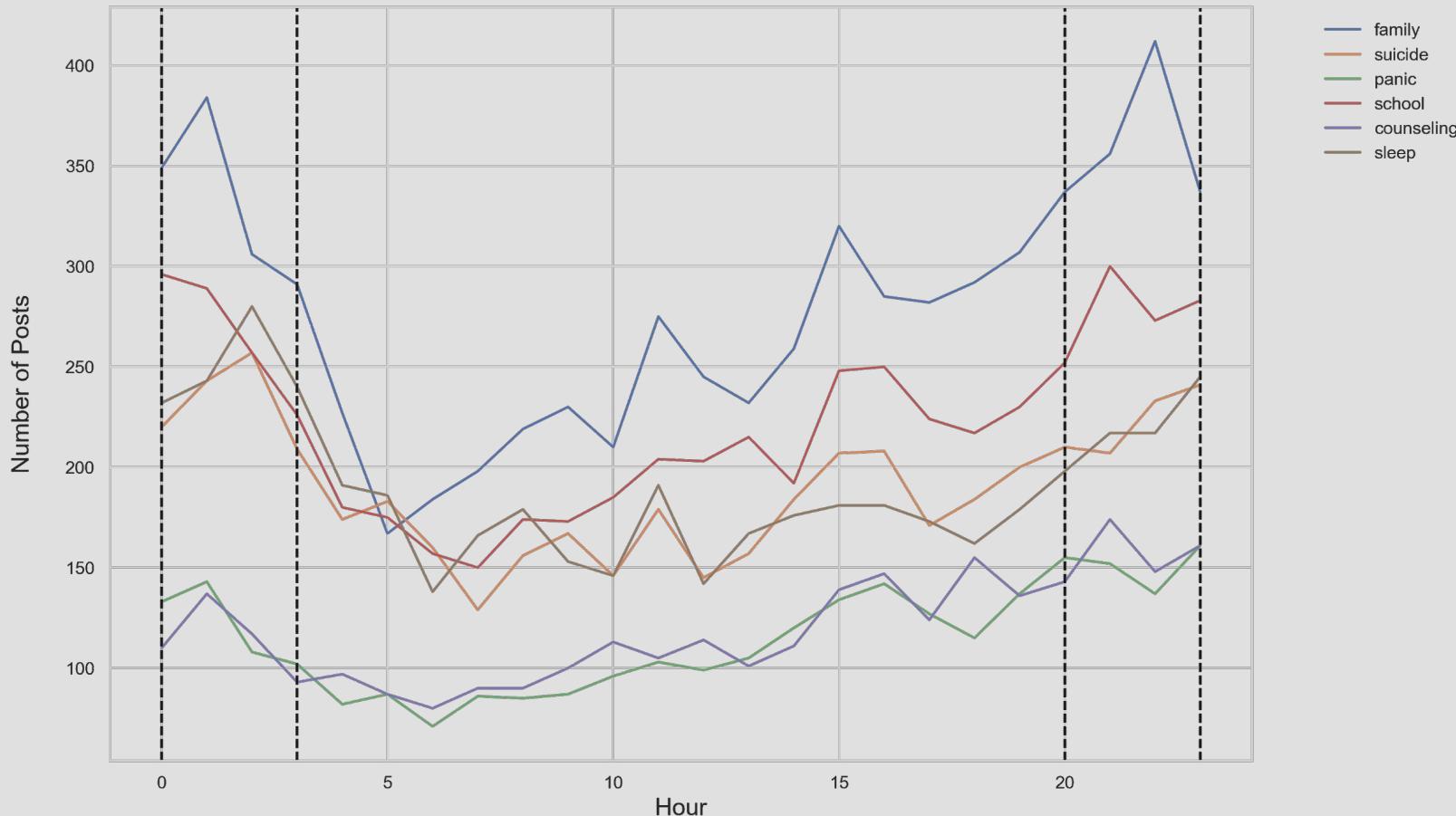
Topic Volume by hour



Topic Volume by hour



Topic Volume by hour



Understanding the Language

Understanding the Language

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

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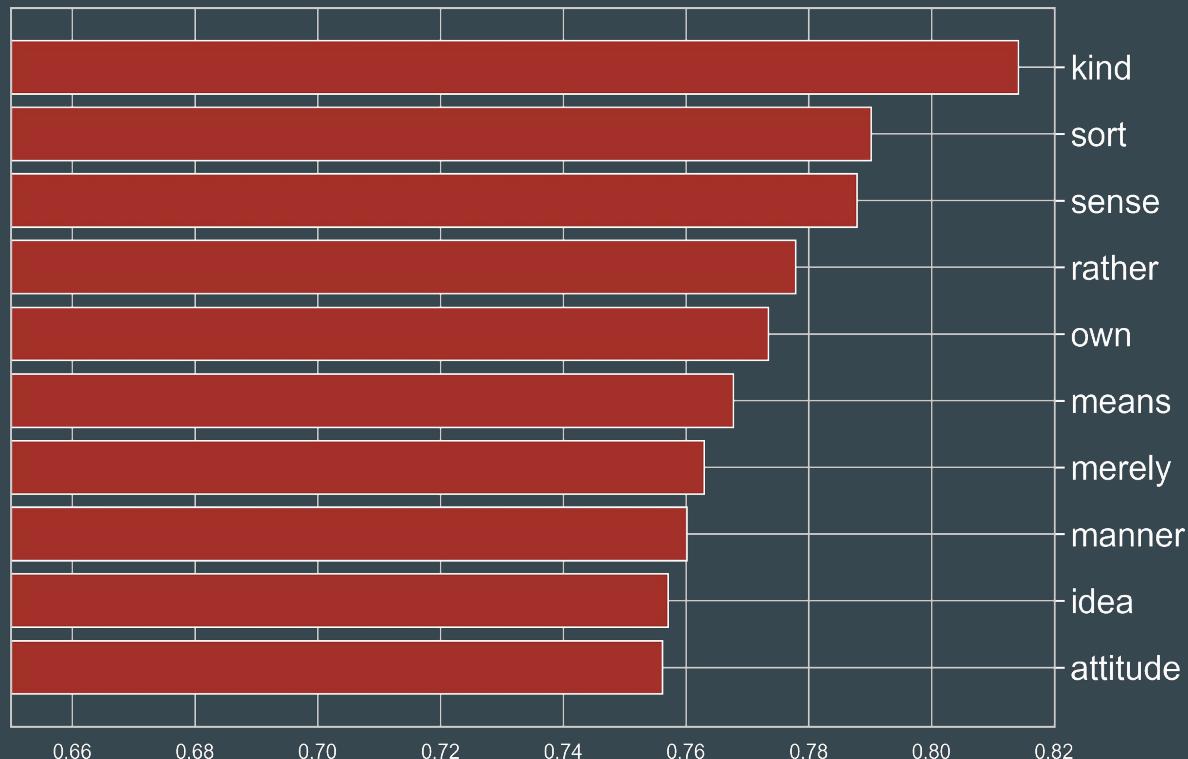
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Comparing Word Vectors

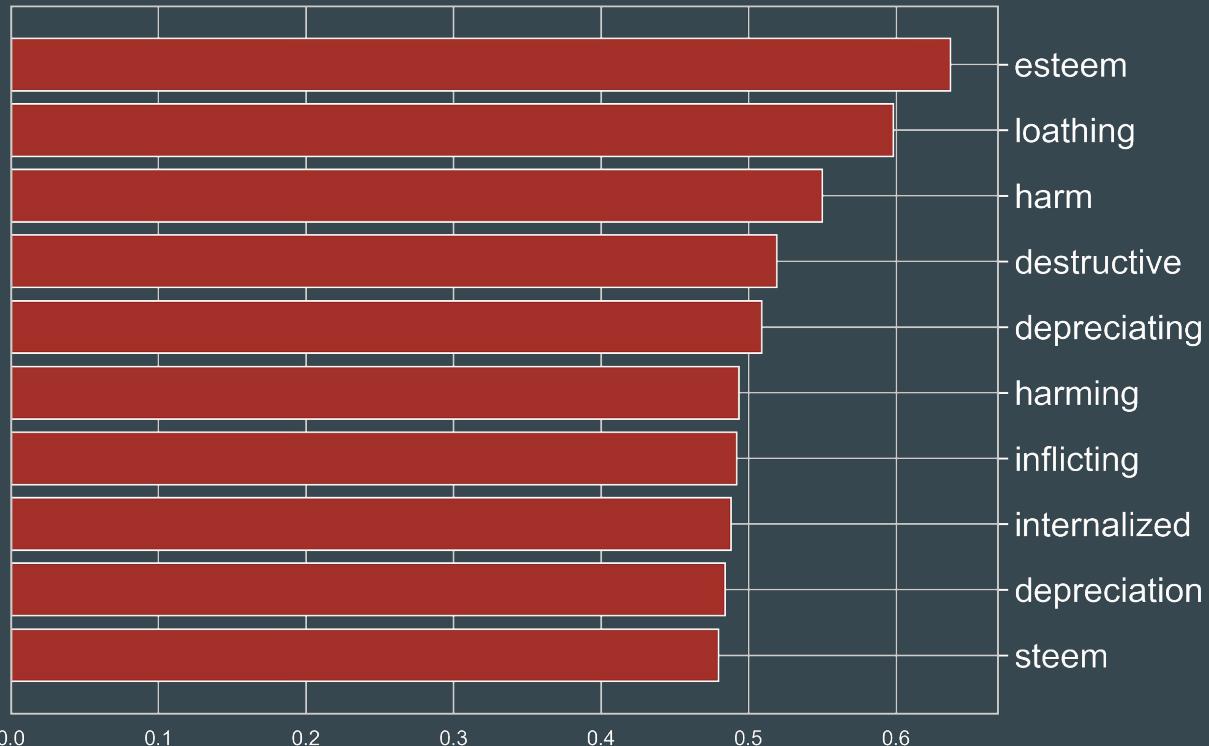
Google's Model

Similarity to "self"



Our Model

Similarity to "self"



Word Similarities

Our Model

- **Cycle**
loop, vicious, repeats, pattern,
cycles, perpetuating, rut, endless,
stagnation, viscous, monotony,
trap, continuous, despising,
purgatory, spiral, menstrual

Google's Model

- **Cycle**
cycles, phase, progression, stages,
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accelerated, begins,
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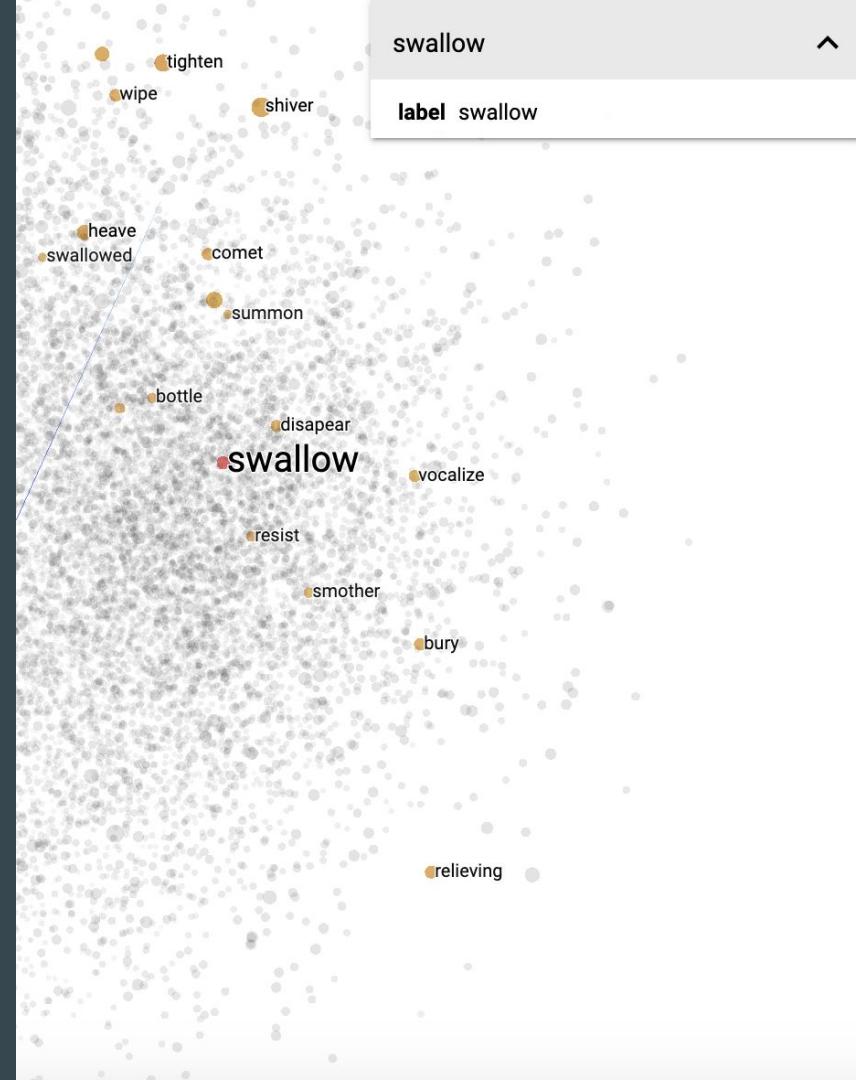
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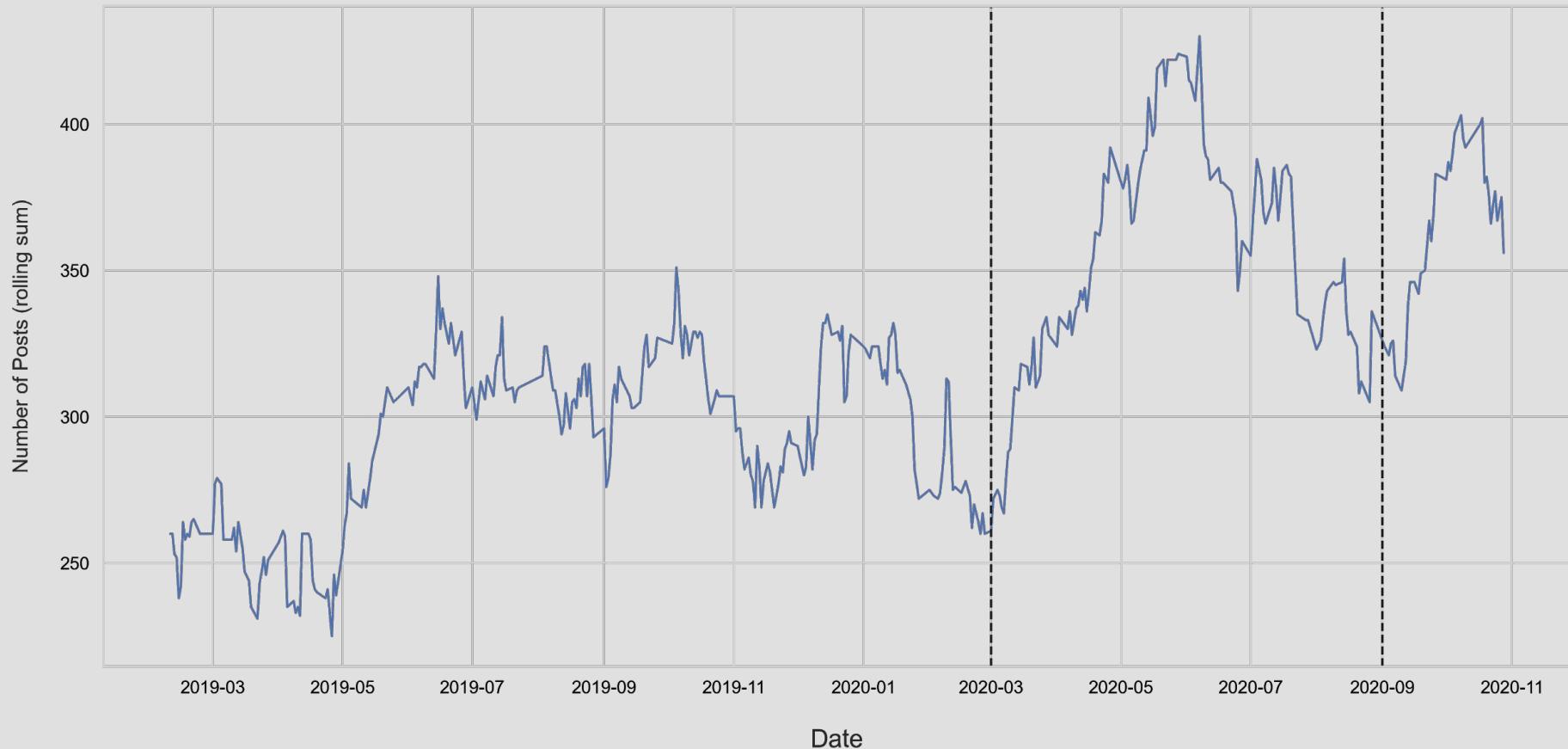
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Exploring the data

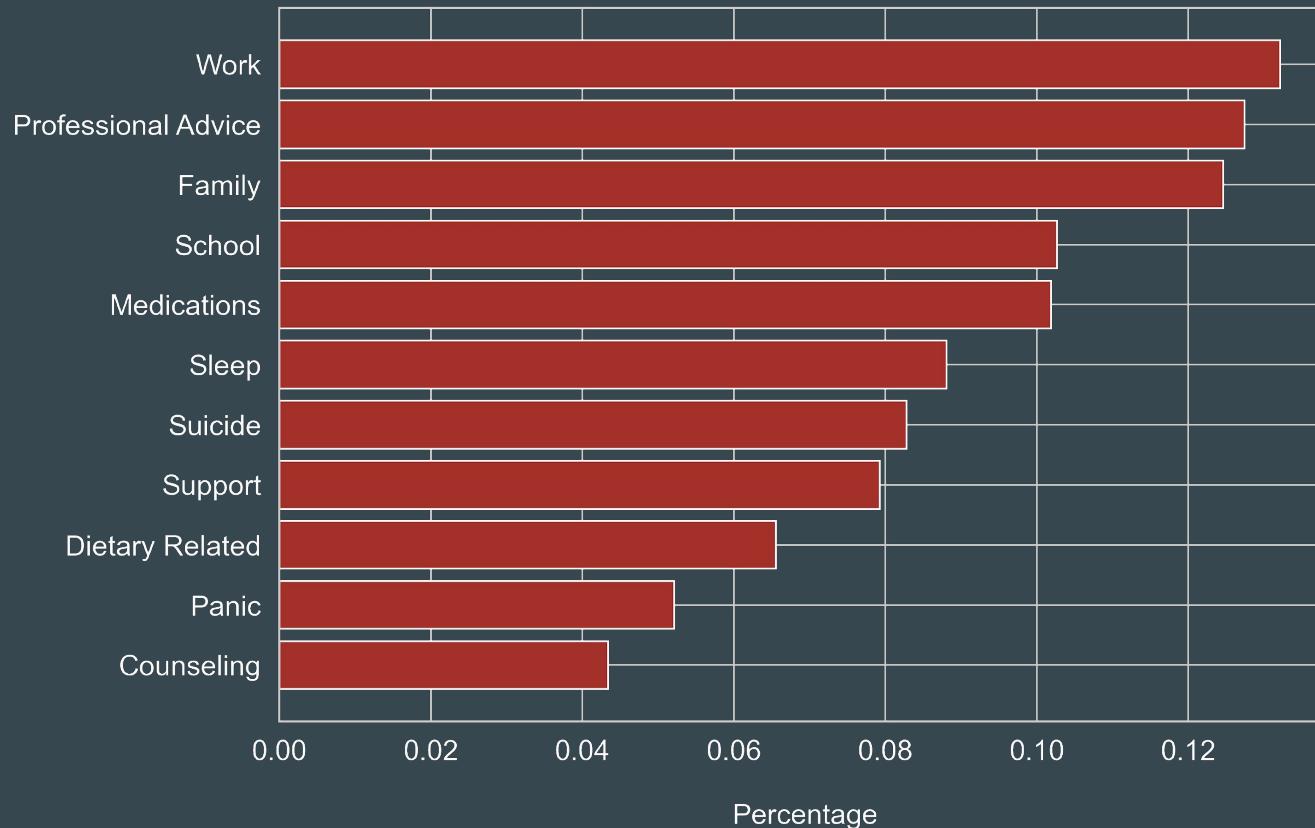
Tensorboard



Family Related Posts



Distribution of Topics



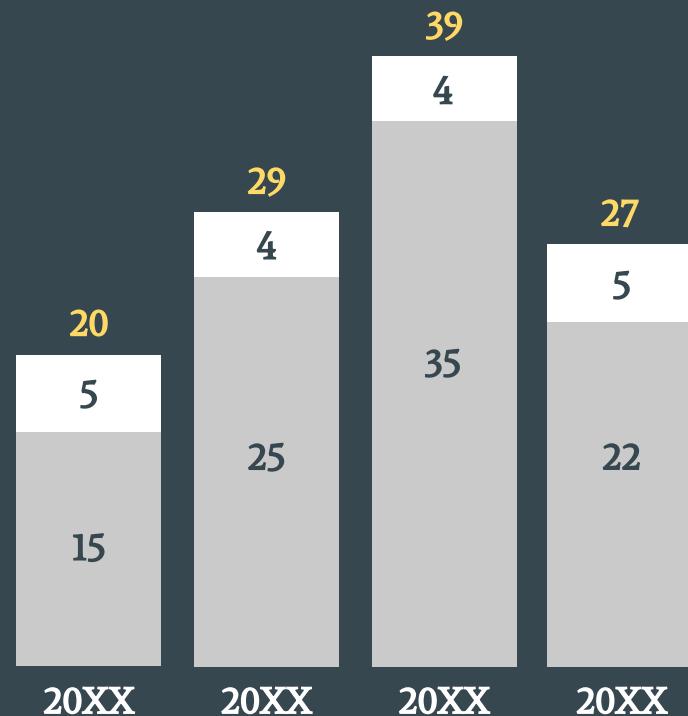
Trend analysis

Findings

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor

Client Implications:

- Incididunt ut labore et dolore
- Consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore



Word similarities

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Deliverable 2

- Lorem ipsum dolor sit amet
- Sed do eiusmod tempor incididunt ut labore

Deliverable 3

- Lorem ipsum dolor sit amet
- Sed do eiusmod tempor incididunt ut labore

Deliverable 4

- Lorem ipsum dolor sit amet
- Sed do eiusmod tempor incididunt ut labore

Timeline



The Team



Wendy Writer, CEO

—
Lorem ipsum dolor sit amet,
consectetur adipiscing elit,
sed do eiusmod tempor



Ronny Reader, CFO

—
Ut enim ad minim veniam,
quis nostrud exercitation
ullamco laboris nisi ut
aliquip ex ea commodo
consequat



Abby Author, CTO

—
Duis aute irure dolor in
reprehenderit in voluptate
velit esse cillum dolore eu
fugiat nulla pariatur



Berry Books, CPO

—
Excepteur sint occaecat
cupidatat non proident, sunt
in culpa qui officia deserunt
mollit anim id est laborum