Coping with Redditors: Unveiling Sentiments and Topics in shared ADHD Life-Hacks

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1 INTRODUCTION

The diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) has become more prevalent over the last few years. Increased awareness of the public is believed to play a big role [1]. This can be observed in the increased representation of those with ADHD on social media [2].

A recent study has explored the emerging ADHD themes in social media posts. A total of 23 unique themes were identified. The study shortly addressed that some posts are related to sharing coping strategies. Although these strategies were not based on evidence, they seem to mirror the evidence based strategies [4].

Another study about adult experiences has found that: "Many felt that strategies developed by people with ADHD were uniquely helpful" [3].

The goal of this research project is to further analyse user generated coping strategies and gain insights into which themes they have and how prevalent, useful, etc. they seemingly are.

(1) Which different themes/topics are discussed in user generated coping strategies?
(2) How do people experience user generated coping strategies?

2 BACKGROUND/RELATED WORK

There have been several attempts on retrieving knowledge from ADHD subreddits.

2.1 Topic/goal

Scalzo goal is: "to research and open a window to understand how adults identifying with ADHD talk about their lived experiences."

Ginapp et al.: "This study aimed to use interpretive phenomenological analysis (IPA) to better understand how young adults with ADHD interpret their experiences interacting with society, managing interpersonal relationships, and building community."

Eagle and Ringland: "How does the ADHD community leverage existing social media platforms to provide support previously contained within domain-specific OHCs?"

2.2 Methods

Scalzo: NLP Ginapp et al.: Eagle and Ringland:

2.3 Findings

Scalzo: In addition, users may share "life hack"-style advice, such as keeping multiple laundry hampers in different locations around the living space to address executive functioning issues which may otherwise lead to clothes being scattered on the floor. Notably, much of this advice encourages those with ADHD to relax or forgo societal norms around what a "clean" or "successful" living space looks like. Instead, readers are encouraged to do "what works for them." These coping strategies are in-line with ones which a client-centered therapist operating from an evidence-based approach would recommend.

Ginapp et al.: Eagle and Ringland:

3 APPROACH

3.1 Dataset

To answer these research questions, data will be retrieved from ADHD-related subreddits on Reddit.

Items that would be useful are both comments and posts. Life-hacks would be more apparent in comments on a post titled "What are your life-hacks?". In other cases someone might already have a life-hack they just wanted to share, in which case the post itself would contain the life-hack while commenters can share their sentiment or expand on it.

These posts and comments are obtained by using keywords like *advice*, *hack*, *tip*, etc.

3.2 Methods

3.2.1 Evaluation/validation. Topic modelling and semantic analysis will be used on the data to answer the research questions. For validation, the results can be compared to evidence based strategies similar to the previously mentioned study [4].

4 RESULTS

5 DISCUSSION

6 CONCLUSION/OUTLOOK

7 PROCESS

REFERENCES

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