# headspace

### Advertisement Campaign



### Agenda













Recommendations





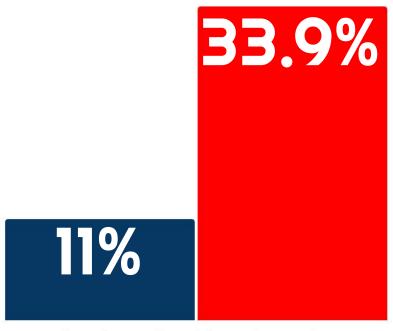






### Depression or anxiety before and after the pandemic

January-June 2019 📕 May 2020

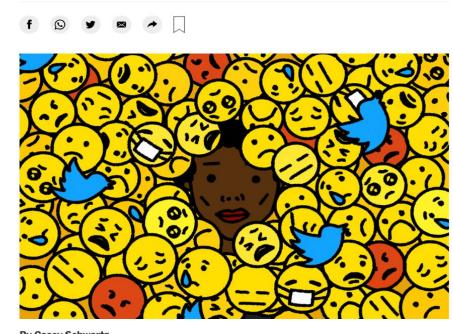


Symptoms of anxiety or depression

#### The New York Times

### Is Everybody Doing ... OK? Let's Ask Social Media

Researchers are looking at online behavior to gauge public mental health. The results aren't pretty.



By Casey Schwartz

Oct. 12, 2020

### Identify individuals who score high on trait Neuroticism

0	Openness To Experience	Low High Conventional Imaginative
C	Conscientiousness	Low High Spontaneous Organized
E	Extraversion	Low High Solitary Outgoing
A	Agreeableness	Low High Sceptical Trusting
N	Neuroticism	Low High Emotionally Stable Prone To Stress





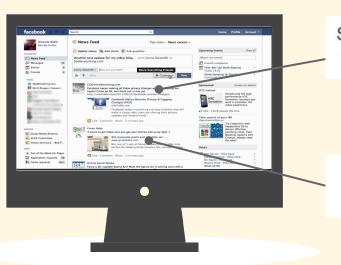
Classify Neurotic post

+84% Accuracy

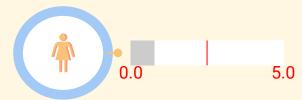


# Dataset Overview

### How Neurotic a status update is based on the language



So excited for whats ahead, ready to take on anything!



I have had the worst year! :(





# Methods



### Natural Language Processing



**Machine Learning** 

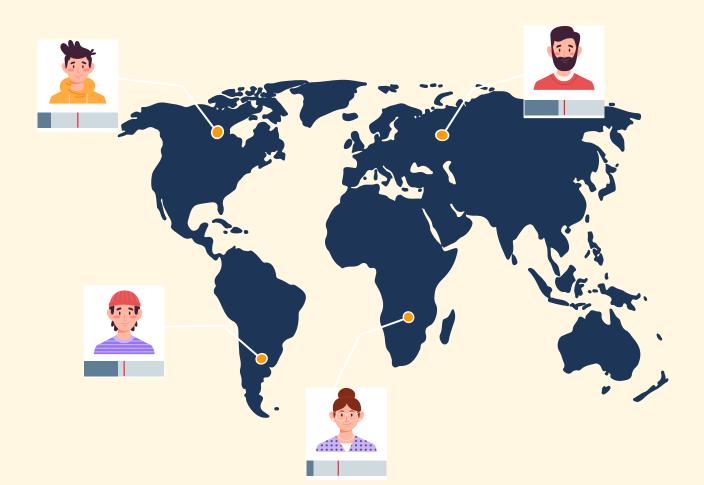


Metric: Accuracy - 84%





### Identifying trait Neuroticism = I rate of depression/anxiety





# Future Research

Other media platforms

• User's timeline

Humantic AI API



## Thank you!

### **Contact Information:**







### Questions?

## Appendix

### How trait Neuroticism was scored Table 3 Top category and word-level correlations for the lower-order facets. No. No. of

Trait	cats. (P < .05)	Top 20 LIWC categories	words (p <.001)	Top 20 words
Neuroticism				
Anxiety	15	Feeling (0.17), Anxiety (0.16), Articles (-0.16), Space (-0.15), 1st Person Sing. (0.15), Certainty (0.13), 1st Person (0.12), Negative Emotions (0.12), Up (-0.11), Discrepancy (0.1), 2nd Person (-0.1), Affect (0.1), Negation (0.1), Grooming (0.1), Cognitive Processes (0.1)	33	awful (0.29), sick (0.26), ru (-0.26), ground (-0.25), ters (0.25), cranky (0.25), stress (0.24), feeling (0.24), south (-0.24), stressful (0.24), my (0.23), though (0.23), feel sweater (0.23), county (-0.23), county (-0.22), (0.22)
Anger	17	Negative Emotions (0.18), Anger (0.17), Negation (0.16), Swearing (0.14), Discrepancy (0.13), Space (-0.13), Causation (0.13), School (0.13), Cognitive Processes (0.12), Up (-0.12), 1st Person Sing. (0.11), Exclusive (0.11), Certainty (0.11), Anxiety (0.1), Feeling (0.1), Tentative (0.1), 1st Person (0.1)	14	sick (0.24), later (-0.23), ya (0.22), road (-0.22), possib (0.22), completely (0.21), t (-0.21), though (0.21), poer (-0.21), wild (-0.21), despe (0.2), pregnancy (0.2), short (0.2)
Depression	18	Anger (0.15), Negative Emotions (0.15), Up (-0.14), Discrepancy (0.14), Tentative (0.13). 1st Person Pl. (-0.13). Negation	14	lazy (0.24), refuse (0.23), i (0.22), pretend (0.22), visit (-0.22). horrible (0.22). har

https://www.ncbi.nlm.nih.gov

World Psychiatry. 2017 Jun; 16(2): 144-145.

Published online 2017 May 12. doi: 10.1002/wps.20411

Neuroticism is a fundamental domain of personality with enormous public health implications

PMCID: PMC5428182

PMID: 28498583

Thomas A. Widiger 1 and Joshua R. Oltmanns 1

▶ Author information ▶ Copyright and License information <u>Disclaimer</u>

This article has been <u>cited by</u> other articles in PMC.

Neuroticism is the trait disposition to experience negative affects, including anger, anxiety, self-consciousness, irritability, emotional instability, and depression 1. Persons with elevated levels of neuroticism respond poorly to environmental stress, interpret ordinary situations as threatening, and can experience minor frustrations as hopelessly overwhelming. Neuroticism is one of the more well established and empirically validated personality trait domains, with a substantial body of research to support its heritability, childhood antecedents, temporal stability across the life span, and universal presence 1, 2.

#### Evidence trait Neuroticism is linked to depression and anxiety



**Gregg Henriques Ph.D.**Theory of Knowledge

**ANXIETY** 

## Trait Neuroticism and Depressive and Anxiety Disorders

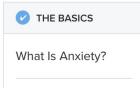
High trait neuroticism is key to understanding depressive and anxiety disorders.

Posted February 26, 2017 | ♥ Reviewed by Lybi Ma









Find a therapist to overcome anxiety

What is the single most important personality trait associated with anxiety and depression? Without a doubt, the answer is **Trait Neuroticism** (TN). As such, it is crucial for people with depression and anxiety to understand this psychological construct. This blog explains what traits are and why TN can be understood as "the sensitivity and activity of the negative affect system". With this frame we can then explain why people high in TN are vulnerable to developing disorders of depression and anxiety, especially if they are exposed to stressful living conditions and do not have good capacities for processing their emotions in a secure, affirming relational environment.

### Evidence trait Neuroticism is linked to depression and anxiety



Personality and Individual Differences
Volume 44, Issue 3, February 2008, Pages 576-586



### Effects of neuroticism on depression and anxiety: Rumination as a possible mediator

Jeffrey Roelofs <sup>a</sup> △ ☑, Marcus Huibers <sup>a</sup>, Frenk Peeters <sup>b</sup>, Arnoud Arntz <sup>a</sup>

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https://doi.org/10.1016/j.paid.2007.09.019

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#### Abstract

Neuroticism is considered a vulnerability factor for depression and anxiety but the mechanism by which this vulnerability is increased is unknown. Rumination is considered a psychological vulnerability for depression and anxiety. The current study sought to examine the mediational effects of different components of rumination (i.e., rumination on sadness, symptom-based rumination, rumination on causes of sadness) in the relationships between neuroticism and symptoms of depression and anxiety in a sample of non-clinical undergraduates (N = 192). In line

### Reliability of ocean model

Model and Author	Big Traits	Notes				
Two big personality traits Wiggins (1968)	- Extraversion - Anxiety	- Many studies have confirmed both traits.				
Two big personality traits, Robertson, 1994	- Conscientiousness - Neuroticism	<ul> <li>From BFT, there are two traits only have un positive effect on performance.</li> </ul>				
Eysenck's three factor model, 1967, 1992	<ul><li>Psychoticism</li><li>Extraversion</li><li>Neuroticism</li></ul>	- These three of the five traits were intercorrelate but not all BFT.				
Big five traits, Fiske (1949)	- Extraversion, agreeableness, conscientiousness, neuroticism, openness	<ul> <li>The transition from the lexical hypothesis to the practical hypothesis, led to the BFT.</li> </ul>				
The Number of Personality Traits in Different Models						

### Introduction

The theory of traits is one of most important theories of personality (Ewen 2003), and the big five traits (BFT) represent the heart of the theory of personality traits to descript, interpret, and predict human behavior. BFT (extraversion, agreeableness, conscientiousness, openness, and neuroticism or emotional stability) can be considered one of the richest fields of research and development. This can be attributed to three important reasons at least namely, the BFT is the most widely accepted and most prominent model to describe the structure of personality traits

(Rammstedt et al. 2010). A large number

Author: Najm Abood

In particular, Lewis Goldberg advocated heavily for five primary factors of personality (Ackerman, 2017). His work was expanded upon by McCrae & Costa, who confirmed the model's validity and provided the model used today: conscientiousness, agreeableness, neuroticism, openness to experience, and extraversion.

The model became known as the "Big Five" and has seen received much attention. It has been researched across many populations and cultures and continues to be the most widely accepted theory of personality today.

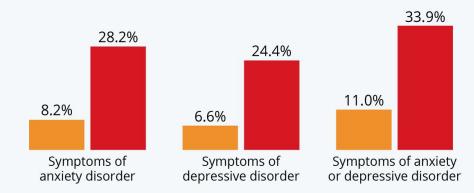
### www.simplypsychology.org

#### Source for slide 4 statistic

### Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder\*

■ January-June 2019 ■ May 14-19, 2020



\* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau









### 0 -0.3855 enjoy enjoy :) stab people, -0.3855 stab people stupidity -0.3855 happy new orleans -0.3855 change facebook user -0.3855 fadin away ... -0.3855 panini ... -0.3855 didnt want ... -0.3855 stupid drama. -0.3855 way!regret -0.3855