Using Passive Behavioral Data to Support Mental Health Monitoring

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Why Traditional Monitoring Is Limited?

## Clinic Interviews

VS

Everyday Digital Data
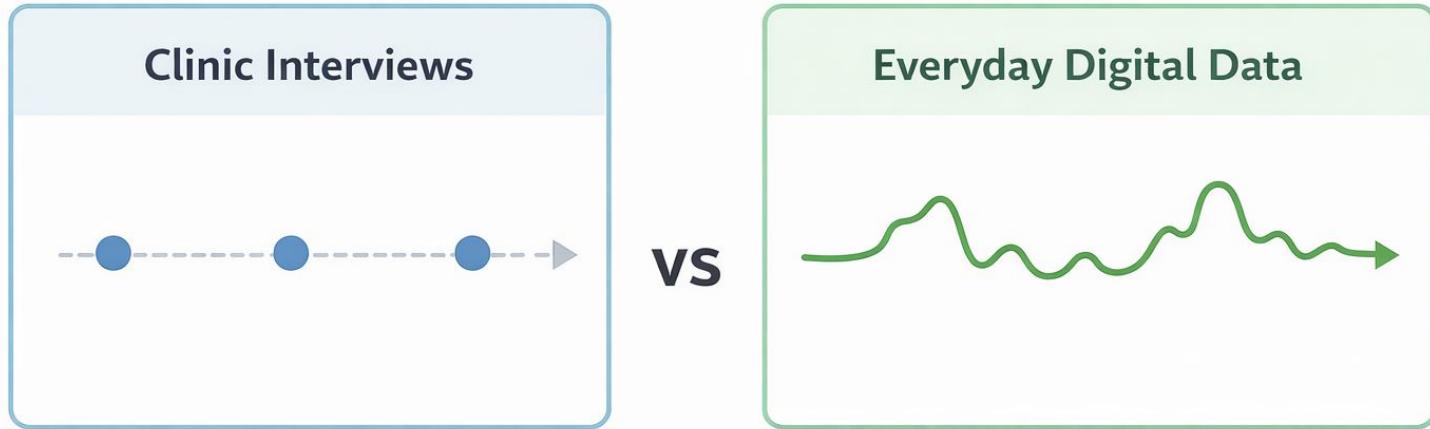
Image Source: ChatGPT

- **Episodic**
- **Recall-based**

- **Continuous**
- **Behavior-based**

What Is Passive Behavioral Data?

Image Source: ChatGPT

Behavioral signals collected without active surveys

How Machine Learning Helps: Random Forest

- **Many simple decisions**

- **Vote together**

- **More reliable**

Image Source: ChatGPT

Random Forest Findings: Signals That Matter
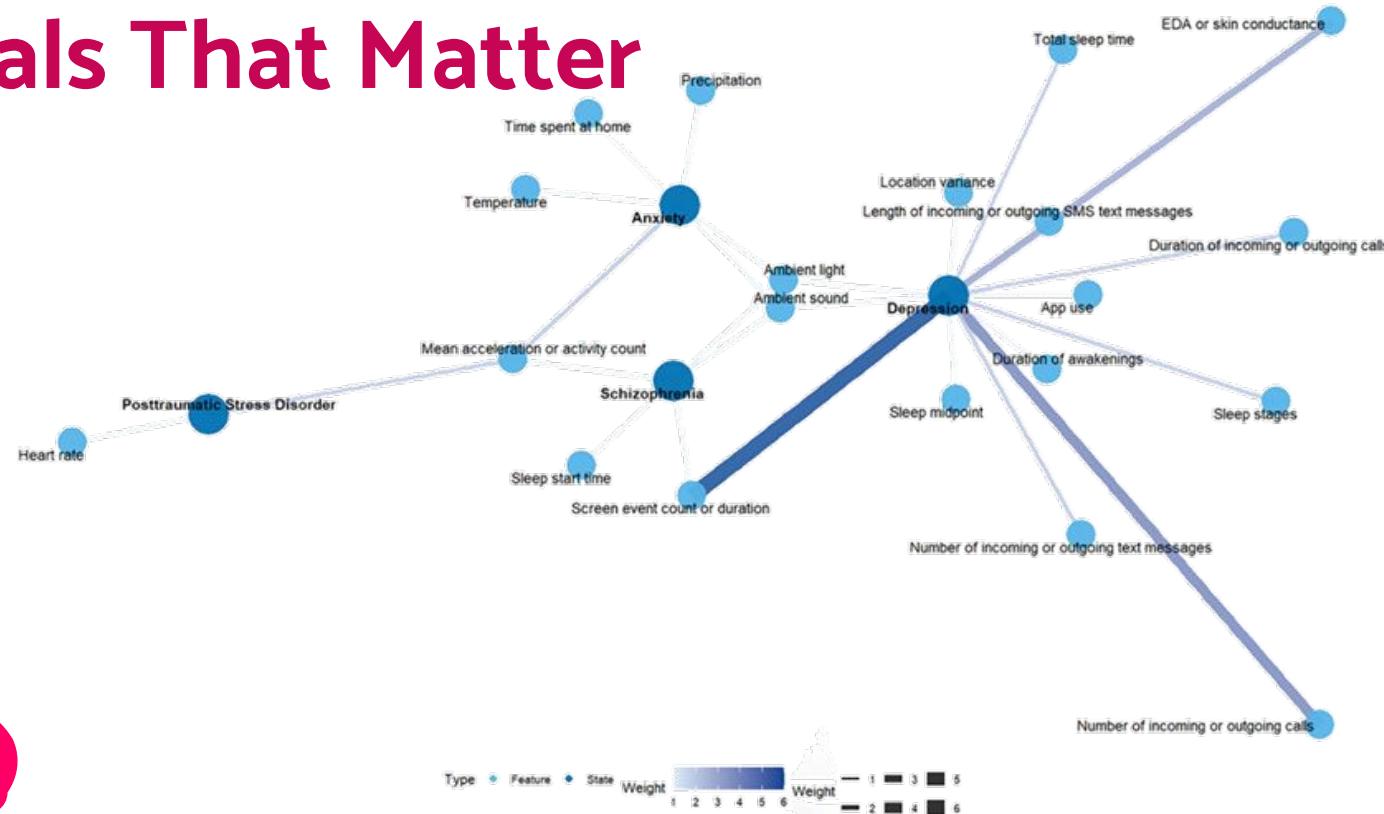
Pros & Cons

✓		✗

■ **Continuous**
■ **Early Signals**
■ **Support Clinicians**

■ **Privacy**
■ **Bias**
■ **Over-interpreting**

Wrapping Up