

The Effect of Social Feedback in a Reddit Weight Loss Community

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Obesity epidemic



- ② 30% of world population is overweight.
- ② Obesity increases the probability of chronic diseases.
- ② People turning online.

Online Support Groups

LOSEIT hot new rising controversial top gilded wiki promoted

- 1 [How to stop midnight cravings?](#) (self.loseit)
submitted 12 minutes ago by heretogetter
1 comment share
- 2 [quick diet question.](#) (self.loseit)
submitted 34 minutes ago by itsxluigi
2 comments share
- 3 [Disappointing meals: what do you do?](#) (self.loseit)
submitted an hour ago by leohno -30 lbs (14kg) 26F 5'9" SW 100 kg/GW 70 kg
4 comments share
- 4 [Any SIZE 14 female roughly 5'7 please help me with information.](#) (self.loseit)
submitted an hour ago by dubmeVertigo -20 lbs (9.1kg) 21F/5'7 SW:228 CW:206 GW:168
4 comments share
- 5 [20 \[M4R\] I want to help you achieve your goals!](#) (self.loseit)
submitted an hour ago by fitstyle
comment share
- 6 [F/23/172cm/SW:160lbs CW:154lbs GW:130lbs The scale won't budge...](#) (self.loseit)
submitted 3 hours ago by catdiggitydoodle
3 comments share

Example of Support

SV/NSV I'm over 350 pounds and just started exercising and I've lost my first 5 pounds (self.loseit)
792 submitted 15 hours ago * by Nickm19

It's not much but it is a start to a healthier life for me

Edit: Thanks to all for your kind words and helpful advice

52 comments share

all 52 comments

sorted by: best ▼

[↑] [-] Waitingforadragon [-5 lbs (2.3kg)] 30's F / 4'11" / SW:170 / CW:158 / GW:126 96 points 13 hours ago

↓ "It's not much . . ."

I think you are underselling yourself here. It's a big deal.

These 5 pounds are probably the most crucial 5 pounds you will lose in your weight loss journey, because it's the first 5 pounds. You've proven to yourself that you can do it! You've committed to make the change.

Now all you have to do is keep going. Congratulations on all your hard work!

Example of Support



Half the man I used to be! 21 6'1 SW:660 CW:330 GW:220. Thank you so much for all your kind words and support, you are important part of my change.

Confounding Variables

Linguistic style

↑ How does my meal plan look? (self.loseit)
0 submitted 1 ano ago by elm_grove

Keep in mind I am only a 150lb 5'6 male. however I am an athlete and am carrying some extra 15lbs that could leave.

Here is my grocery list. Frozen chicken Frozen Vegetables Brown rice and whole grain pasta Tuna Mixed nuts Bananas Peanut butter and jelly Whole grain Pita bread and bread Kashi go lean cereal Cheese sticks Mixed fruit cups

comentário compartilhar salvar ocultar give gold denunciar

↑ What's your healthy lunch? (self.loseit)
11 submitted 3 anos ago by loseitkate

I'm wondering what recipes people have for lunches under 500 calories that are still filling.

I'll start:

<http://i.imgur.com/fTVhk.jpg>

(Nutrition information (456 calories total): <http://i.imgur.com/kFoRk.jpg>)

Bring water to a boil in medium-sized pot, add boneless skinless chicken breast, cook until internal temperature is 165 in thickest part of breast.

Prepare rice (I <3 Jasmine) in your normal way (rice cooker, boiled, steamed) and steam carrots and spinach.

Toss rice with cubed chicken, spinach and carrots (or put any on the side).

Salad: Mix spring mix & romaine, or other favorite lettuces with feta, top with red wine vinegar.

16 comentários compartilhar salvar ocultar give gold denunciar

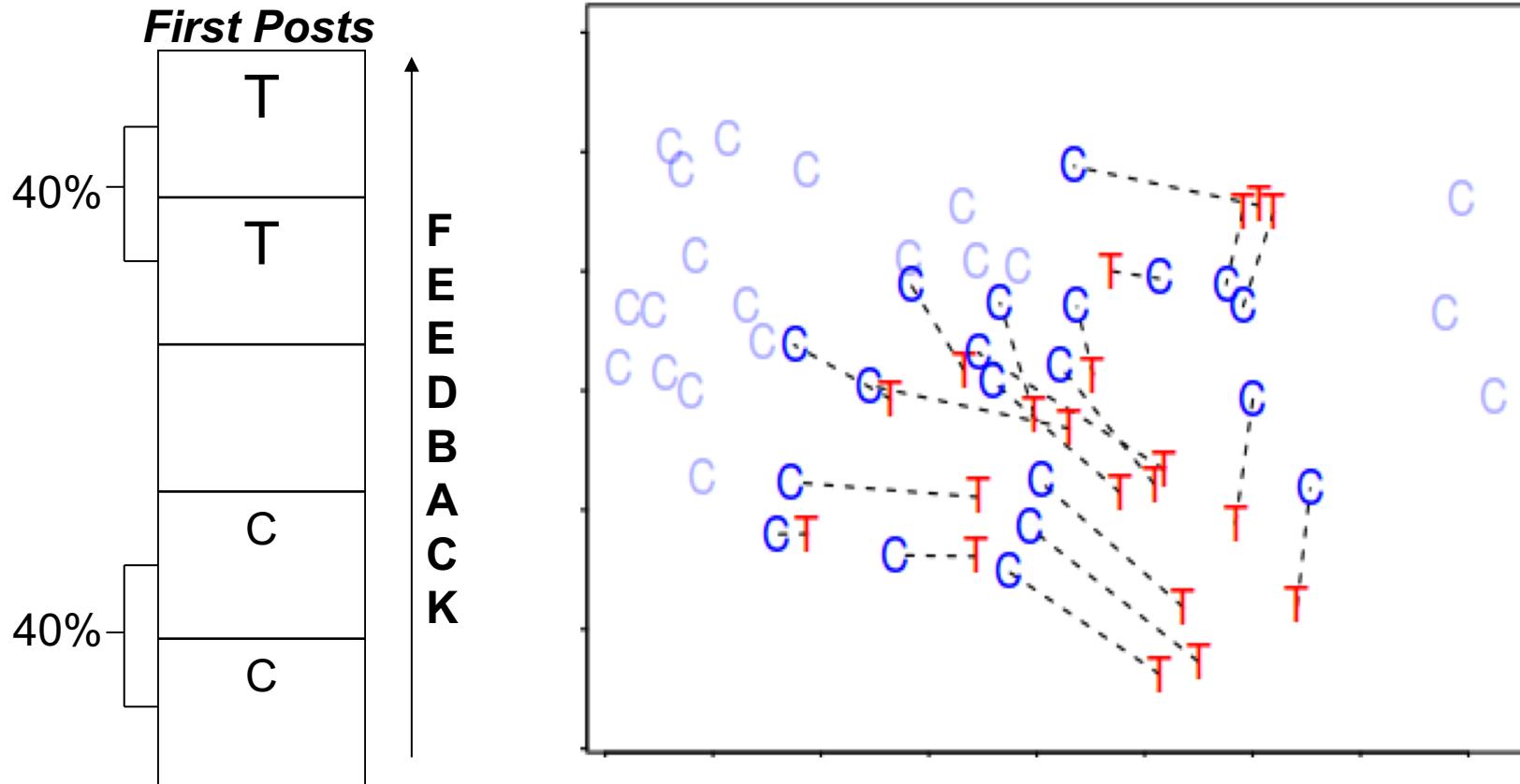
Matching for Causal Inference

1. Preprocess (Matching without replacement)

Cosine distance

Match each treated unit to the nearest control unit (similarity > 0.8)

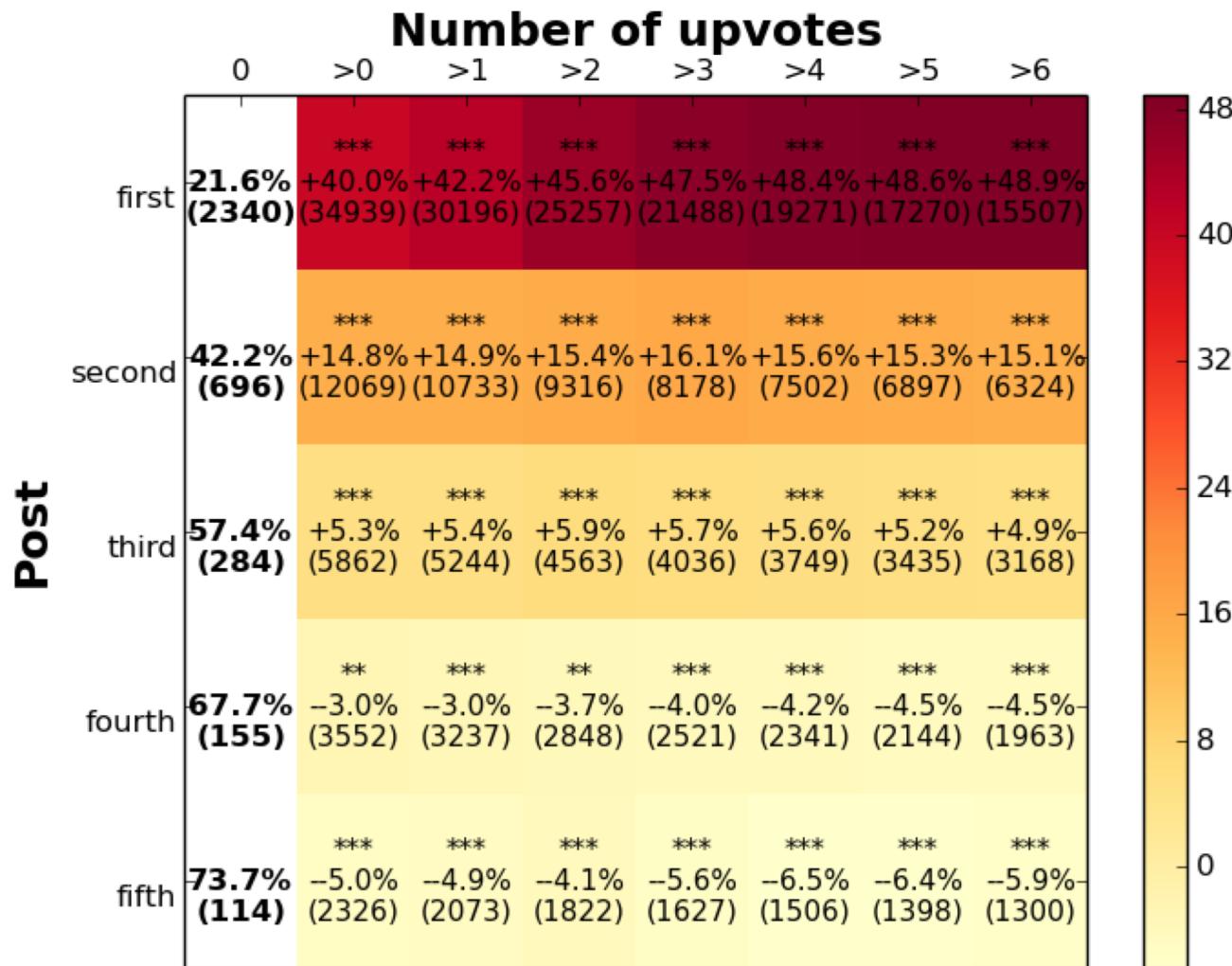
2. Estimation: Probabilities of return.



Measuring the Effect of Social Feedback

- LDA topics
- **4 types of feedbacks investigated:**
 - All comments
 - Only-positive comments
 - Only-negative comments
 - Upvotes
- **Social feedback** on a user's initial post increases their probability of returning between 14% and 24%

Diminishing Returns



Posts Receiving Feedback

A word cloud visualization showing the most common words used in posts receiving feedback. The words are in various colors (green, blue, red, yellow) and sizes, with the size indicating frequency.

The words include:

- calories
- eating
- month
- much
- know
- will
- way
- never
- pound
- lose
- feel
- food
- eat
- back
- one
- diet
- mgur
- go
- fat
- around
- thing
- going
- want
- one
- every
- life
- make
- good
- work
- people
- Thank
- lost
- even
- first
- also
- lb
- got
- years

Advise to Support Groups

- A “warm” welcome is important to newcomer's engagement.
- All types of feedback are important.
- Mechanisms to engage newcomer's in a conversation with other long-term members.
- Recommendation of content with similar stories.

Ongoing Work

