

Esplorazione dello stato mentale tramite tecniche di text mining nelle community online

Tesi di Laurea in Ingegneria Informatica

Candidato

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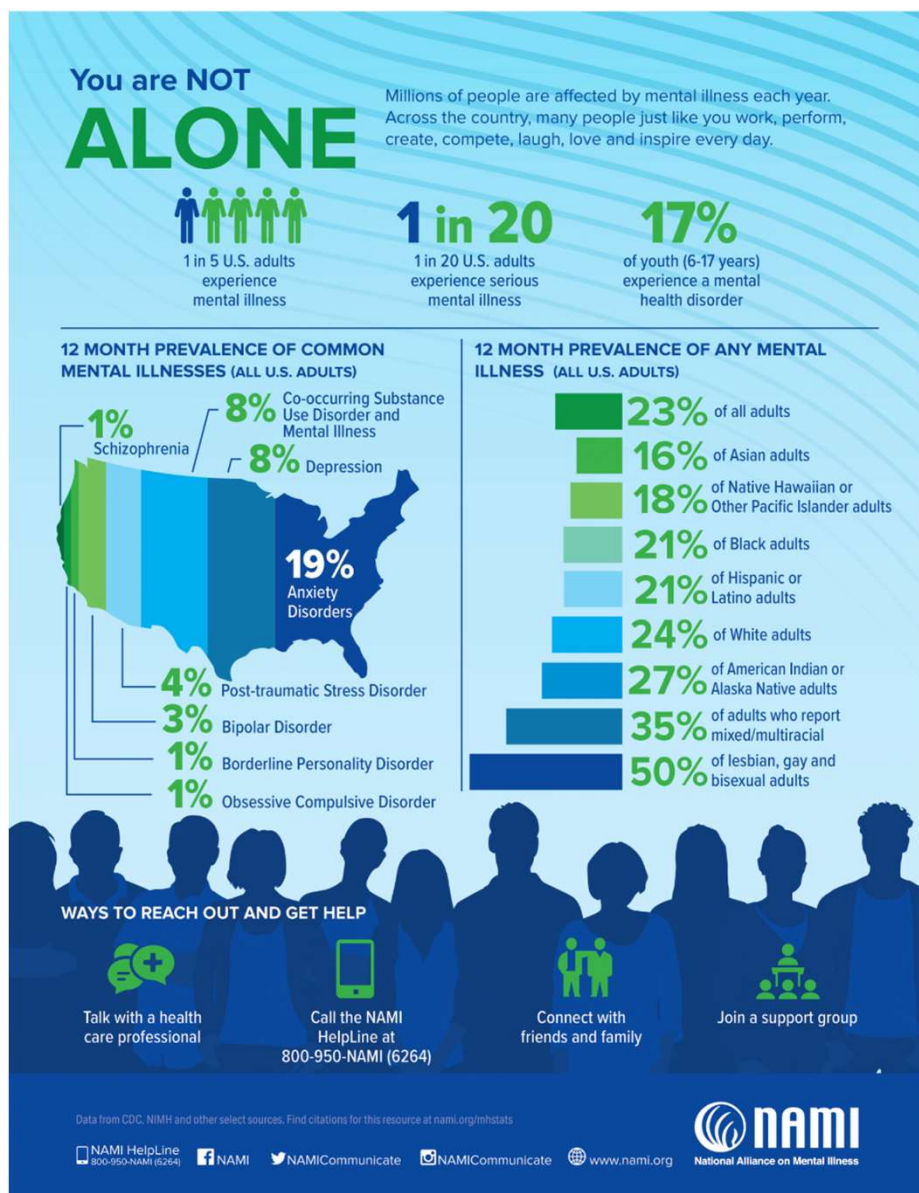
Introduzione e Problema

Introduzione

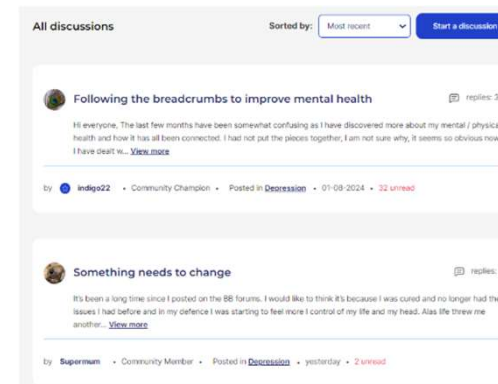
- Circa un quarto della popolazione adulta in USA soffre di malattie mentali.
- La *depressione* è la seconda malattia mentale più diffusa.

Problema

- Costruire un andamento dello *stato mentale* di un utente all'interno di una community *analizzando i post* partendo dalle *parole* che usa.



- **Web scraping** per memorizzare all'interno del database i post degli utenti.
- **Generazione di un dataset di parole target** da ricercare all'interno del testo basandosi sul DMS-5.
- **Text mining** per analizzare ogni post, contando il numero di parole target all'interno per ogni livello di gravità.
- **Data visualization** per rappresentare l'andamento dello stato emotivo dell'utente tramite heatmap intuitive.



Hi there, I think I need to, with help from the psychologist and those around me, understand who I am better and develop some comfort in who I am in relation to what you say because at the moment there is none of it at all and hasn't been for a very long time even if I have been able to manage it better in the past. I let different aspects of myself get way out of control for sure, for example the **anxious** side has filled me with **regret** that I haven't backed myself to feel comfortable in myself to trust myself to be 'normal' around others and in relationships, some people say the anxiousness in relationships is probably because that person isn't the right person and you know it deep down but I don't feel that way. I feel that it's just me, it's part of who I am to be **fearful** to let myself fully go and not **doubt** who I am or what I can offer. I've retreated inside myself more and more and I don't feel like even trying to get out of myself anymore, I really do see no light at the **end** of the tunnel at the **end** of the tunnel at the moment. Not sure if you had similar experiences but I constantly feel like I am getting the life sucked out of me, like a balloon deflating. Any little thing triggers this as well at the moment and I actually feel a physical unwillingness to get out of it, like mentally I want to try and pep myself up but physically I can't do it. Feels like even attempting it is like moving a mountain at the moment.



- Analizzando i post, è stata confermata un'effettiva correlazione tra il numero di termini target utilizzato dagli utenti e la gravità del loro stato emotivo.

Hi therising. Sorry for not getting back to you earlier *it's been a whirlwind week*, just feel like I've had very little effort to even drag myself out of bed feels like my spirit so to speak is so low it's hard to really move past any of it. (...) For me it's a case of holding myself back because I'm a **afraid** of being ultimately **rejected** which probably stems from severe self esteem issues, so I'm effect my comfort and peace comes from holding back and not showing that extra 10-20% of myself so as not to be exposed. Does that make sense at all? (...) It feels like a huge relief to me, one because I don't need to go and then feel like everyone around me is better than me or more relaxed and fun and two it eliminates my **fear** of being judged so I'm comfortable in staying home even though staying home means also feeling this **dark depression**. I don't know if you can relate or whether this sounds silly but it feels like at the moment if I go out, whether that's to the office for work or out on weekend, it slowly makes me feel worse because I feel like I'm reminded by people around (not by what they say but just observing everyone) how **bad** I am and how unflattering or not relaxed as a person I am. Then on the flip side of that if I stay home I can't **escape** from feeling like I'm in a bottomless pit of **depression** and constantly replaying past events in my head or **negative** dialogue as you've mentioned before, is this normal? I can't even function anywhere properly it feels. The only **small** respite I am getting is from reading at the moment, which I picked up more recently to try and **escape** my head. It works most of the time but sometimes I read a chapter and I don't even know what I've read because I haven't actually absorbed any of it. (...)

Hi Hanna, Hope you're well and thanks for both posts and the video recommendation. I watched it and it does make sense to me also....I am trying to start doing some sort of housekeeping thinks each day/throughout the week to try help. Finding things to calm me down has been a **struggle** but I guess I need to start **small**, sounds silly but for some reason detailing and cleaning my car seems to do this for a short period. I mentioned to my psychologist that the inner voice suffocates me and we are working on where these voices come from and what experiences have caused this sort of downward spiral I feel like I am in. Thanks again for all your continued advice and support I genuinely appreciate everything you've said to me!