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Leveraging LLMs to Understand Global Mental Health Well-being & Fomo

■ Start Date: February 25, 2024 | a year ago



Challenge Background

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In the evolving realm of mental health, recognizing holistic well-being is paramount as the global economy. The growing significance of cognitive and emotional skills, essential for success beyond professional realms to empower a diverse, remote workforce and tackle complex mental health challenges like imposter syndrome. Conventional coaching methods fall short, prompting the need for an innovative approach.

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Tailored to elevate emotional intelligence, resilience, and more, this forward-looking solution seamlessly integrates diverse learning tools. It goes beyond norms, offering personalized strategies through spaced-out notifications, self-reflection, and community engagement. Serving as a comprehensive repository, it provides actionable "recipes" to guide individuals on unique journeys toward mental health goals. This pioneering approach aligns with the nuanced understanding of mental health in contemporary society, ushering in a transformative era.

The Problem

In today's digital age, where social media platforms like Facebook, Twitter, Instagram, and Snapchat have become integral to daily life, concerns about their impact on mental health are growing. As inherently social creatures, humans navigate a landscape where virtual connections coexist with real-world interactions. The role of social media in shaping mental well-being is scrutinized, with the potential to both enhance and undermine emotional health. The prevalent constant connectivity, curated content, and comparison culture on these platforms raise questions about their influence on stress, anxiety, depression, loneliness, and overall psychological well-being.

Recognizing holistic well-being is crucial in the evolving field of mental health amid the complexities of the knowledge economy. The increasing importance of cognitive and emotional skills, vital for enduring competitiveness, extends beyond professional realms to empower a diverse, remote workforce and address complex mental health challenges like imposter syndrome. Conventional coaching methods fall short, necessitating an innovative approach. Tailored to enhance emotional intelligence, resilience, and more, this forward-looking solution seamlessly integrates diverse learning tools. Going beyond conventional norms, it provides personalized strategies through spaced-out notifications, self-reflection, and community engagement. Functioning as a comprehensive repository, it offers actionable "recipes" to guide individuals on unique journeys toward mental health goals. This pioneering approach aligns with the nuanced understanding of mental health in contemporary society, ushering in a transformative era.

While social media serves as a powerful tool for communication, networking, and self-expression, its intricate relationship with mental health requires careful examination. Excessive use and the constant barrage of information, coupled with the pressure to present an idealized version of one's life, can contribute to feelings of inadequacy, FOMO (Fear of Missing Out), and social isolation. Additionally, cyberbullying and online harassment amplify the negative impact on mental health. There is a pressing need to comprehensively understand the nuances of this relationship, identifying both positive and negative aspects, and develop effective strategies to promote mental well-being in the digital age.

Goal of the Project

- Conduct an in-depth analysis of the impact of social media on various aspects of mental health, including but not limited to stress, anxiety, depression, loneliness, and self-esteem.
- Identify patterns and trends in social media usage that correlate with positive or negative mental health outcomes.
- Explore the role of cyberbullying and online harassment in exacerbating mental health challenges on social media platforms.
- Develop targeted interventions and recommendations to mitigate negative mental health effects associated with social media use.
- Provide insights into fostering a healthier online environment, promoting positive media for mental well-being.

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Project Timeline



1

Week 1 - 2: Understanding the Problem Statement, Literature Review, and Defining Key Metrics

2

Week 3 - 4: Data Collection, Exploration, and Pre-processing for Social Media and Mental Health Data

3

Week 4 - 5: Conducting Sentiment Analysis, Pattern Identification, and Correlation Analysis

4

Week 5 - 7: Model Training/Fine Tuning Pre-trained model and Finalizing the Model

5

Week 7 - 8: Developing Interventions, Recommendations, and Ethical Considerations

6

Week 9: Finalizing Project Deliverables and Presentations.

What you'll learn

Participants will acquire skills in: 1. Large Language Models 2. Retrieval Augmented Generation (RAG) 3. Prompt Engineering 4. Chatbots 5. Audio Signal Processing (Speech to Text and Text to Speech) 6. Natural Language Processing 7. Model Deployment

First Omdena Local Chapter Project?

- Beginner-friendly, but also welcomes experts
- Education-focused
- Duration: 4 to 8 weeks
- Open-source

Your Benefits

- ☑ Address a significant real-world problem with your skills
- ☑ Build your project portfolio

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- Access paid projects (as an Omdena Top Talent)

- Get hired at top organizations



Requirements

- Good English
- Suitable for AI/ Data Science beginners but also more senior collaborators
- Learning mindset



Application Form

Application Closed.

This Challenge is hosted by:



Hyderabad, India Chapter

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