QUANTIFYING MENTAL HEALTH
A Simple Synopsis

What’s a Mental Illness?
A mental health condition that has a negative effect on the way an individual...
THE HUMAN LIFE SPAN IS NOT FIXED

Human Life Cycle

spirit my rule shall Not : Jehovah said And

be shall and flesh [is] he [since] erring their in ever for man in

years twenty and hundred a days his
FROM THE VERY BEGINNING, MOODS DO START TO WORK IN OUR LIVING BODY.
The Key to Mental Health

The Plutchik Wheel of Emotions

- A Psychoevolutionary theory by Robert Plutchik (Plutchik and Kellerman 1986)
- The concept of emotion is applicable to all evolutionary levels and apply to animals and humans

- It defines 8 basic emotions grouped on 4 pairs
  - Joy vs Sadness
  - Fear vs Anger
  - Trust vs Disgust
  - Surprise vs Anticipation

Body

Mind

Feelings
MARKERS & INDICATORS

Clinical Assessment
- Medical history
- Physical exam
- Neurological exam
- Mental status tests

The Future of Mental Health: Personalized Harmonic Re-Tuning

The measure of mental health is the disposition to find good everywhere.

Ralph Waldo Emerson
Cues to Mental Illness

- Depression
- Schizophrenia
- Dementia – Alzheimer’s Disease
- Ethics

Quantifying Mental Health Signals in Twitter (Coppersmith et al., 2014)

- Mental health research lacks large amounts of quantifiable data
- Collect surveys and gain access to social media for respondents
  - Automatically identify self-expressions of mental illness diagnoses (e.g. “I was diagnosed with …”)
  - Leverage these to construct a labeled corpus
  - But…limited by # of respondents and diagnostic information that might be available online
The social taboo associated with seeking mental health diagnosis can deter people from seeking help. Through AI and the anonymity/convenience it offers, such individuals can finally obtain treatment.

As opposed to psychiatrists that charge consultation fees, AI-based tools would be able to inexpensively deliver counseling to numerous patients.

Empathetic therapy from a software would be a hitherto non-existent option for people that lack a human support system of close confidants.

70% of users are women.

100,000,000+ conversations
9 mins per day

13-25 yrs: 🔴🔴🔴🔴
26-35 yrs: 🔴🔴🔴
35-55 yrs: 🔴🔴
Artificial Intelligence Impacts Healthcare Space and helps you enrich your mental wellbeing
“The key is a technique called mental rehearsal, where you imagine a desired outcome in such a way that you make your inner thoughts more real than your outer environment.”

Dr. Joe Dispenza
AND PEACE CAN BE ACHIEVED BY RESISTING INTERNAL AND EXTERNAL PRESSURES