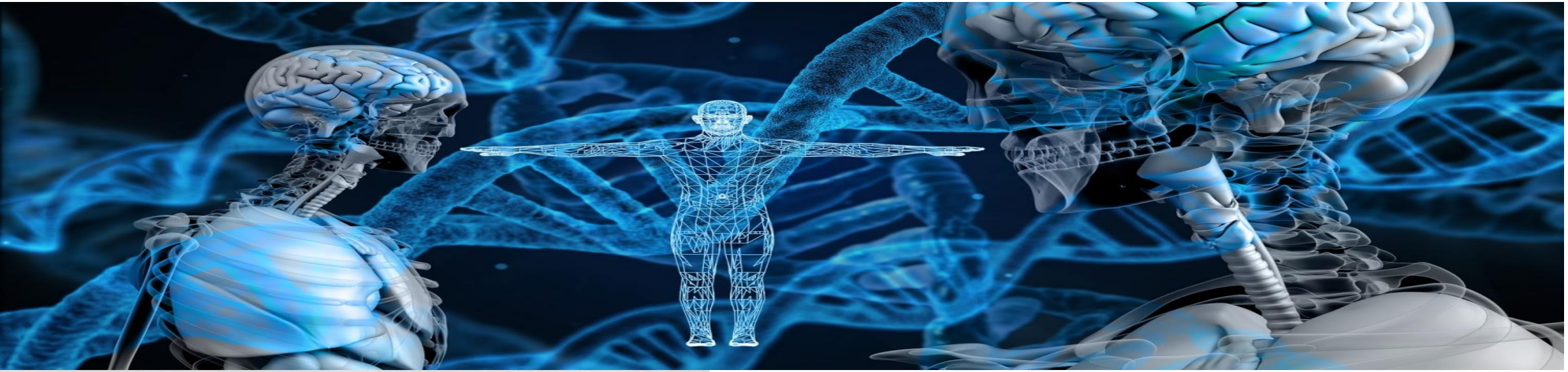
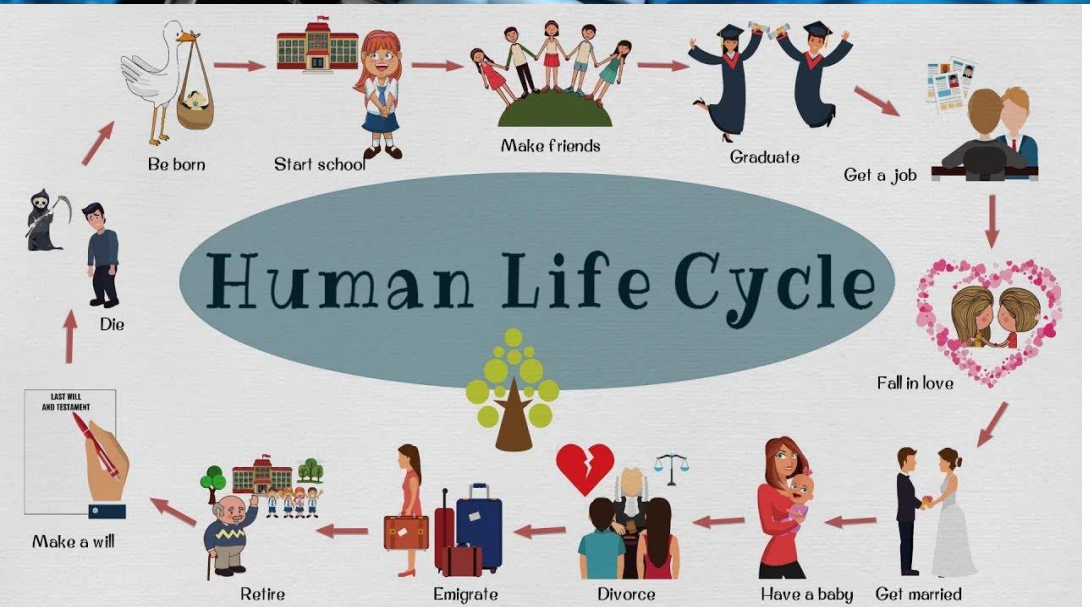
QUANTIFYING MENTAL HEALTH

A Simple Synopsis

THE HUMAN LIFE SPAN IS NOT FIXED

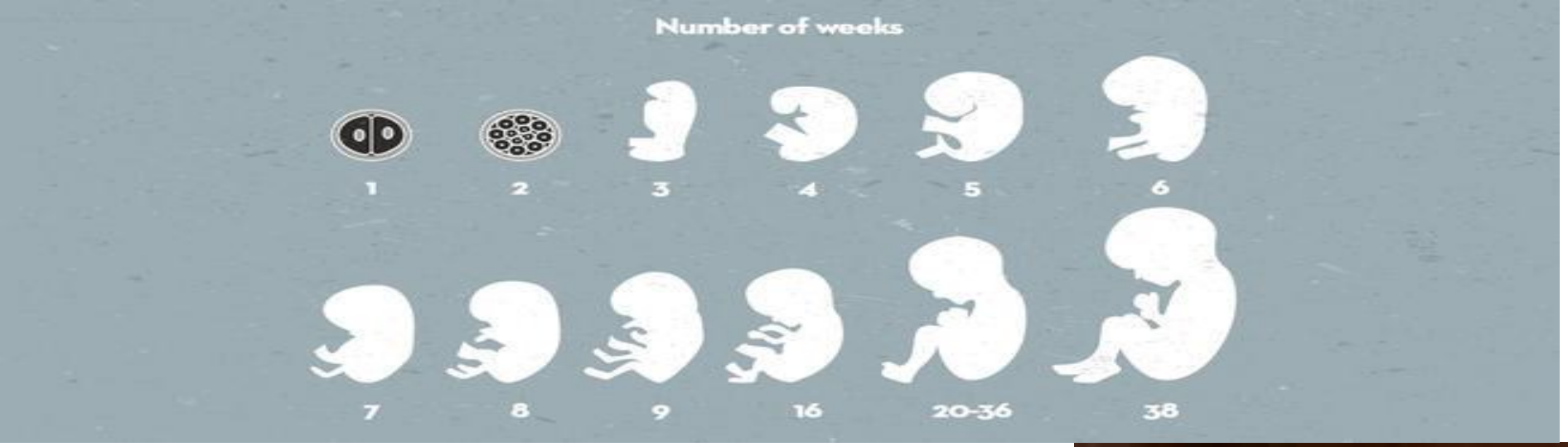




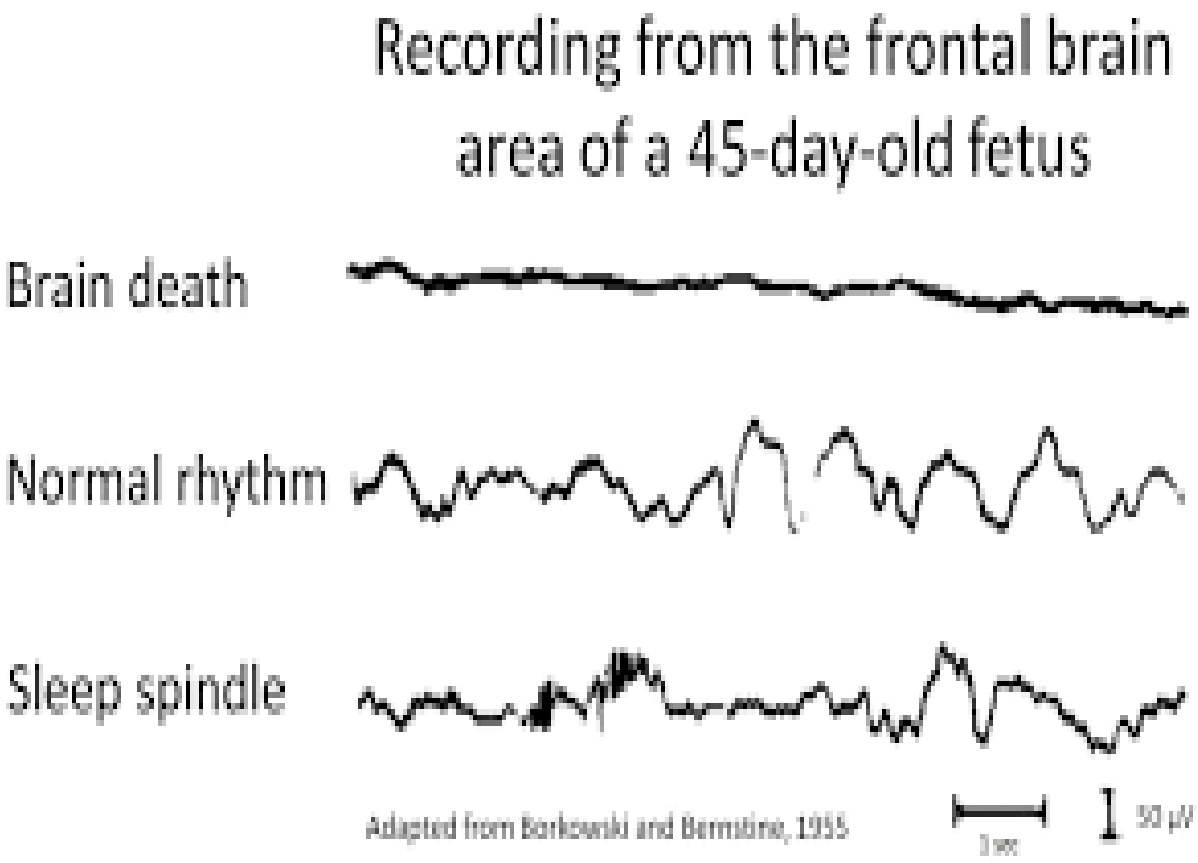
וַיֹּאמֶר יְהוָה לֹא־יָדוֹן רוּחִי
spirit my rule shall Not : Jehovah said And

בָּאָדָם לְעֹלָם בְּשַׁגַּם הוּא בָשָׂר וְהָיוּ
be shall and ;flesh [is] he [since] ,erring their in ever for man in

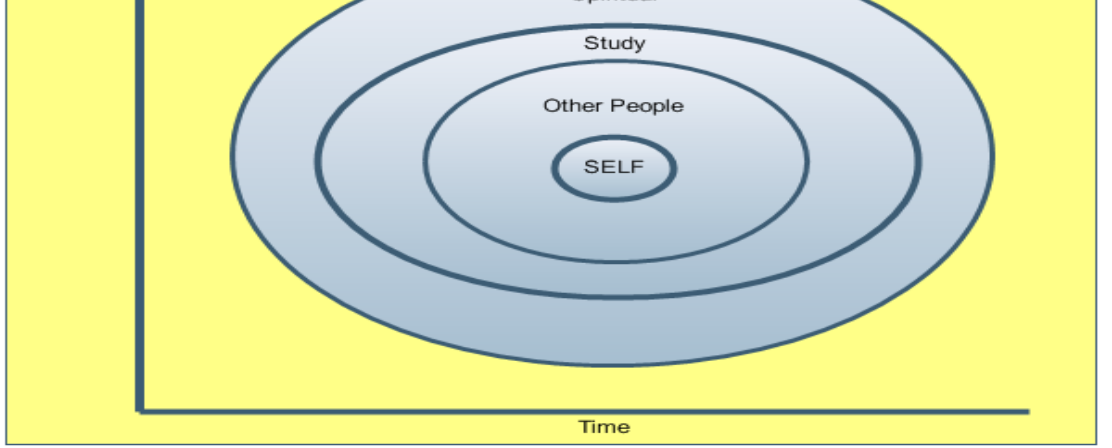
יָמָיו מֵאָה וְעֶשְׂרִים שָׁנָה׃
.years twenty and hundred a days his

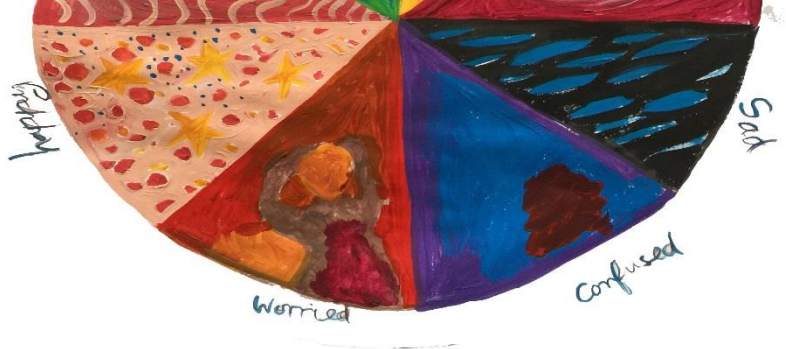


FROM THE VERY BEGINNING, MOODS DO START TO WORK IN OUR LIVING BODY.



MOOD SCIENCE

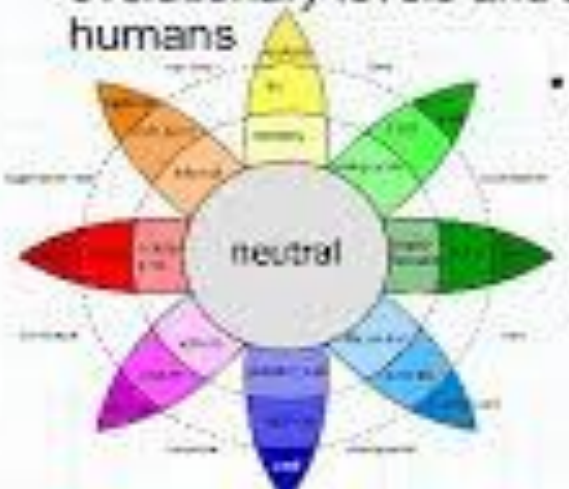




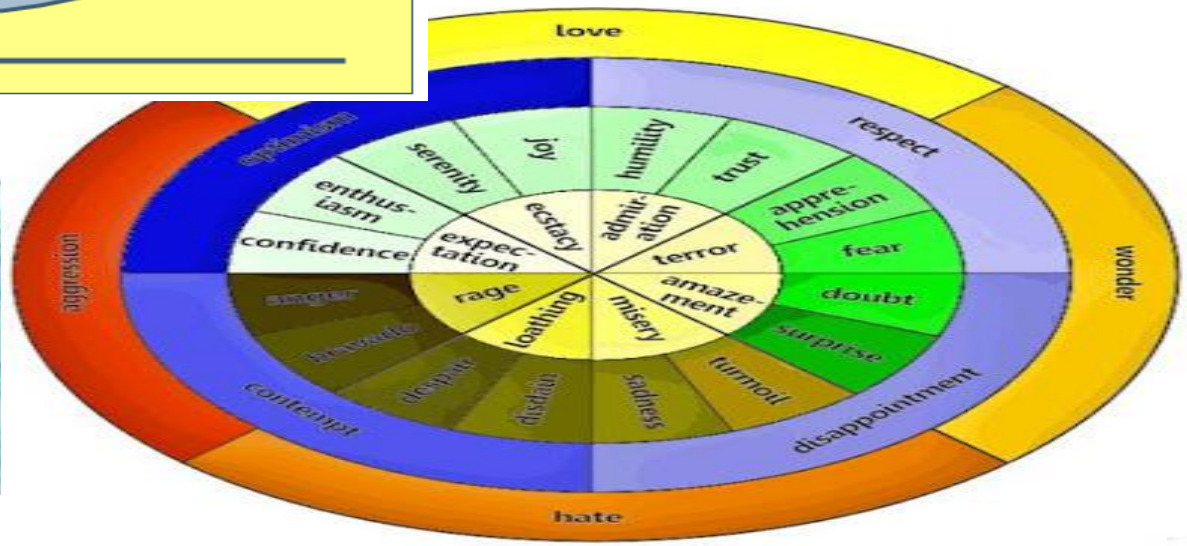
The Key to Mental Health

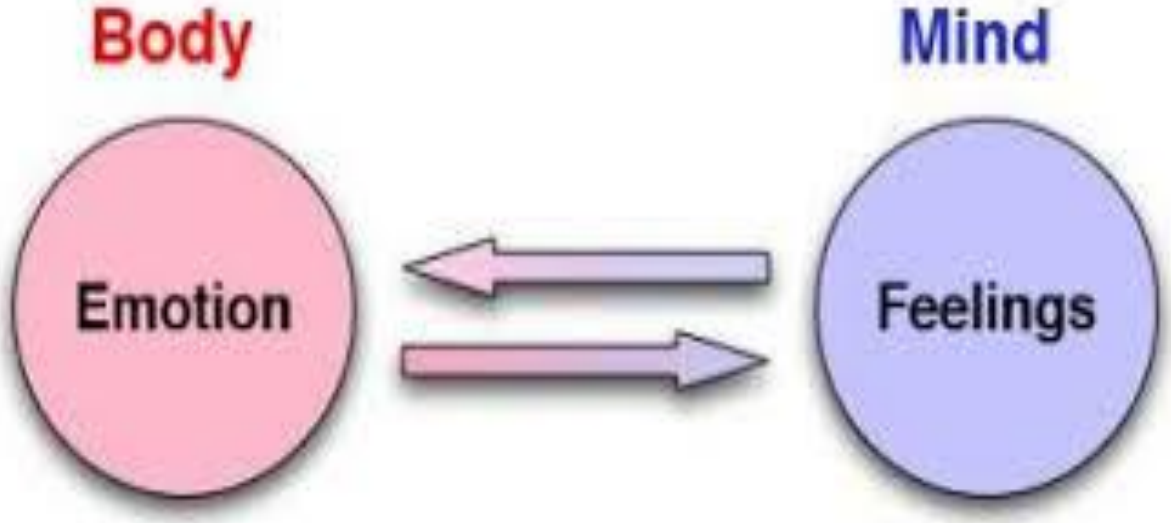
The Plutchik Wheel of Emotions

- 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





MARKERS & INDICATORS

Clinical Assessment

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

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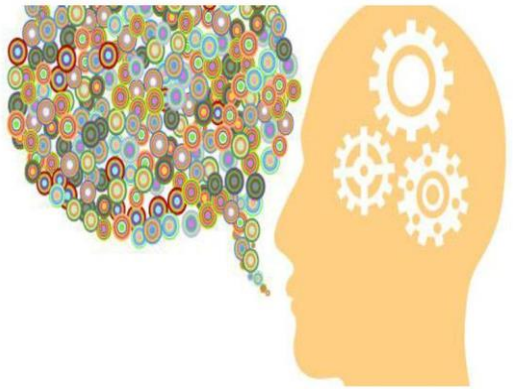
Language as a Marker of Cognitive and Physiological Change



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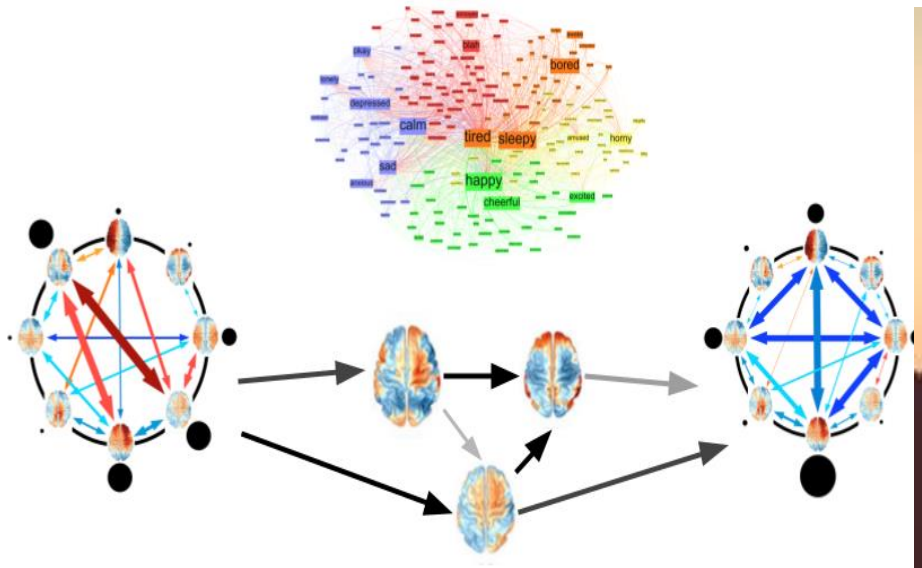
Measuring Mental Disorders

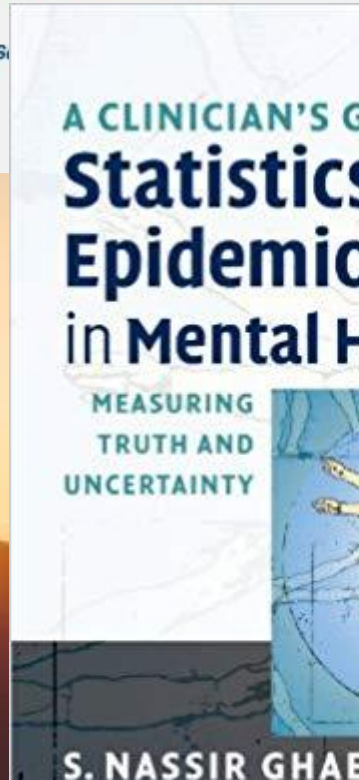
Edited by Philippe Le Moigne

Psychiatry, S

ISTE PRESS

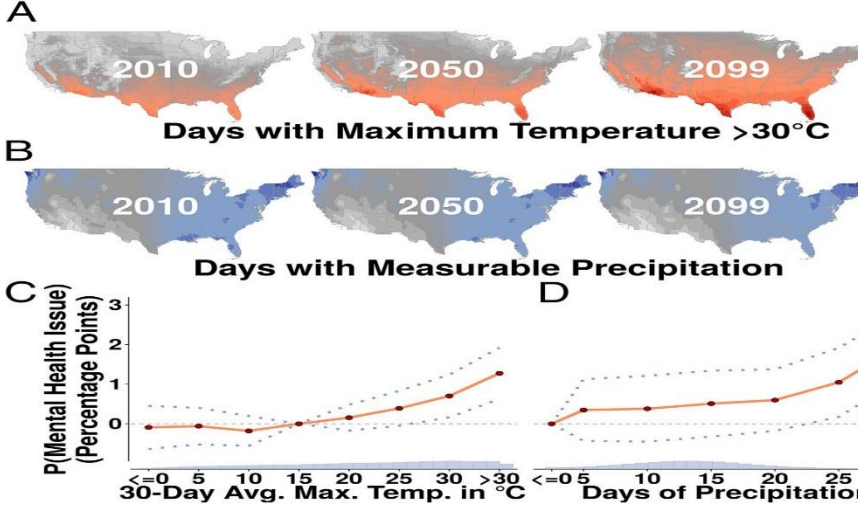
The Future of Mental Health: Personalized Harmonic Re-Tuning

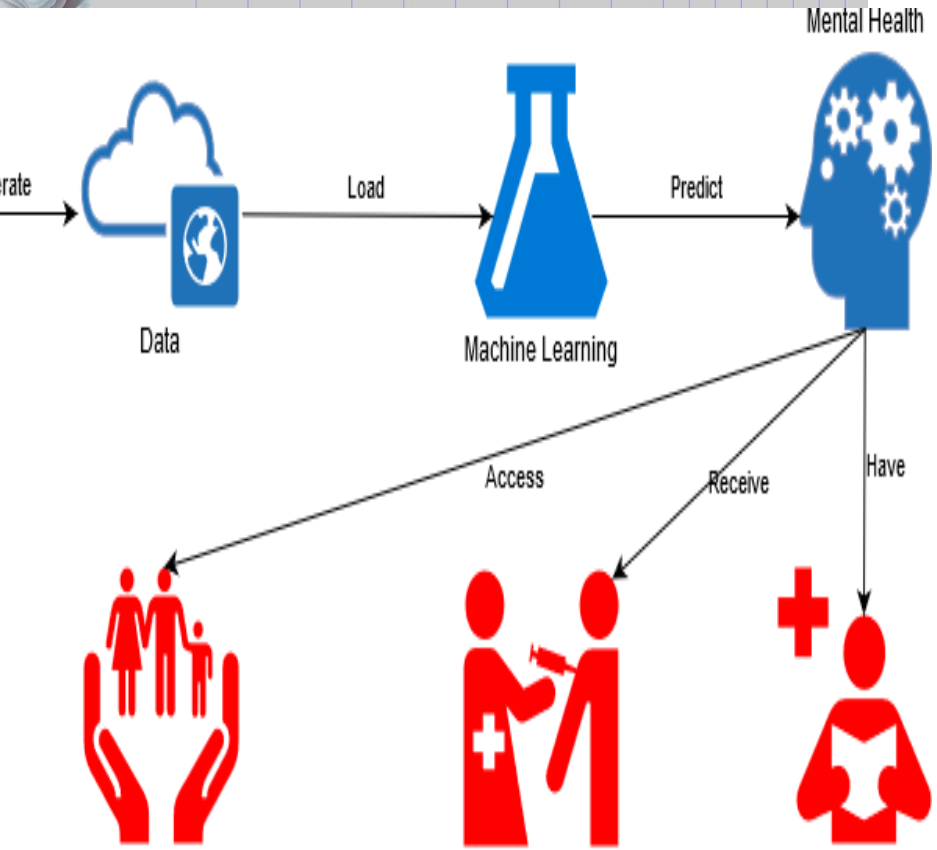




Cues to Mental Illness

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

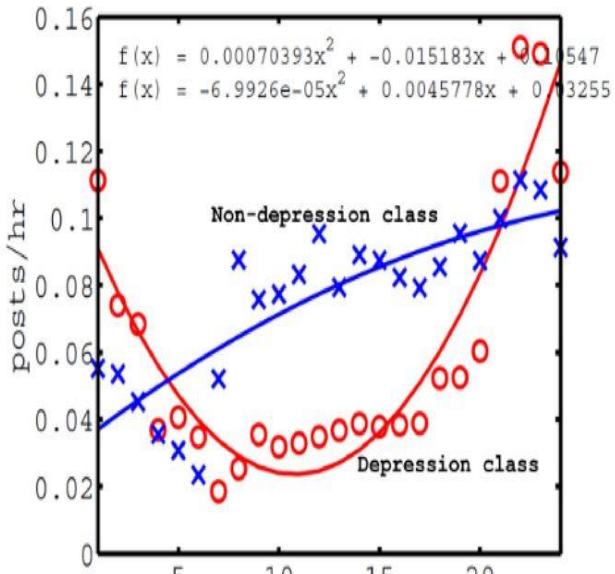




Quantifying Mental Health Signals in Twitter (Coppersmith et al., 2014)

- 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 on line

Tweet Activity Timing and Depression



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24x7 availability

Address social stigma

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

Improve predictability

Value unlocked through AI in mental health

Reduce costs

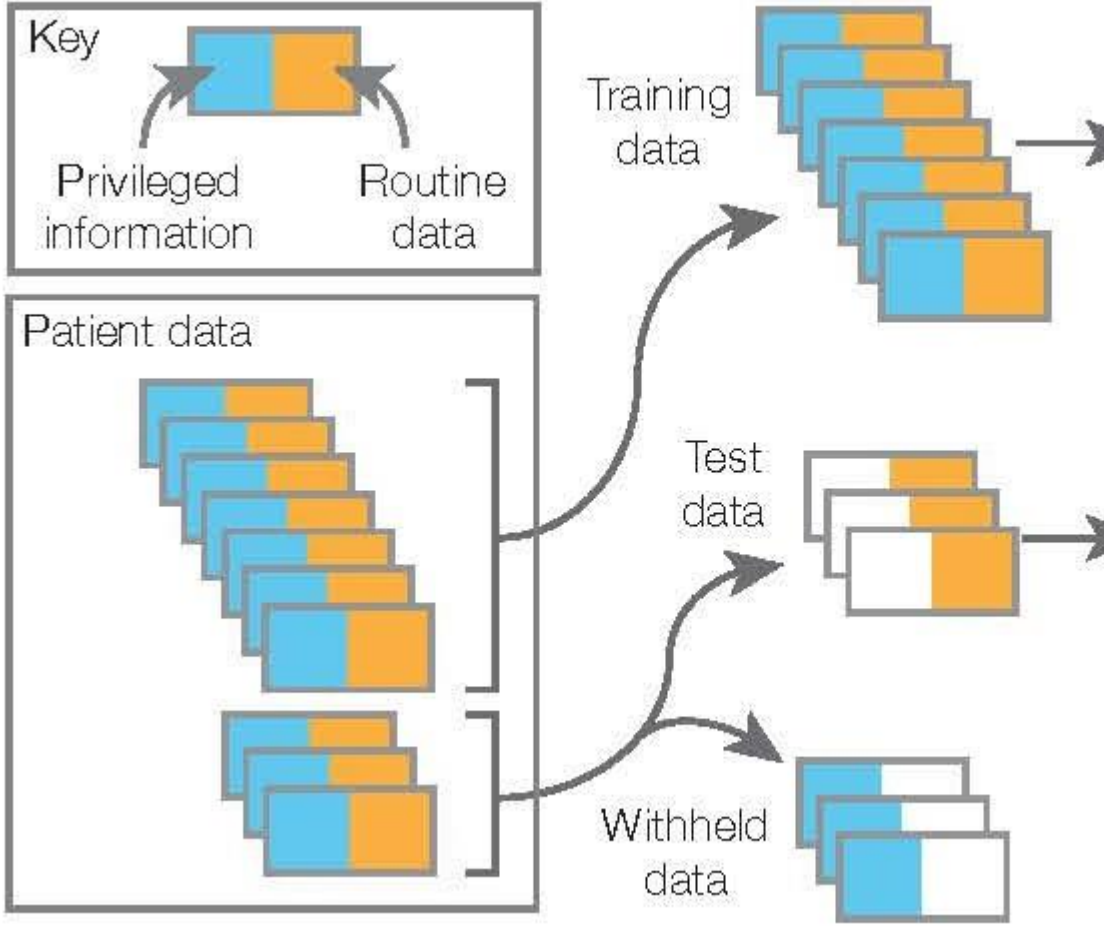
As opposed to psychiatrists that charge consultation fees, AI based tools would be able to inexpensively deliver counseling to numerous patients.

attern
detect

Greater accuracy

Support empathy

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



countries
nd India

70% of users are women

,000,000+
conversations

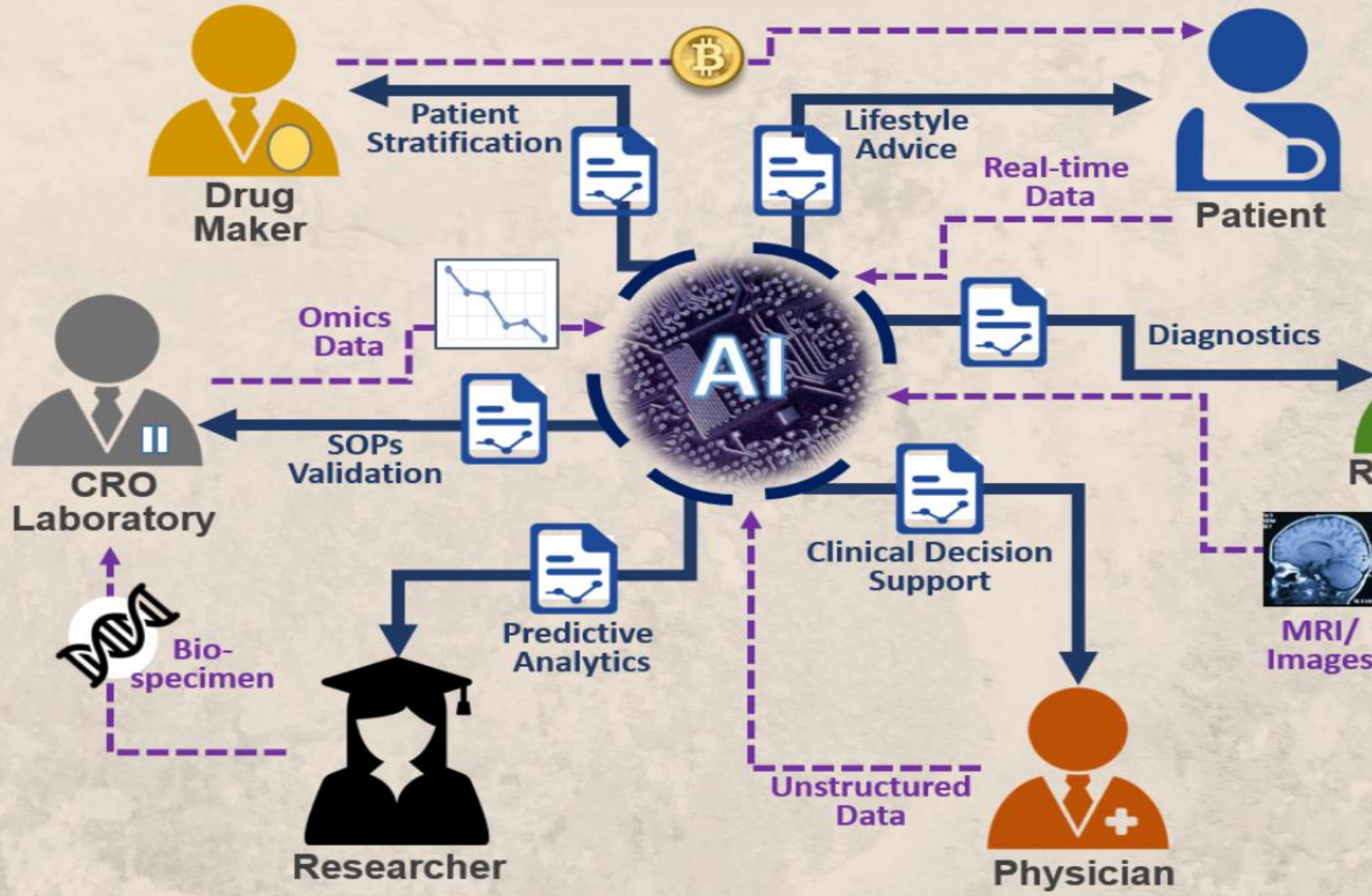
9 MINS
pent per day

13-25 YRS

26-35 YRS

35-55 YRS

Artificial Intelligence

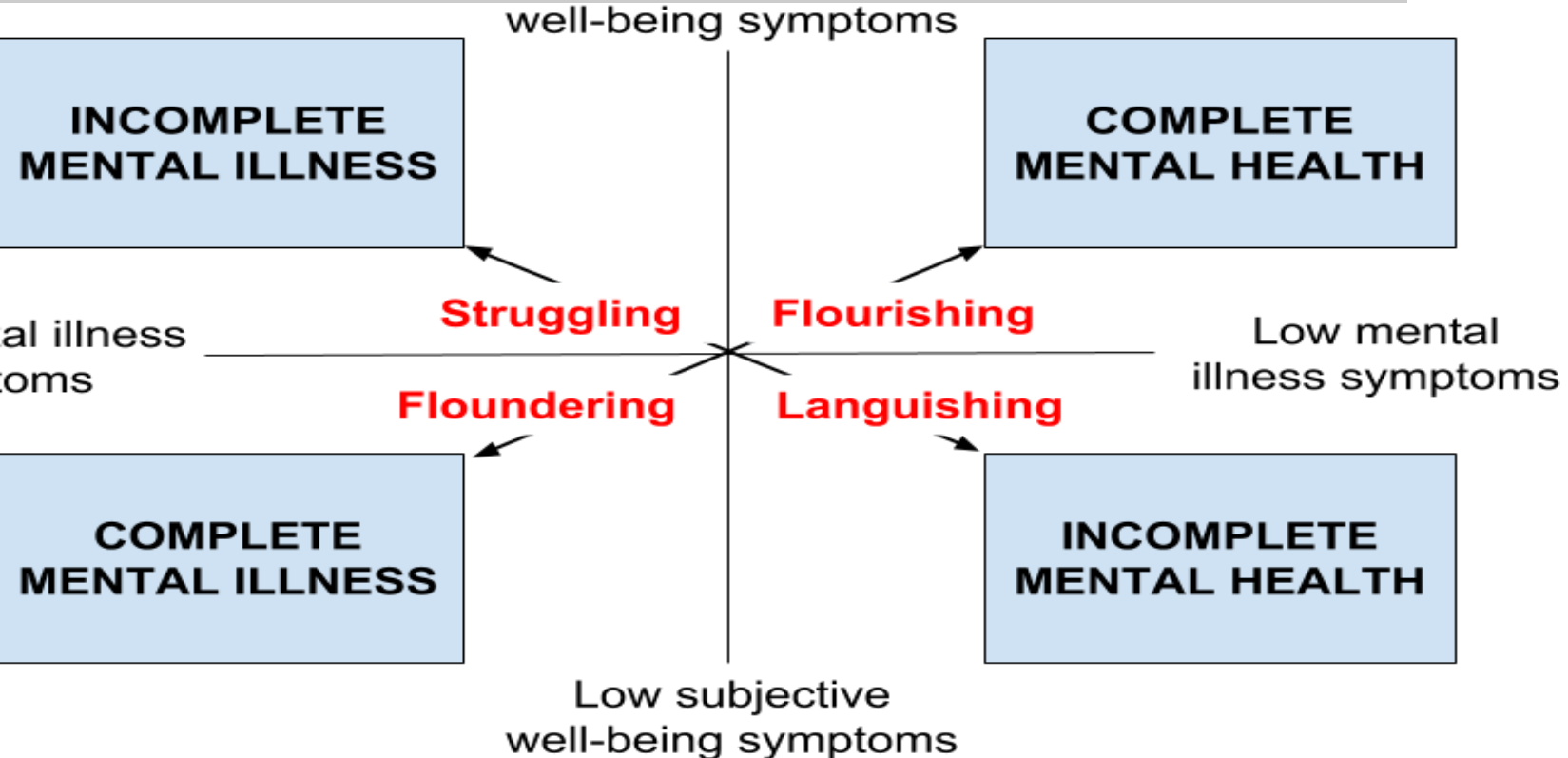
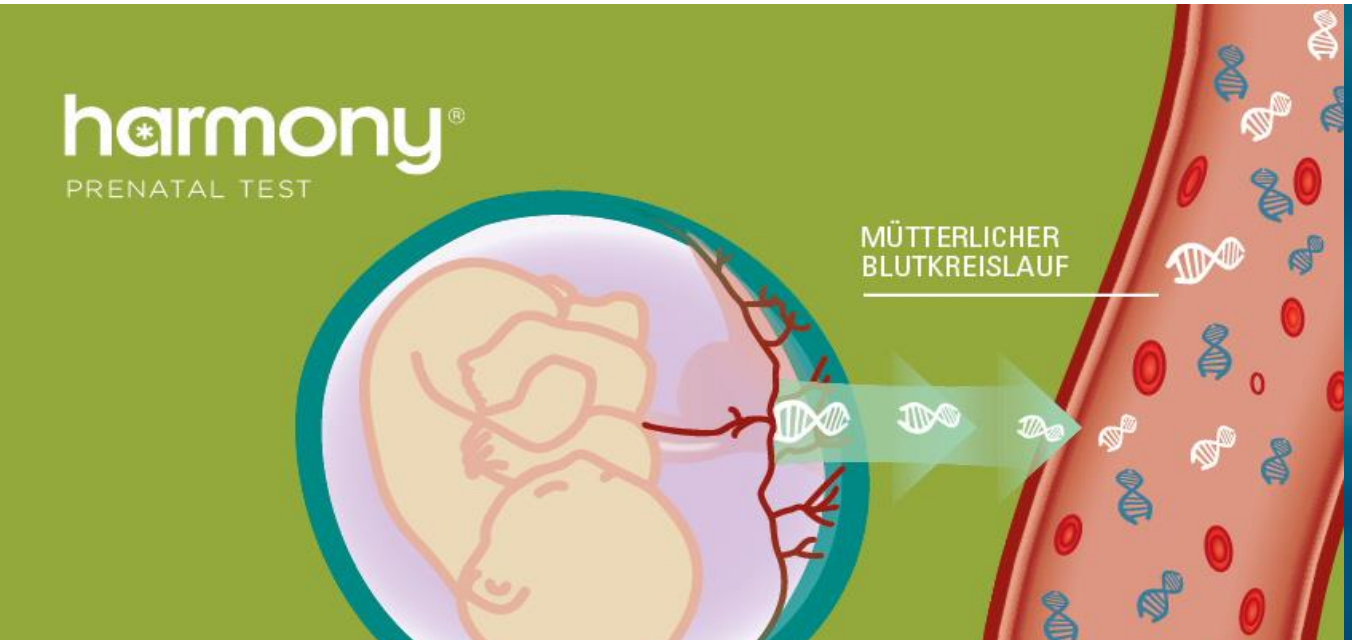


Artificial Intelligence Impacts HealthCare Space and helps you enrich your mental wellbeing

"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

PossibleMind www.possiblemind.co.uk/mental-rehearsal/



AND PEACE CAN BE ACHIEVED BY RESISTING INTERNAL AND EXTERNAL PRESSURES