Motivation

research so far: structured settings, small samples, Western, English-speaking participants
→ leverage large quantities of ‘natural’ statements from social media
→ better understanding of personal recovery to improve mental health care for bipolar disorder

Research questions

How do individuals diagnosed with bipolar disorder talk about personal recovery online? What new insights do we get about facilitators or barriers of recovery?

1) Western population, English-language posts
2) diverse ethnicities, multilingual posts

Approaches

• exploratory quantitative → qualitative data analysis
• corpus & computational linguistics methods:
  • language & country identification
  • sentiment & emotion analysis
• identify users via self-reported diagnosis statements, e.g. ‘I was diagnosed with bipolar disorder’

Challenges

• identifying relevant content: what is ‘about recovery’?
• missing/uncertain demographic information
• text analysis tools/resources mainly available for English

Methods

Data

Approaches

• consult service user panel
• ethics committee approval
• share data only for research under usage agreement

Challenges

• mental health sensitive information, even more combined with ethnicity
• consent: Twitter & Reddit terms of service allow research use of public posts, but deidentify and paraphrase tweets/posts to protect anonymity of vulnerable users
• alarming content: risk of (self-)harm
  → only analyse posts older than 3 months

References