How do people describe personal recovery experiences in bipolar disorder in structured and informal settings?

What?

Bipolar Disorder

severe mood disorder [1]

- bipolar I
- cyclothymia
- bipolar II

mania
hypomania
normal mood (euthymia)
depression
time
mood

affects 2% of UK population, 0.1%–4.4% worldwide [2]
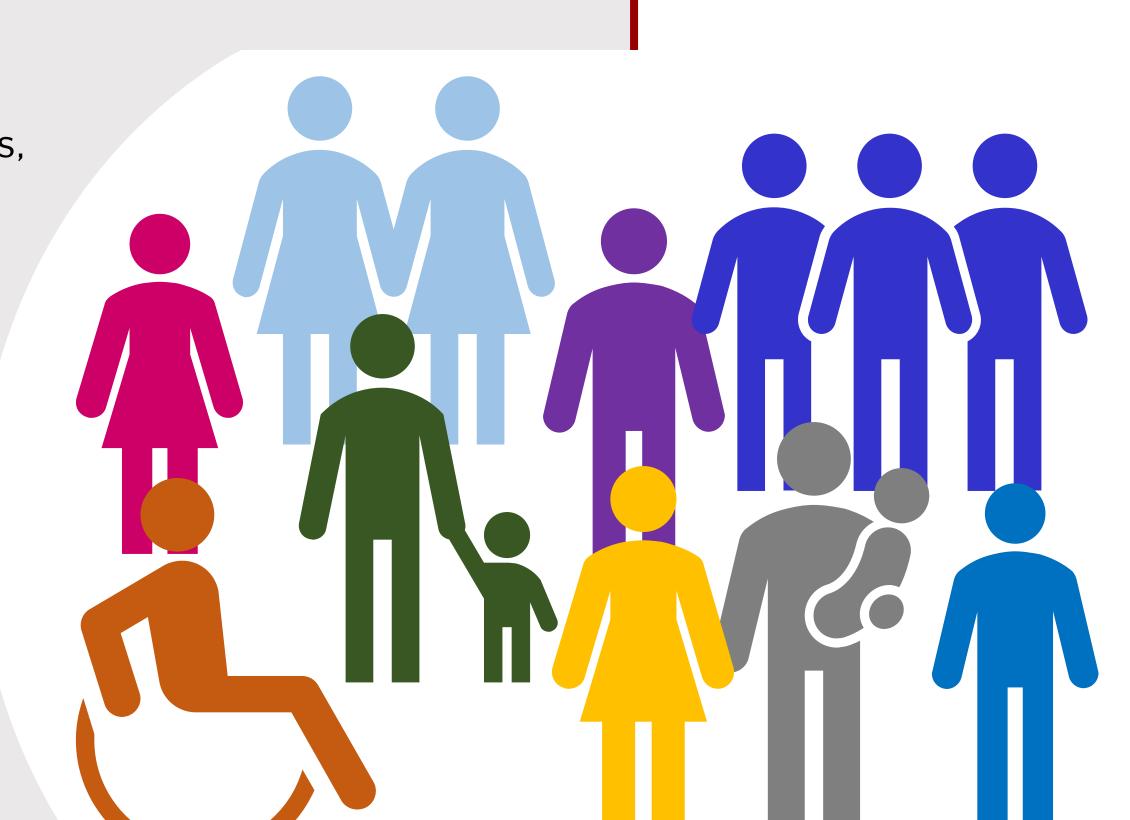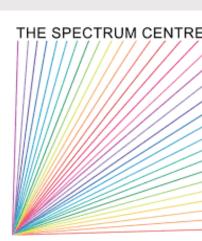
Clinical recovery
no symptoms for >= 8 weeks,
difficult to sustain

Personal recovery
satisfying, hopeful,
contributing life
even with imitations
caused by illness [3]

Components [4]
Connectedness
Hope and optimism
Identity
Meaning and purpose
Empowerment

Who?

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Why?

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

How?

Methods

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/unreliable demographic
  information
- text analysis tools/resources mainly
  available for English
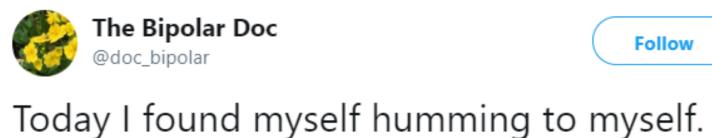
concordance: term context

Data

Twitter: public tweets

The Bipolar Doc
@doc_bipolar
Follow

Today I found myself humming to myself.

That, my friends, is what recovery looks like.

It's slow & painful. One step forward, two
steps back... but you can get there...

1:49 PM - 11 Mar 2019

14 Retweets 167 Likes

Reddit: public posts

r/bipolar · Posted by u/██████ 3 months ago

My favorite recovery song

Facing the sun by fritz kalkbrenner.
I love this song, good times and bad
times and I think the lyrics tell a lot
about myself.   text paraphrased

4 Comments   Share   Save   Hide   Report   88% Upvoted

Blogs

longer, more carefully edited texts,
manually selected: less quantity,
ask for individual consent

Ethics

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 [5]
- alarming content: risk of (self-harm)
  → only analyse posts older than 3 months

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