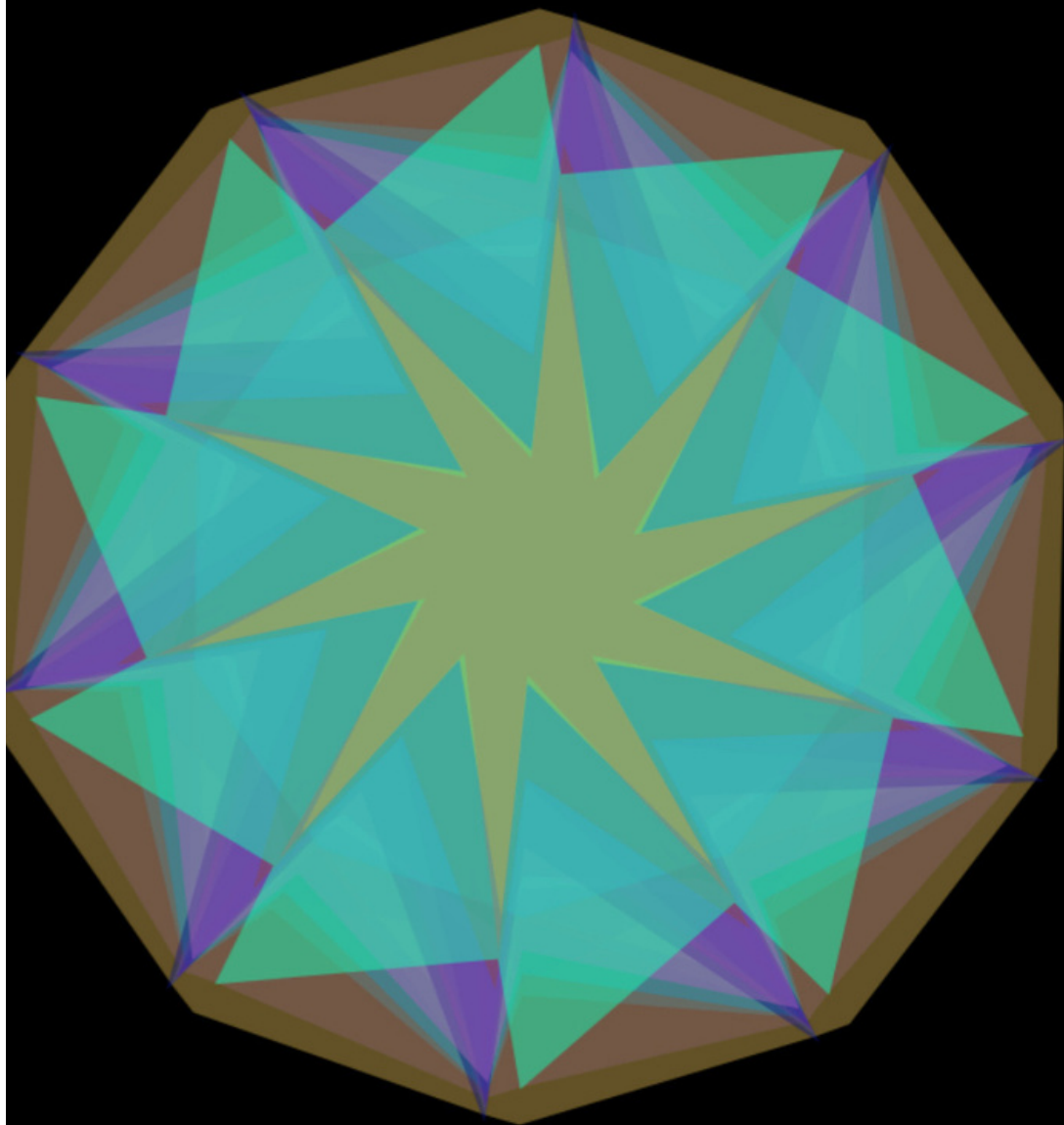


PRE-THESIS : PRESENTATION1

---

# Path Towards : Positive Decision Making

Ni Ni Than : Sp 2022





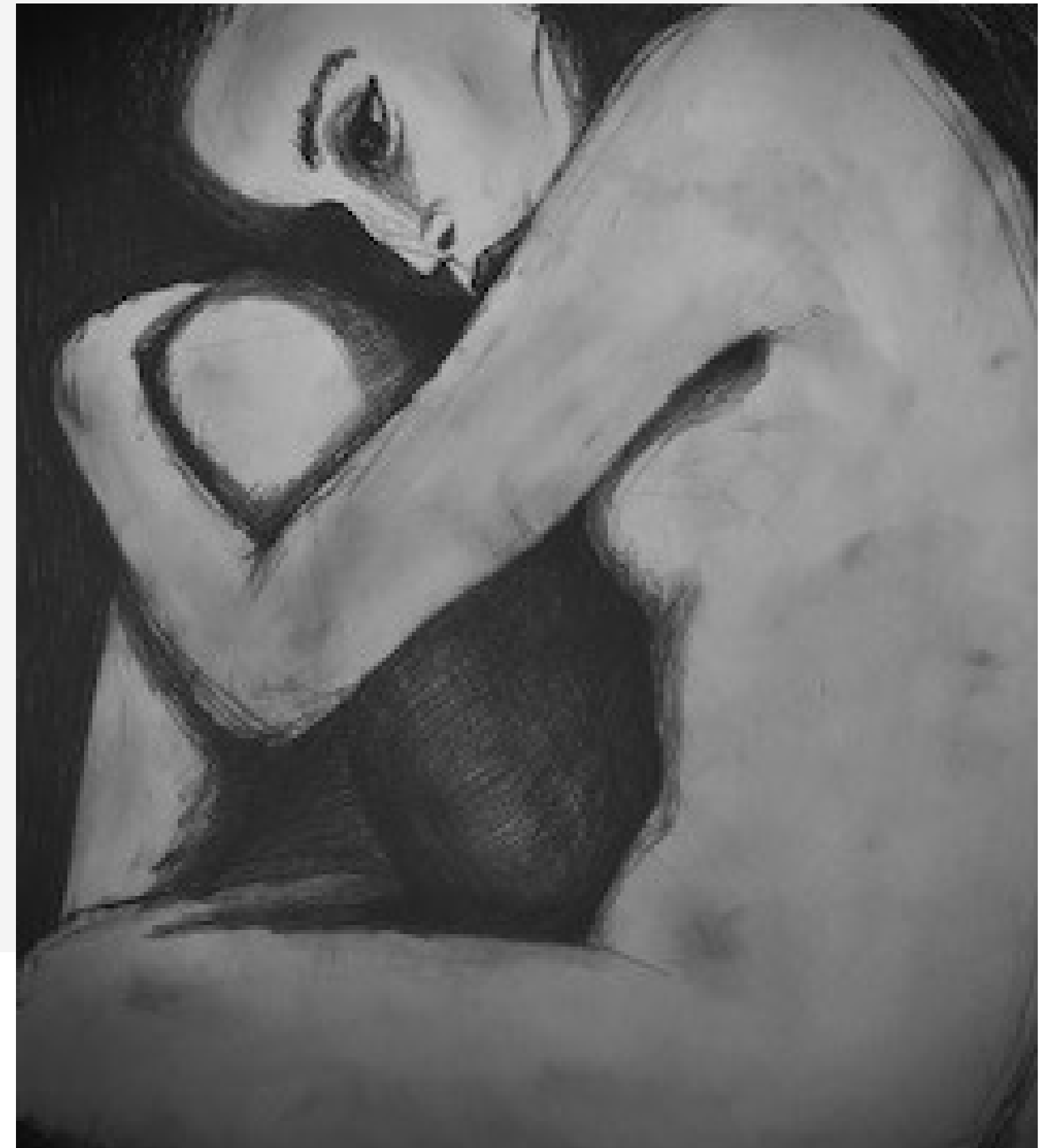
# THE PROBLEM

## Our unremitting thoughts

We have an internal dialog that is ever so constant... it's just you talking to yourself and at times in circles. And most of time, it's OK.

Until we find ourselves in unexpected, unfamiliar, uncertain, stressful situations, then that internal dialog can become incessant, negative and debilitating. (Covid example)

At least for me... What answers am I searching for? Do I really even know?



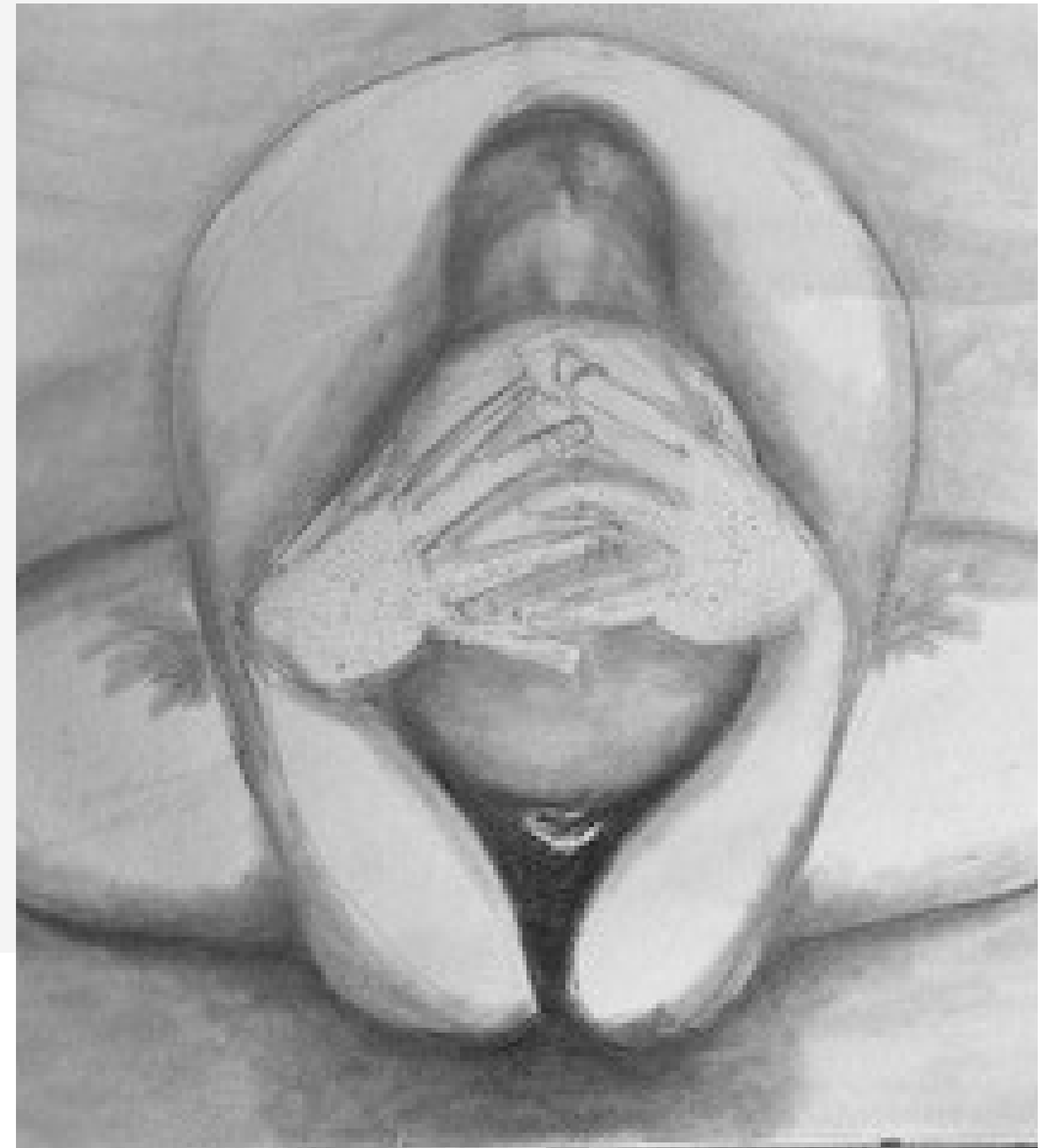
# MY PROBLEM

## My unremitting thoughts

I'm spiraling down into a rabbit hole of unknowing and uncertainty... deeper into a dark mood.

Until something brings me back, back to reality, back to now... to a more *positive mood*. (My personal experiences - IDM projects )

This window to a *new perspective* allows me to step back, take a breath, reframe and see the multiple possibilities in a more positive frame of mind to make better decisions for the wellbeing of myself and others.





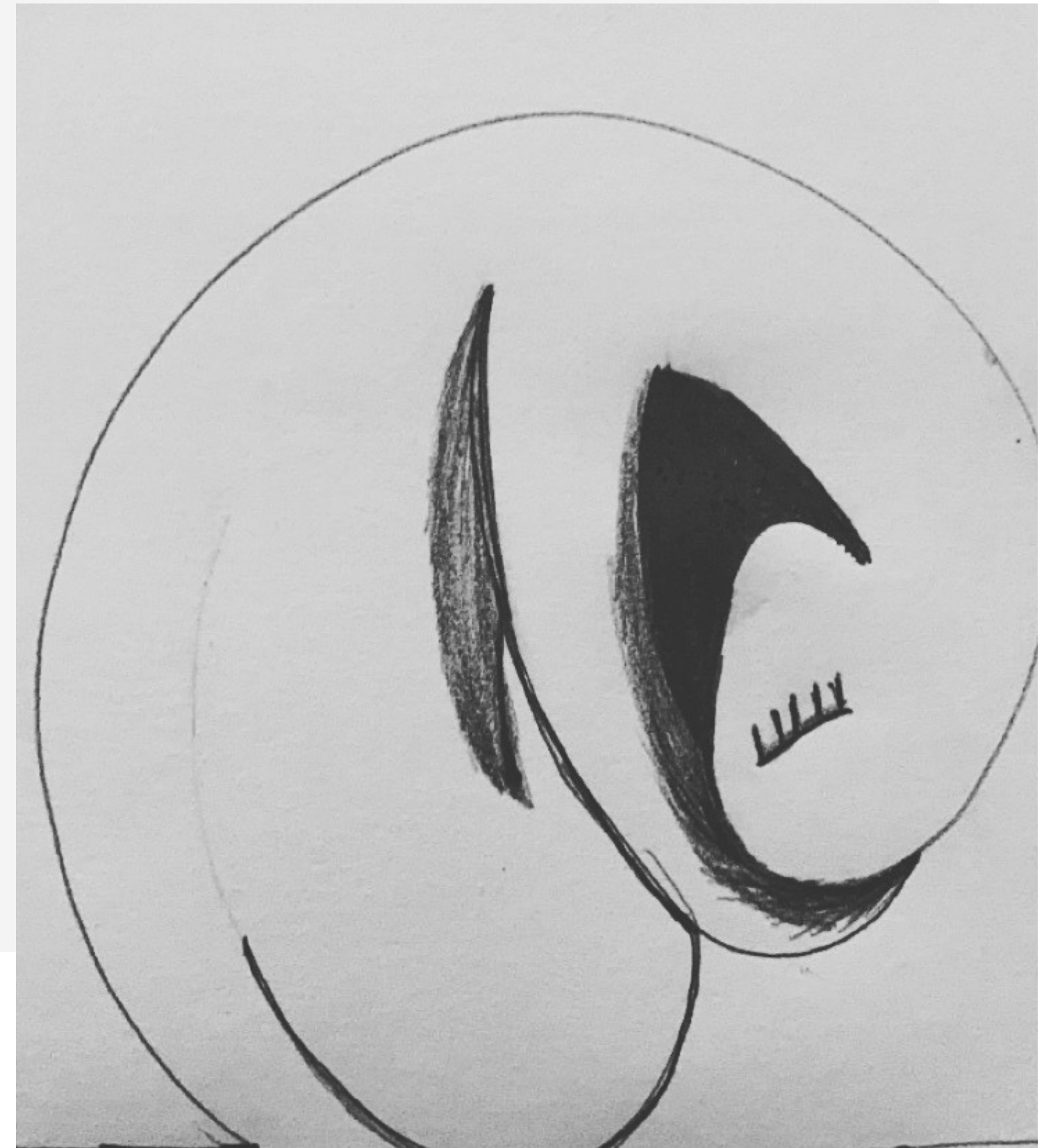
# WHO'S PROBLEM

## Who's unremitting thoughts

But what if a person doesn't have the ability to do that on their own.

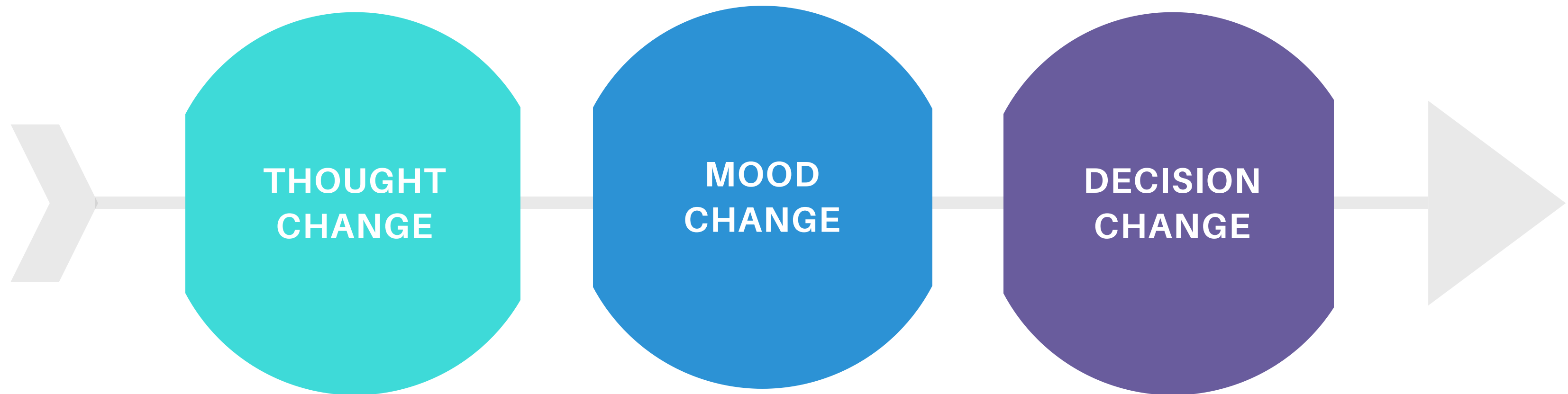
What if they are in a situation that feels too overwhelming and they do not have the tools, experience, and support system to cope?

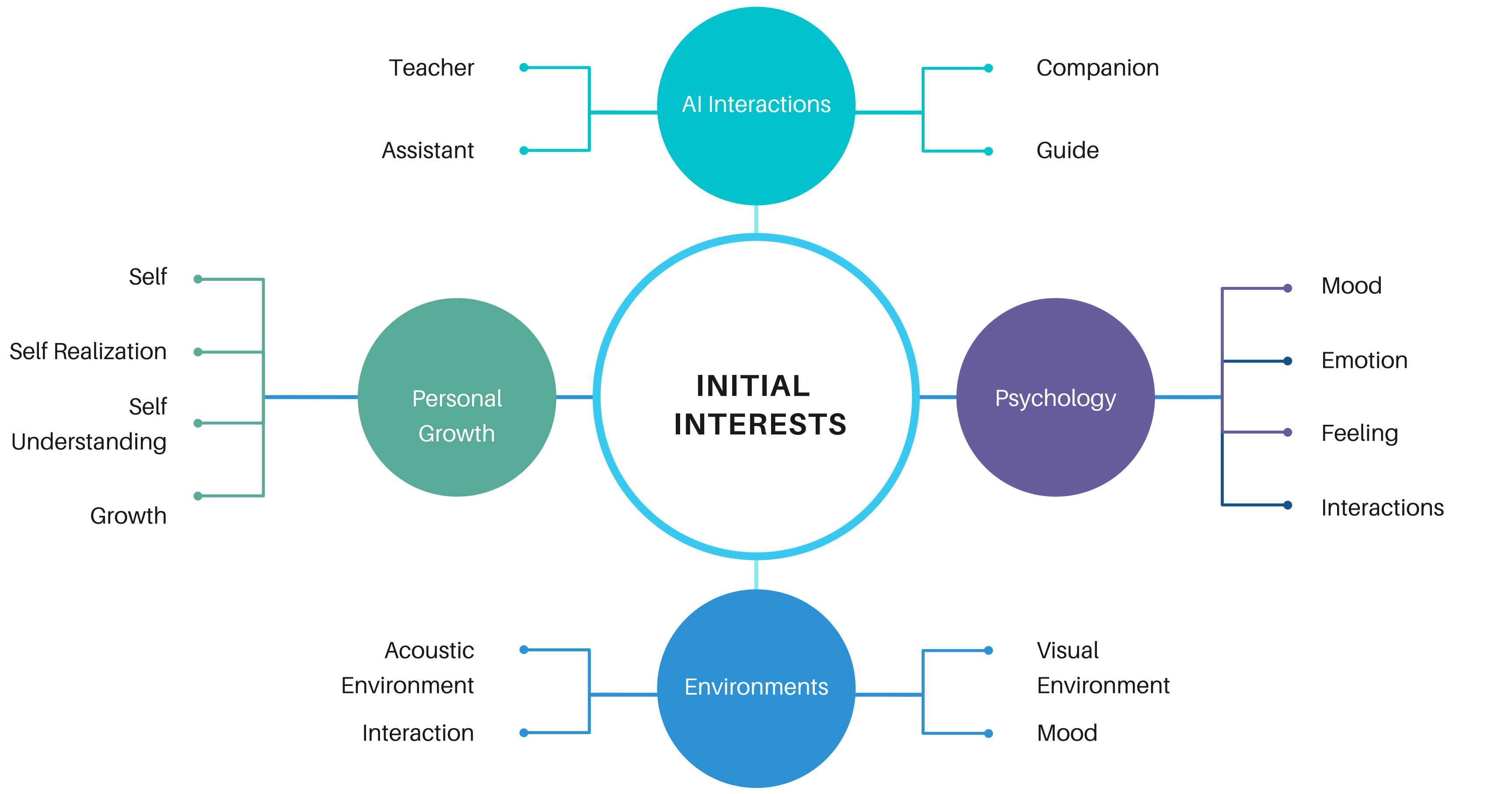
And even if they did... what if that was not enough?



# WHERE IS THIS GOING?

What do I want to try to achieve?







# First Attempt : Mind Map1

Rookie Mistake ... I jumped to the solution before I even stated a problem.

options → research environments  
sounds  
colors / shapes etc  
↓  
create environment to make user happy / open / light hearted?  
I'm sure this has been done!

Affective Computing



How to gauge?  
• Ambient light  
• Sound  
• Colors  
• Shapes  
• Translucency  
• Layers  
• motion

Acoustic  
visual  
AI  
would control?  
(after determining Mood)



# OMG! I AM SO LOST!

## After my first One on One...

I thought I knew my path!

I am overwhelmed with frustration.

I am searching...

I looked at:

Affect and Mood

Depressive Mood

Depression

Loneliness

Mood History

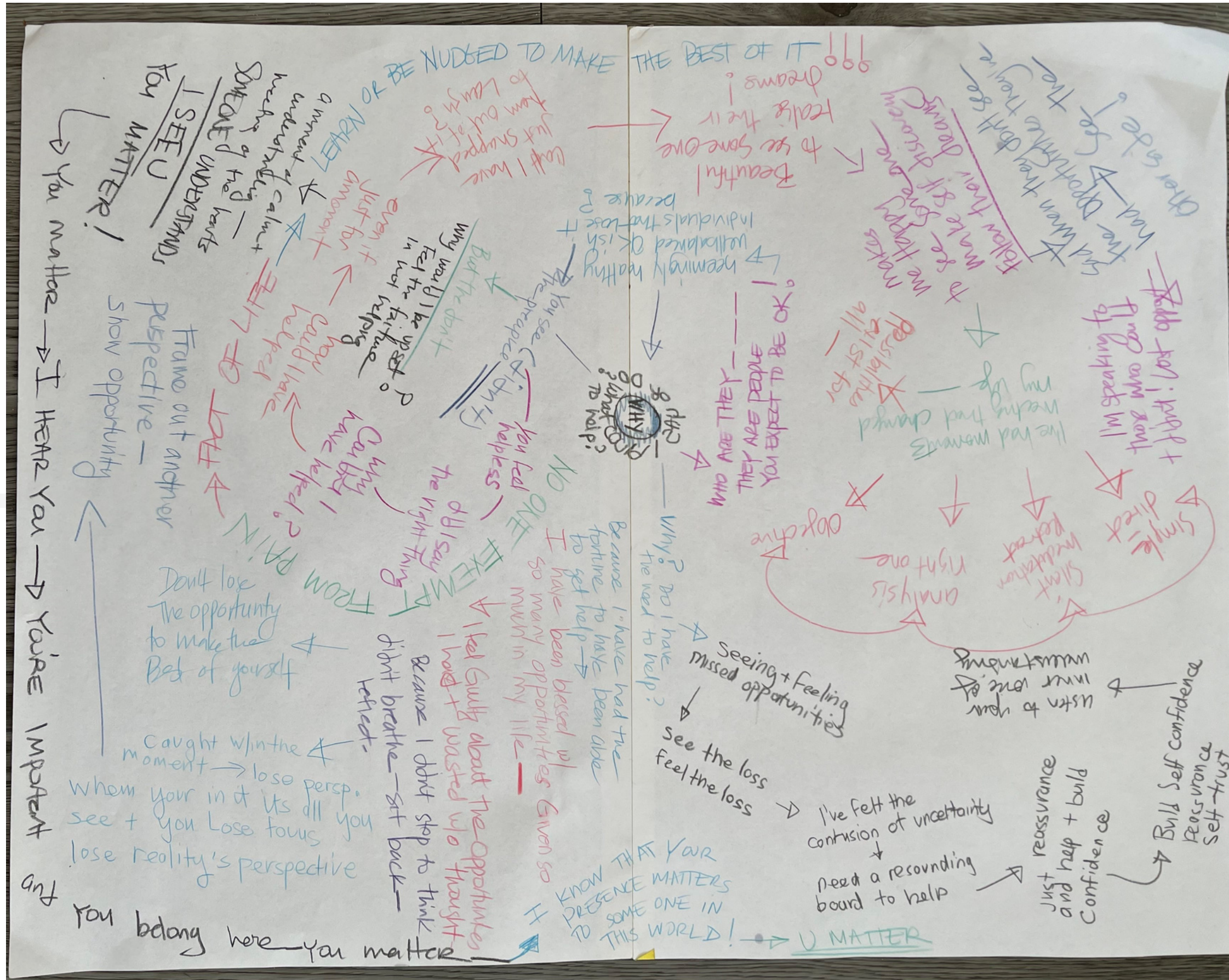
Emotion AI





# Second Attempt : Mind Map2

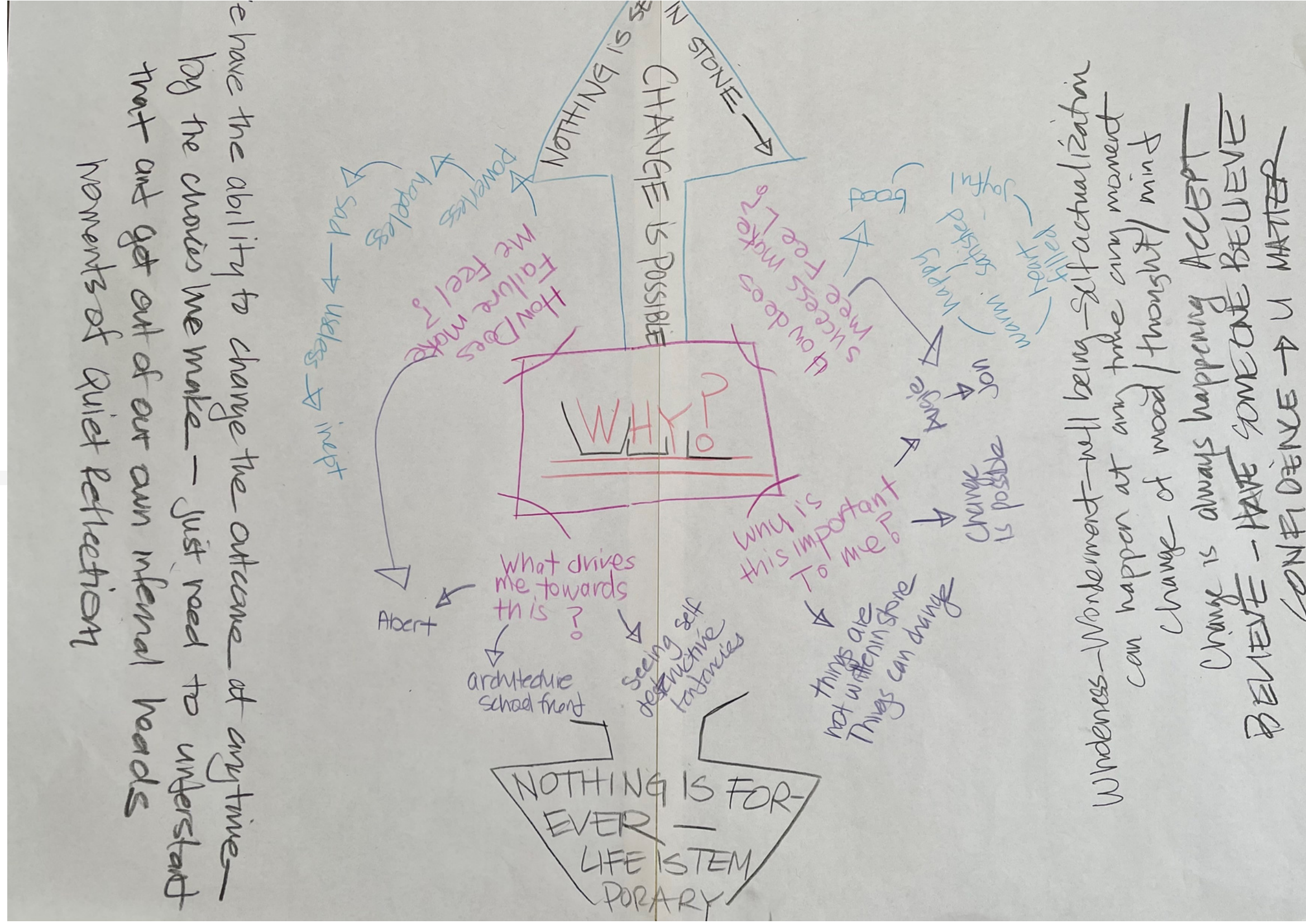
It's a mess





# Second Attempt : Mind Map2B

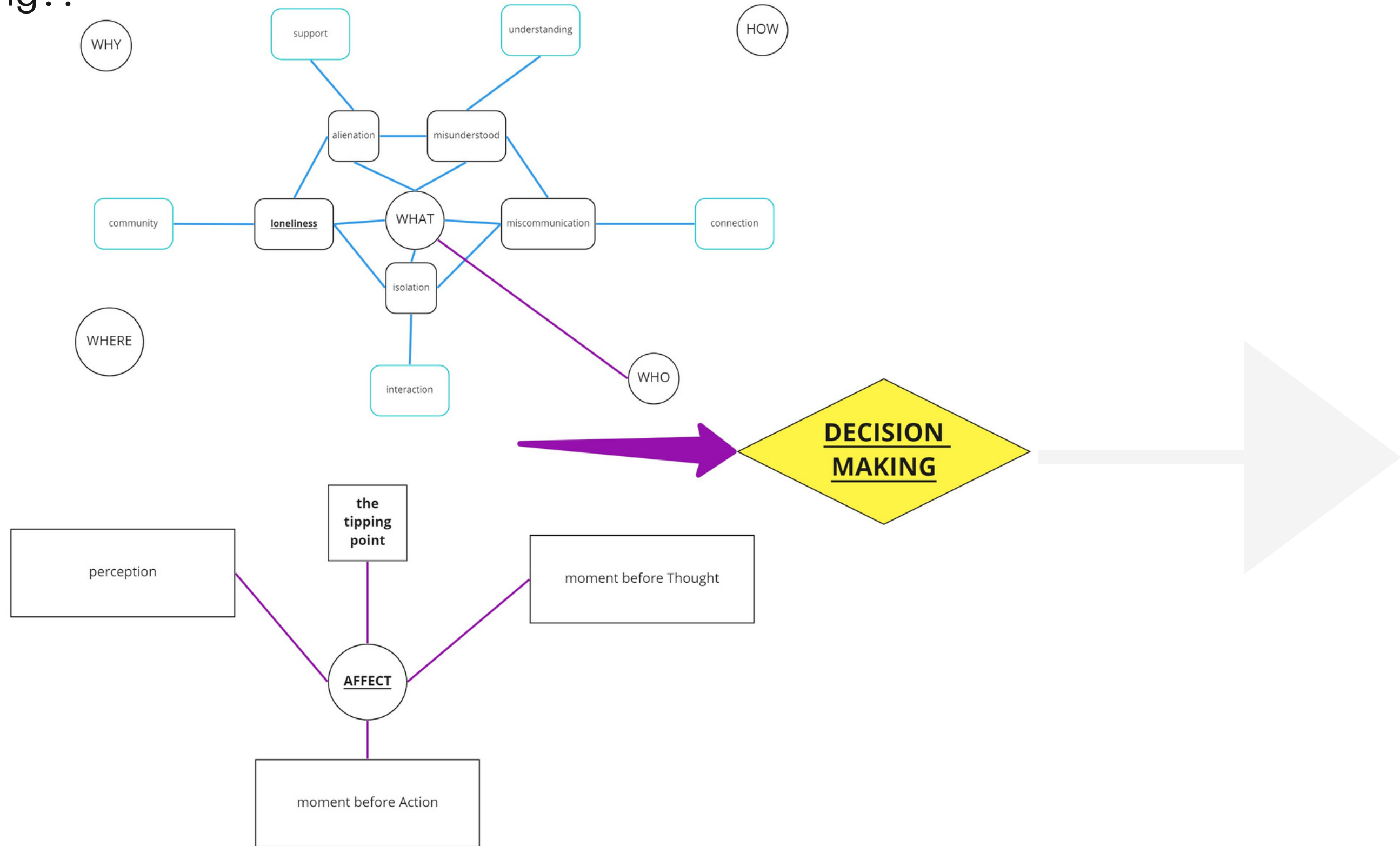
Still a mess



we have the ability to change the outcome at any time by the choices we make - just need to understand that and get out of our own internal heads moments of quiet reflection

# Second Attempt : Mind Map2C

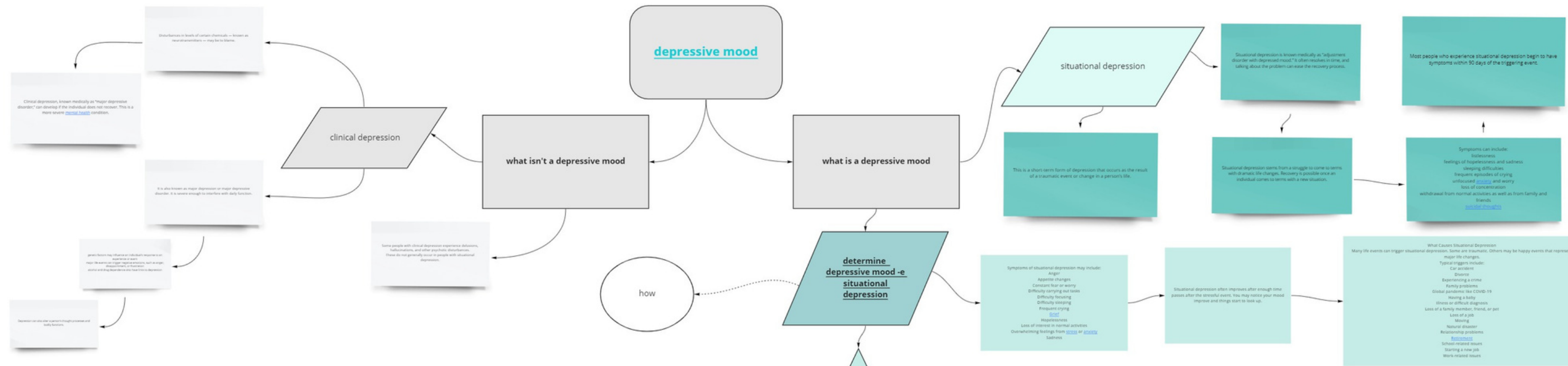
Something emerging??



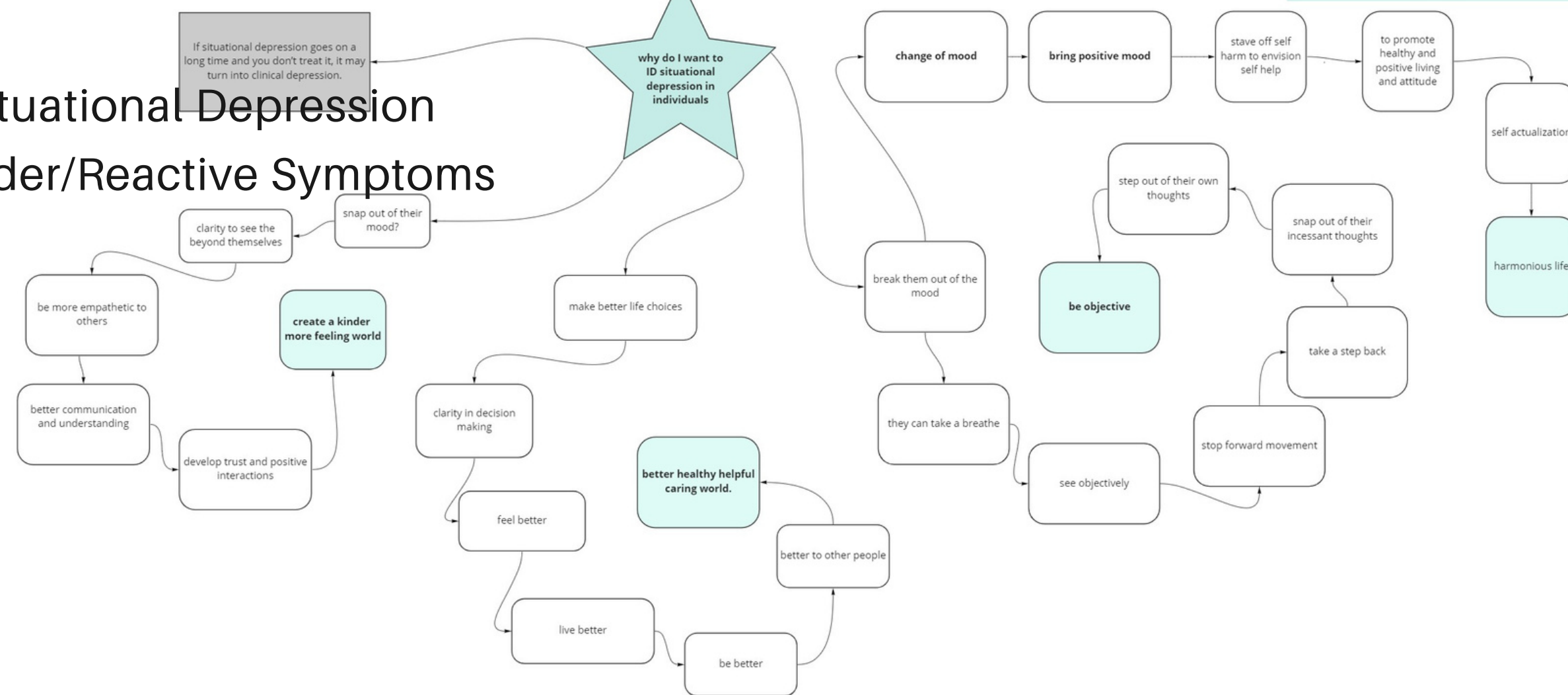


# Third Attempt : Mind Map3

We have a specific research topic!!!



## Depressive Mood/Situational Depression or Adjustment Disorder/Reactive Symptoms



# WHAT IS SITUATIONAL DEPRESSION

This is a short-term form of depression that occurs as the result of a traumatic event or change in a person's life.

However, if situational depression goes on a long time, it may turn into clinical depression.



## SYMPTOMS

Anger  
Appetite changes  
Constant fear or worry  
Difficulty carrying out tasks  
Difficulty focusing  
Difficulty sleeping  
Frequent crying  
Grief  
Hopelessness  
Loss of interest in normal activities  
Overwhelming feelings from stress or anxiety  
Sadness  
Anxiety  
Suicidal Thoughts



## PATH FORWARD

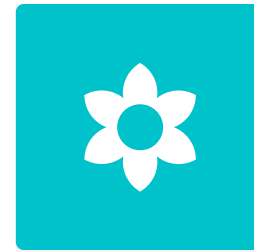
Situational depression stems from a struggle to come to terms with dramatic life changes. Recovery is possible once an individual comes to terms with a new situation.



# SITUATIONAL DEPRESSION IS NOT CLINICAL DEPRESSION

Clinical Depression known as major depression or major depressive disorder. It is a severe mental health condition which can interfere with daily function.

Depression can also alter a person's thought processes and bodily functions.



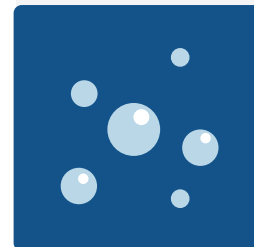
## CHEMICAL

Possible imbalance of neurotransmitters



## GENETIC

Genetic factors may influence



## ADDICTION

alcohol and drug dependence



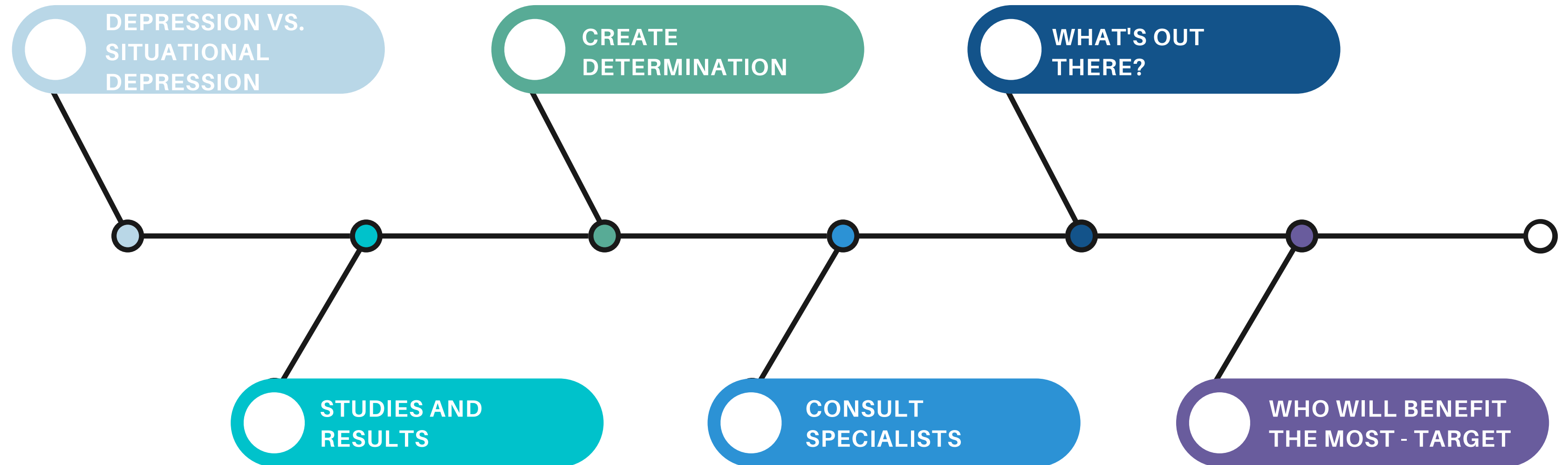
## NOT FACTORS FOR SITUATIONAL DEPRESSION

# Why focus on individuals with depressive mood?



# DEEPER SECONDARY RESEARCH

---





## Critical Self Reflection

- (not sure if this is correct)
  - Set a time and place to quietly reflect on project
  - Reflect each week on how additional information relates to my topic
  - Has something changed?
  - Ask myself am I staying on point?
  - Keep the paths open...
- 