

What are the patterns of mental ill health among the survivors of violence?

A pilot study with lived experiences

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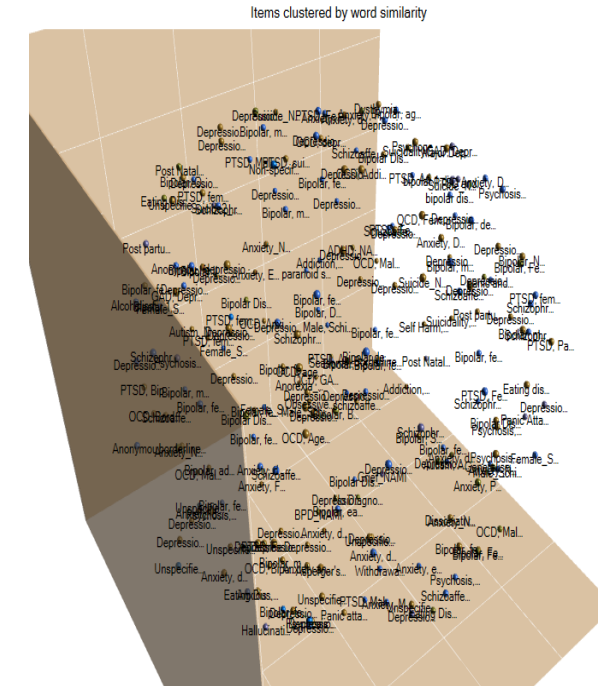
Data Collection and Analysis

- ▶ We used the database from chandrilghosh.org.uk.
- ▶ The database consists of about 11k first-hand narratives of people diagnosed with mental illness providing rich-phenomenological viewpoint.
- ▶ Analysis: Python programming language and NVIVO 12
- ▶ Stemmed Word Search Query: Violence

Sample Narrative:

“No one ever heard me. I am writing my feeling, and that is just the only way I can express what is happening within me. I was diagnosed with Major Depressive Disorder by my psychiatrist last year, and I am on drugs ever since. The medicines are not helping me much, and I feel worse every day. I think I might end my life. Death is better than living a nightmarish life like this...It all started when I was a little girl. I was probably 5 or 6 when my uncle raped me. I told my mum but she asked me to shut up. I did, but the scar from the incident kept growing in me. I tried hard to make a happy marriage, but every time I slept with him...every time he touched me...I would feel my uncle and that would give me a panic attack...every single time...it is like a curse of not being able to get intimate with the person you love....”

Word	Length	Count	Weighted Percentage (%)	Similar Words
just	4	1575	0.90	'just', 'just', 'just'
feels	5	1569	0.89	feel, feeling, feeling', 'feeling, feelings, feels, feels', 'feels'
likin	6	1527	0.87	like, like', 'like, 'like', liked, likely, likes, liking
timin	6	1444	0.82	#time, time, time', 'time, 'time', timed, timee, timeing, timely, times, timing
peo	8	1417	0.81	people, people', 'people, peoples, peoples'
getti	7	1311	0.75	get, get', 'get, 'get', gets, 'gets, getting, 'getting
men	8	1261	0.72	#mental, mental, mental', 'mental, 'mental', mentality, mentall, mentally, 'mentally
kno	5	1233	0.70	know, know', knowing, knowingly, knows
ones	4	1074	0.61	one, one', 'one, oneness, ones, ones'
want	5	1031	0.59	want, want', wanted, wanting, wants
help	5	9941	0.56	help, help', 'help, helped, helpful, 'helpful, helpfully, helpfulness, helping, helps
think	6	9461	0.54	think, think', 'think, thinking, 'thinking, thinks
thin	7	9320	0.53	thing, thing', things, things'
days'	5	9304	0.53	day, day', 'day, days, days'
healt	6	8982	0.51	health, health', healthful, healthfully
year	5	8600	0.49	year, yearly, years, years'
life'	5	8259	0.47	life, life', 'life



Collection of 11k Narratives

Pre-processing

Further Analyses (e.g. Word Tree, Frequency Search, Machine Learning)

- A perfect night, marred by
 - with positive movement
 - include extreme embarrassment, death, ridicule
 - was only caused by war

- anger fuels the thoughts
 - I did some research
 - I had been having
 - 's difficult to talk
 - about

- link between mental illness
 - my pain and depression
 - panic attacks or ruminations
 - and
 - my experience with
 - to talk about
 - trauma
 - and unsupported mental illness, including

- be just as painful as
 - been erased. And so when
 - about the dangerous connections
 - and if - informed connections
 - between psychiatric drugs and school
 - bullying in Iraq and increased
 - commit a crime that threatened

- abuse, officer involved shootings
 - and female sexual trauma
 - regarding parenting, family, relationships
 - the midst of poverty
 - through Parental alienation organizations

- always played down the
 - experience of rape
 - experiencing Mental Health
 - friends and family
 - and support services regarding
 - a victim of
 - self - discovery, PTSD,
 - friend - ended up in
 - National
 - of our past

- of seeing or experiencing
 - police arrested me for
 - suffering head due
 - to
 - But were subject
 - to run away from
 - up with drugs or
 - discuss rape culture and
 - the same cycles of
 - I witnessed the most horrific

- if we want to end
 - do not always end
 - in
 - not only by the sheer

- around me, inappropriate
 - I would comment
 - link between senseless
 - an awful person, capable
 - focus on the culture
 - housing situations, a history
 - It is usually that
 - likely to be victims
 - never experienced any type
 - reinforce stigma with images
 - the stigma, the sense
 - these featured 33 instances
 - they flash some scene
 - and some flashing
 - that my intrusive
 - thoughts
 - through the constant
 - to an increased risk
 - victim than a perpetrator
 - witness to graphic scenes

- of an area of increasing
 - of arguing, screaming and even
 - on using physical and emotional
 - organizations but they often use
 - show my children that
 - statistics were necessary to prevent
 - wrong and damaging as
 - understand: it acts
 - with young victims
 - kind of physical
 - war, torture and /
 - or
 - sexual
 - she had not witnessed any
 - some other act of female
 - sudden physical injury, as from
 - take. There has been enough
 - medicated can lead to
 - not to say however
 - to the perpetrators of
 - That Their Drugs Can Cause
 - again try to obscure
 - awful sensation, the more
 - bringing it back, all
 - He was only absorbing
 - However, when I discussed
 - related in part to
 - shootings, and first brought
 - The anger,

- there's no explicit sex or
 - cut because of references
 - Have lost loved ones
 - lot of confusion connected
 - mood was more prone
 - s usually in connection
 - of which were consumed
 - result in coercion, threatening
 - with

violence

- inducing nature of psychiatric drugs
- %. 20white %. 20paper, post by CCHR

- (although I didn't harm
 - abuse and the pursuit of
 - addiction, burdens on the taxpayers, /
 - alcoholism, multiple incarnations of a
 - and
 - all
 - lives of bad
 - the cement, that
 - and
 - live with my
 - managed to keep
 - But so much fucken suffering
 - encouraging them to start to
 - especially when you're already
 - even though we know that
 - excessive alcohol consumption, depression and
 - follow: officers getting hurt or
 - given the high rate of
 - homelessness, Suicidal Staff, and Drugs
 - As we bashed parties in
 - It is our socio - economic
 - five tried to be very
 - medical trauma, public trauma and
 - my terrifying descent into psychosis
 - need to find something wrong
 - or
 - assault. The core of
 - failure, further, all of
 - rape and murder, and that
 - somehow, subconsciously, it's five

- And even though I didn't
 - Just let my natural
 - I
 - wanted to share my
 - was expected to speak
 - It focused on one personal
 - My
 - heart was racing. Something
 - parents were two sides
 - thoughts were bashed and
 - Now they found themselves experiencing
 - Pointing a comment finger at
 - Seeing these children becoming wrapped
 - So I trust the trauma
 - Then I left my two
 - These thoughts came in fast

- after spending time in
 - all of us are
 - attempted murder charges. At
 - change. The ideas were
 - danger
 - and the confusion
 - But many people
 - dispel the fear that
 - manic from inside a
 - mental
 - health problems,
 - illness that are
 - murder. Many celebrities are
 - out of a house
 - psychiatric
 - drug use in
 - rape culture would not
 - suicidal inducing side effects
 - Suicide!
 - that's not something I
 - verbal abuse, to help
 - we moved into a

- at greatest risk if
 - are
 - increasing with the decrease
 - brought on my issues with
 - can be thought of as
 - can't I seek in people
 - did not feel like a
 - due to my condition, and
 - enough.
 - escalates when women attempt to
 - labelled my depression, I entered
 - happened to me but it
 - helpless
 - can no longer take.
 - could not understand and
 - experienced so playing down
 - had
 - encountered in the
 - endured. But the

- our culture and media:
 - the United States we
 - in
 - these formal, legal environments,
 - young men at university
 - art and not
 - of the
 - scenario and the
 - on the streets was common
 - accident an experience that
 - aggression and when she
 - or
 - Jumping around the house
 - negligence during my stay,
 - that a character does
 - rather than perpetrators.
 - real quick - just long enough
 - so rape and murder come
 - survivors, fitness enthusiasts, and dozens
 - team started supporting me and
 - than the other way around.
 - there and in Afghanistan.
 - to express oral's anger,
 - toward others and 53 examples
 - upon anyone or being, despite
 - a sudden distortion of
 - added to the list
 - was
 - ever acceptable as I
 - wanted to harm, but homophobic,
 - where I attended a weekly
 - with mental ill - health.



Key Findings:

(PRELIMINARY RESULTS)

Areas of Violence covered in the Database

- ▶ combat trauma
- ▶ military sexual trauma
- ▶ adult survivors of childhood abuse
- ▶ male and female sexual trauma
- ▶ domestic violence
- ▶ medical trauma
- ▶ public traumas and terrorism
- ▶ hate crimes
- ▶ family and friends of murder victims, for families of trauma survivors

Diagnoses received by survivors of violence

- ▶ Bipolar
- ▶ Self-harm
- ▶ Depression
- ▶ Obsessive Compulsive Disorder (OCD)
- ▶ Anxiety
- ▶ PTSD
- ▶ Schizophrenia and other Psychotic Disorder
- ▶ Dissociative Identity Disorder
- ▶ Anorexia

Mental Health Symptoms reported by the survivors of violence:

- ▶ Hypervigilance and Panic attacks
- ▶ Waking up terrified without reason
- ▶ Flash-backs
- ▶ Feeling inadequate, worthless
- ▶ Shame and Guilt
- ▶ Disgust and Self Doubt
- ▶ Self-hate and Suicide-attempt
- ▶ Lonely and Despair
- ▶ Hearing voices and Delusions
- ▶ Psychogenic Non-Epileptic Seizures
- ▶ Anti-social behavior

Thank you

QUESTIONS?

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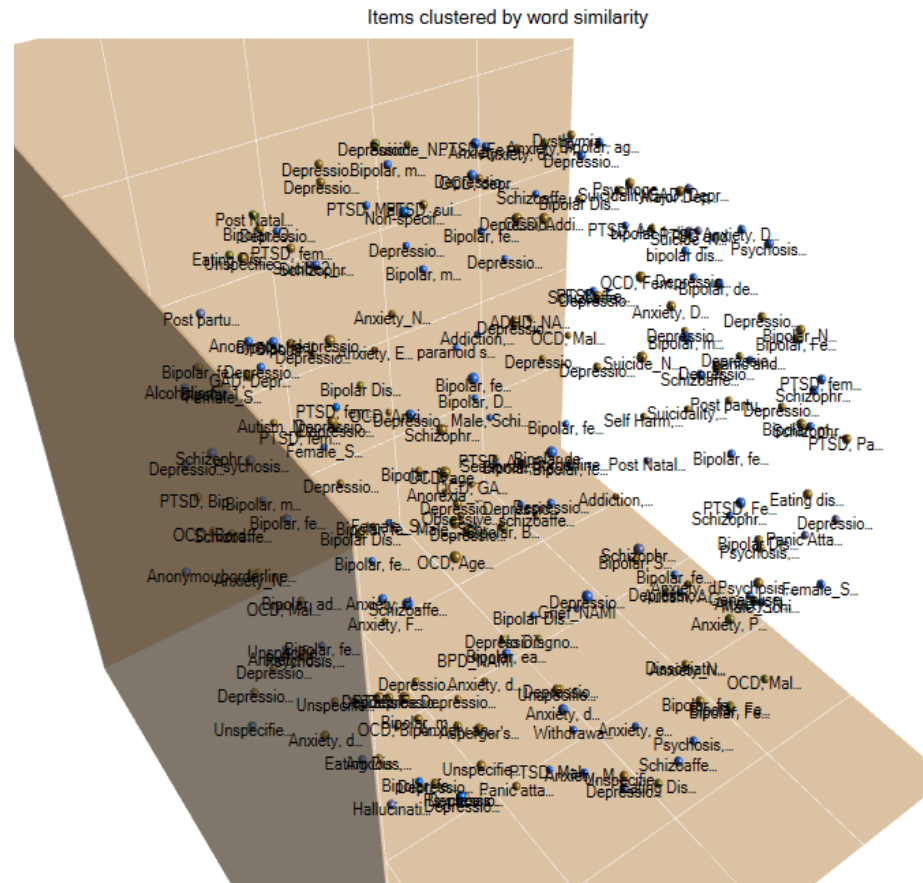
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Linkedin: <https://www.linkedin.com/in/chandril-ghosh/>

www.chandrilghosh.org.uk (under development)

WIDER STUDY

Studying the structure of mental ill health from patient's first hand experiences using Natural Language Processing and Machine Learning.



Items clustered by word similarity

