Tennessee v. Meta
Case No. 23-1364-IV
PX-00104

Mental Health: A Quick Overview

POC: Shruti Bhutada

Please note, this review tries to simplify the inherently complex and vast area of mental health in order to provide a birds eye view of the field. Please caveat accordingly.

Thank you to Hitomi [redacted], Wendy Gross, Jennifer Guadagno, Mark [redacted], Darwin [redacted], Shilpa Mody, Sylvie [redacted], Justin Cheng, Alana [redacted], Xavier [redacted] and Lori [redacted] for guiding me to the right resources and providing feedback.

TL;DR

- Mental health is defined as a state of well-being in which every individual realizes his or her potential. It therefore comprises of both positive (subjective well-being) and negative (mental illness, psychopathological symptoms and distress) mental health, which are two correlated but distinct factors.
- On Instagram, mental health issues impact one of our core demographics (teens and younger users), as they generally demonstrate lower well-being. Mental health issues are also a leading driver of well-being complaints related to Instagram.
- Social media is often not the cause of problems related to mental health. However, it can and does both attenuate or exacerbate a user's experience with mental health issues.
- Therefore solutions to mental health issues should focus on both promoting positive mental health outcomes (enhancing overall well-being) and preventing negative mental health outcomes (prevention and support for the most distressed users).

What is mental health?

- WHO defines mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (X) However it is important to keep in mind that positive functioning and emotions as a constant state may not be appropriate in many situations and negative affect is a part of life (X).
- Mental health therefore includes
    - Emotional Well-Being
    - Psychological Well-Being
    - Social Well-Being

Isn't this just subjective well-being?

Mental health as it is defined by WHO is a broader construct that is inclusive of, but not limited to subjective well-being. In a bid to move away from defining mental health as simply the absence of mental illness, WHO released a 2001 report, outlining their vision of mental health as not just the absence of disorder or struggle with mental health, but a state of well-being where individuals are able to thrive

[Insert two continnua model]

- This two-continua model of mental health suggests that mental health and mental illness, or positive (PMH) and negative mental health (NMH), are two correlated but distinct factors (X, X; X; X, X, X, X). Some aspects of positive mental health are associated with greater levels of life satisfaction, greater positive affect and lesser negative affect, also defined as subjective well-being (X). On the other hand, negative mental health is most commonly associated with psychopathological symptoms. Generally lower levels of positive mental health is accompanied by more severe symptoms of depression, anxiety or stress. (X)
- Past research on mental health and social media use has consistently surfaced a few mental health issues that are particularly relevant to social media and IG (x,x,x,x). This list is not exhaustive but meant to be relevant to social media use and should be expanded.
    - Problematic Use of technology and Time Spent
    - Depression
    - Loneliness and Belonging
    - Social Comparison

    - Anxiety and FOMO
    - Stress
    - Suicide and Self-Injury
    - Eating Disorders and Body Image issues
    - Other mental health disorders (bipolar, schizophrenia etc.)
- Mental Health and social media use work has been focussed on two work-streams at Facebook: Understanding subjective well-being and the drivers of subjective well-being (see here) and preventing extreme harm which focusses on suicide, self injury and eating disorders (all grouped under the category of SSI).
- While these distinctions are helpful for tackling mental health to the extent that it is impacted by social media use, they are more arbitrary than natural.
- Mental health problems are complex and often have co-morbidity (they can co-exist and exacerbate each other). They are not discrete issues that can be addressed in a vacuum. Let's take the example of suicide and self-injury.
    - Suicidal distress is not always extreme and users can be in varying states of distress ranging from curiosity about what others experiencing similar distress are doing to the act of taking ones' life following a triggering event. Additionally, a person's journey to suicide or recovery is not always linear and they might recover or commit suicide after experiencing extreme distress (X).
    - Suicidal thoughts can be triggered due to a variety of mental health issues with social media serving as a trigger. However, social media may also provide unique opportunities for users to connect with others or seek help when they do not have a support system to lean on more close by (X).
- However solutions to the problems caused by social media are not always straightforward.
    - E.g. taking down content and hashtags associated with ED/SSI can prevent downward spiral for some but alienate others who are coming to the platform to seek support
    - Broad solutions like time spent might not address the problems around problematic use amongst particularly vulnerable populations

Why should IG care about mental health?

- It impacts one of our core demographics that also happens to be the most vulnerable
    - 71% of teens in US use Instagram, the second highest use social network, preceded only by Snapchat (X).
    - However, IG is perceived as worse for mental health compared to other social media sites like Snap, Twitter, Facebook and Youtube
        - According to a survey of 1500 young adults, Instagram was ranked as the worst social media app (compared to Snap, Twitter, Facebook and Youtube) for mental health and well being, particularly for its impacts on anxiety and depression (X, X).
    - Younger users on IG (age 24 and below) demonstrate lower well-being than older users (x). More specifically they demonstrate greater depression, loneliness and negative affect (x). Mental health and SSI is also one of the consistent safety issues that our users worry about (x).
    - Exposure to NSSI may increase risks in engaging in these behaviors and consuming NSSI content online can trigger offline NSSI behaviors. IG is particularly susceptible to this as it allows for use of anonymous identities and hashtags and is a visual medium. Also parents, regulators and other expert bodies may often struggle to understand how hashtags are being used (X)
- Mental health issues like anxiety and depression are the leading drivers of well-being complaints related to Instagram (X).
- It is a prevalent issue which can lead to negative experiences in extreme instances and that users want us to support them on
    - Past research on reach, intensity and importance of well-being issues on FB found mental health and SSI to be some of the key opportunity areas FB should focus on (x).

What role does IG (and other social media) play in users mental health?

- Social media is often not the cause of problems related to mental health. However, it has the power to both positively and negatively influence users experience with these problems.
- Users go to social media with the intent to explore, express or connect. While doing so they can have both positive and negative experiences for users. Many of the negative experiences exacerbate mental health issues and mitigating these while promoting positive experiences could lead to better overall well-being for our users (X).

	Social Media Use	Positive Experiences	Negative Experiences
1	Connection	Closeness	Disconnection

2	Self-Expression	Affirmation	Social comparision and others' judgements
3	Exploration	Inspiration, Entertainment, Admiration	Distress, Boredom, Envy

- Social media therefore plays the role of a catalyst more so than being a primary driver of negative mental health (with certain exceptions like problematic use) (X).
- Hence, it has the ability to drive both positive and negative outcomes related to users mental health. As such, solutions to mental health issues should therefore focus on both promoting positive mental health outcomes (enhancing overall well-being) and preventing negative mental health outcomes (prevention and support for the most distressed users).
- Some solutions in aimed at both these outcomes are presented below.

	A	Preventing Negative Outcomes	Promoting Positive Outcomes
1	Mental Health (Other)	Preventing specific problematic use: e.g. night time usage	Positive Drivers of overall mental health (MSI, Authentic self-expression, safe space for identity exploration)
2		Better control of social media experience (content filters, short term blocks on content type, managing notifications)	Providing tools to seek support: (1)expert support (2)seeking support from similar others online (support groups; see groups work) (3) seeking support of close connections (e.g. parent teen interactions)
3	SSI	Recommending/upranking SSI support hashtags (like #depressionwarrior) when you search an SSI or depression-related hashtags, taking down triggering content, providing immidiate resources for help, altering emergency services	tools and reminders centered on self care, proactively surface online support communities and mental health and well-being resources, provide tools for supporting distressed others
4	Depression	TBD	TBD
5	Anxiety and FOMO	FOMO reminders (you are all caught up)	TBD
6	Stress	TBD	TBD
7	ED and Body Image	TBD	TBD
8	Social Comparision (x)	User controls to mute or ignore content people don't want to see (x)	Positive Interactions (encourage comment after x likes/closeness; support gratitude, positive focus on others) (x)
9		Interruptions after too much scrolling/ preventing rabbit holes(x)	Positive memories (to remind people of the good things/ moments in their lives) (x)
10		UI React changes (to limit vanity views etc.; e.g. Project Daisy) (x)	
11	Loneliness	TBD	TBD

- Caveat: This approach focusses on the affected user and simplifies an inherently complex area for clarity. These solutions focus mostly on those suffering from distress and not observers and people who want to help.

Reference List

Please see the quip for a list of papers and past reviews: Mental Health Past work
Contact Support

Conversation History

Diego Castaneda opened your conversation with Bethany [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted] Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Aug 28 at 12:18 am

Diego Castaneda disabled link sharing. · Aug 28 at 12:26 am

Jasmine opened your conversation with Bethany, Diego Castaneda, Han, Jonathan, Stanley, Kingsley, Karlene, Albert, George Volichenko, Mia, Cianna, Moira Burke, Gargi, Hitomi, Liza Crenshaw, Lauren (IG), Justin Cheng, Aaron, Francesco, Mark, Wendy Gross, Justin Cheng, Ellen, Jennifer Guadagno, Kyle, Derek, Stella (IG), Rehman, Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy, Veronica, Kayla, Betty, Judy, Mingliang, Raymond, Wyatt, Jay, Zhongli and Hannah Jan 20, 2021 at 4:54 am

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Jonathan Jun 19, 2020 at 5:58 am

Jonathan removed the document from the folder Research - Social Comparison Jun 19, 2020 at 5:58 am

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Satish opened your conversation with Bethany, Diego Castaneda, Han, Jonathan, Stanley, Kingsley, Karlene, Albert, George Volichenko, Mia, Cianna, Moira Burke, Gargi, Hitomi, Liza Crenshaw, Lauren (IG), Justin Cheng, Aaron, Francesco, Mark, Wendy Gross, Justin Cheng, Ellen, Jennifer Guadagno, Kyle, Derek, Stella (IG), Rehman, Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy, Veronica, Kayla, Betty, Judy, Mingliang, Raymond, Wyatt, Jay, Zhongli and Hannah May 2, 2020 at 11:48 pm

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Jonathan moved the document to the folder Research - Social Comparison Mar 17, 2020 at 11:45 pm

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Shubhro opened your conversation with Bethany, Diego Castaneda, Han, Jonathan, Stanley, Kingsley, Karlene, Albert, George Volichenko, Mia, Cianna, Moira Burke, Gargi, Hitomi, Liza Crenshaw, Lauren (IG), Justin Cheng, Aaron, Francesco, Mark, Wendy Gross, Justin Cheng, Ellen, Jennifer Guadagno, Kyle, Derek, Stella (IG), Rehman, Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy, Veronica, Kayla, Betty, Judy, Mingliang, Raymond, Wyatt, Jay, Zhongli and Hannah Mar 7, 2020 at 7:11 pm

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Melissa opened your conversation with Bethany, Diego Castaneda, Han, Jonathan, Stanley, Kingsley, Karlene, Albert, George Volichenko, Mia, Cianna, Moira Burke, Gargi, Hitomi, Liza Crenshaw, Lauren (IG), Justin Cheng, Aaron, Francesco, Mark, Wendy Gross, Justin Cheng, Ellen, Jennifer Guadagno, Kyle, Derek, Stella (IG), Rehman, Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy, Veronica, Kayla, Betty, Judy, Mingliang, Raymond, Wyatt, Jay, Zhongli and Hannah Jan 8, 2020 at 9:58 pm

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Meghana opened your conversation with Bethany, Diego Castaneda, Han, Jonathan, Stanley, Kingsley, Karlene, Albert, George Volichenko, Mia, Cianna, Moira Burke, Gargi, Hitomi, Liza Crenshaw, Lauren (IG), Justin Cheng, Aaron, Francesco, Mark, Wendy Gross, Justin Cheng, Ellen, Jennifer Guadagno, Kyle, Derek, Stella (IG), Rehman, Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy, Veronica, Kayla, Betty, Judy, Mingliang, Raymond, Wyatt, Jay, Zhongli and Hannah Dec 17, 2019 at 5:27 pm

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Daniel [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted] Francesco [redacted], Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Dec 7, 2019 at 3:25 am

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Jonathan [redacted] added the document to the folder Mental Well-being Nov 26, 2019 at 8:05 pm

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Sam [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted] Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted] Zhongli [redacted] and Hannah [redacted] Nov 26, 2019 at 6:01 pm

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Shruti Bhutada edited Nov 11, 2019 at 9:59 pm

Betty [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Nov 4, 2019 at 4:54 pm

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Sal [redacted] added Betty [redacted] to the thread Nov 3, 2019 at 6:11 pm

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Sal [redacted] added you to a document Nov 3, 2019 at 6:06 pm

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Lori [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted] Betty [redacted] Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Nov 1, 2019 at 9:41 pm

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Shruti Bhutada edited Oct 22, 2019 at 5:50 pm

Jeff [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted] Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted] Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted] Wyatt [redacted], Jay [redacted] Zhongli [redacted] and Hannah [redacted] Oct 17, 2019 at 5:21 pm

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Sal [redacted] opened your conversation with Bethany [redacted] Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella Wang (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Oct 15, 2019 at 4:38 am

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Shruti Bhutada edited Oct 12, 2019 at 12:44 am

Judy [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] on a phone Oct 12, 2019 at 12:18 am

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Bethany [redacted] added Judy [redacted] to the thread Oct 12, 2019 at 12:18 am

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Bethany [redacted] added you to a document Oct 12, 2019 at 12:13 am

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Bethany [redacted] opened your conversation with Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Oct 12, 2019 at 12:13 am

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Wendy Gross opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Oct 1, 2019 at 3:18 pm

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Mingliang [redacted] edited Oct 1, 2019 at 12:10 am

Shruti Bhutada added you to a document Sep 30, 2019 at 10:41 pm

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Shruti Bhutada added Jennifer Guadagno, Justin Cheng, Mark [redacted] and Wendy Gross to the thread Sep 30, 2019 at 10:46 pm

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Shruti Bhutada added you to a document Sep 30, 2019 at 10:41 pm

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Shruti Bhutada added you to a document Sep 30, 2019 at 10:41 pm

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Shruti Bhutada added you to a document Sep 30, 2019 at 10:41 pm

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Shruti Bhutada edited Sep 30, 2019 at 10:55 pm

Shruti Bhutada edited Sep 25, 2019 at 10:34 pm

Shruti Bhutada edited Sep 25, 2019 at 6:58 pm

Shruti Bhutada edited Sep 25, 2019 at 1:49 am

Shruti Bhutada edited Sep 24, 2019 at 11:40 pm

Zhongli [redacted] edited Sep 24, 2019 at 11:00 pm

Shruti Bhutada edited Sep 24, 2019 at 11:00 pm

Shruti Bhutada Sep 16, 2019 at 8:44 pm

Hitomi's work on SSI

Shruti Bhutada edited Sep 16, 2019 at 8:44 pm

Shruti Bhutada edited Sep 6, 2019 at 4:47 pm

Jay Campbell edited Sep 5, 2019 at 8:06 pm

Jay [redacted] Sep 4, 2019 at 10:36 pm

Shruti, how can we refine the takeaway here to make it more clear and differentiate it from the TRIPS research? Reading through the doc you linked to, it looks like the takeaway is that Mental Health and SSI rates the highest in terms of the intersection between intensity and users' belief that we should be supporting them for this type of problem. Is that correct?

Jay [redacted] edited Sep 4, 2019 at 11:24 pm

Shruti Bhutada edited Sep 4, 2019 at 6:16 pm

Mingliang [redacted] edited Sep 4, 2019 at 4:22 pm

Mingliang [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted] Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted] Francesco [redacted] Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted] Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted] Veronica [redacted], Kayla [redacted], Betty [redacted] Judy [redacted] Raymond [redacted] Wyatt [redacted], Jay [redacted], Zhongli [redacted] and Hannah [redacted] Sep 4, 2019 at 4:06 pm

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Aaron [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted], Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Francesco [redacted] Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted] Jennifer Guadagno, Kyle [redacted] Derek [redacted] Stella [redacted] (IG), Rehman [redacted] Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted] Veronica [redacted] Kayla [redacted] Betty [redacted] Judy [redacted] Mingliang [redacted] Raymond [redacted], Wyatt [redacted], Jay [redacted] Zhongli [redacted] and Hannah [redacted] Sep 3, 2019 at 10:17 pm

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Shruti Bhutada edited Sep 3, 2019 at 8:52 pm

Lauren [redacted] (IG) edited Sep 3, 2019 at 8:20 pm

Shruti Bhutada edited Sep 3, 2019 at 8:11 pm

Lauren [redacted] (IG) edited Sep 3, 2019 at 8:10 pm

Shruti Bhutada added you to a document Sep 3, 2019 at 6:54 pm

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Shruti Bhutada Sep 3, 2019 at 6:52 pm

Subjective well-being refers to people's evaluation of their own lives -- in thoughts and feelings (Diener, 1984 (http://l.facebook.com/l...)). It includes overall evaluations like life satisfaction as well as the experience of positive feelings (like happiness) and negative feelings (like stress). This + how supported they feel by IG can be one of the metrics to evaluate progress in mental health space.

Shruti Bhutada added Aaron [redacted] and Jonathan [redacted] to the thread Sep 3, 2019 at 6:57 pm

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Shruti Bhutada added you to a document Sep 3, 2019 at 6:51 pm

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Zhongli [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted] Karlene [redacted] Albert [redacted], George Volichenko, Mia [redacted] Cianna [redacted], Moira Burke, Gargi [redacted] Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted] Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted] Jennifer Guadagno, Kyle [redacted] Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted] Veronica [redacted] Kayla [redacted] Betty [redacted] Judy [redacted] Mingliang [redacted], Raymond [redacted], Wyatt [redacted] Jay [redacted] and Hannah [redacted] Sep 3, 2019 at 6:41 pm

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Shruti Bhutada Sep 3, 2019 at 6:23 pm

Mental health includes preventing negative outcomes associated with mental health problems and promoting positive outcomes to enhance users' overall well-being.

Shruti Bhutada Sep 3, 2019 at 6:13 pm

Mingliang maybe we can put down some of your ideas around goaling here? cc Wyatt, Jay

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Shruti Bhutada Sep 3, 2019 at 6:12 pm

Wyatt we can use the overall mental health section to come up with some jobs

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Shruti Bhutada Sep 3, 2019 at 6:09 pm

Hitomi would love your input on this section (solving for SSI). I am trying to pull from your work but we just need high level themes at this point. LMK

Lauren [redacted] (IG) Sep 3, 2019 at 5:52 pm

Definitely - let's do that in our 1:1 today

Lauren [redacted] (IG) opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted] Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella [redacted] (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted] Veronica [redacted], Kayla [redacted] Betty [redacted], Judy [redacted] Mingliang [redacted] Raymond [redacted], Wyatt [redacted] Jay [redacted], Zhongli [redacted] and Hannah [redacted] Sep 3, 2019 at 5:52 pm

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Shruti Bhutada added Hitomi [redacted] to the thread Sep 3, 2019 at 5:54 pm

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Shruti Bhutada added you to a document Sep 3, 2019 at 5:48 pm

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Shruti Bhutada Sep 3, 2019 at 5:43 pm

Lauren maybe we can organize the solutions you have been working on in overall mental health vs specific problem types and present them? Here is a rough framework to help us think about it.

Shruti Bhutada edited Sep 3, 2019 at 8:10 pm

Wyatt [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted] Karlene [redacted] Albert [redacted] George Volichenko, Mia [redacted], Cianna [redacted] Moira Burke, Gargi [redacted] Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted] Francesco [redacted] Mark [redacted] Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted] Derek [redacted], Stella [redacted] (IG), Rehman [redacted] Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted] Veronica [redacted] Kayla [redacted], Betty [redacted] Judy [redacted] Mingliang [redacted], Raymond [redacted] Jay [redacted] Zhongli [redacted] and Hannah [redacted] Aug 30, 2019 at 10:57 pm

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Shruti Bhutada added Lauren [redacted] (IG), Mingliang [redacted], Wyatt [redacted] and Zhongli [redacted] to the thread Aug 30, 2019 at 10:50 pm

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Shruti Bhutada added you to a document Aug 30, 2019 at 10:45 pm

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Shruti Bhutada added you to a document Aug 30, 2019 at 10:45 pm

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Shruti Bhutada added you to a document Aug 30, 2019 at 10:45 pm

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Shruti Bhutada added you to a document Aug 30, 2019 at 10:45 pm

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Shruti Bhutada edited Aug 30, 2019 at 11:04 pm

Shruti Bhutada edited Aug 23, 2019 at 10:54 pm

Jay [redacted] opened your conversation with Bethany [redacted], Diego Castaneda, Han [redacted], Jonathan [redacted], Stanley [redacted] Kingsley [redacted], Karlene [redacted], Albert [redacted], George Volichenko, Mia [redacted], Cianna [redacted], Moira Burke, Gargi [redacted], Hitomi [redacted], Liza Crenshaw, Lauren [redacted] (IG), Justin Cheng, Aaron [redacted], Francesco [redacted], Mark [redacted], Wendy Gross, Justin Cheng, Ellen [redacted], Jennifer Guadagno, Kyle [redacted], Derek [redacted], Stella Wang (IG), Rehman [redacted], Shilpa Mody, Charles Sismondo, Shruti Bhutada, Jimmy [redacted], Veronica [redacted], Kayla [redacted], Betty [redacted], Judy [redacted], Mingliang [redacted], Raymond [redacted], Wyatt [redacted], Zhongli [redacted] and Hannah [redacted] Aug 23, 2019 at 10:01 pm

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Jay [redacted] edited Aug 23, 2019 at 10:04 pm

Shruti Bhutada enabled link sharing · View/Edit Aug 23, 2019 at 6:59 pm

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Shruti Bhutada edited Aug 23, 2019 at 4:59 pm

Shruti Bhutada edited Aug 22, 2019 at 9:39 pm

Shruti Bhutada edited Aug 22, 2019 at 4:57 pm

Shruti Bhutada created the document Aug 22, 2019 at 5:01 pm
