

Philippine English in Online Depressive Language

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Abstract

The use of language in the world of people living with mental health conditions cannot be underestimated. Hence, the study of depressive language is relevant. In this research project, the researcher aimed to understand the use of Philippine English in the depressive language by analyzing the discourses posted by netizens on Facebook. Through AntConc, the researcher determined the frequency of word use in these discourses and examined the context of each dominant Philippine English depressive language lexicon in relation to mental health. With the help of the depression lexicon offered by Cheng, Ramos, Bitsch, Jonas, Ix, See, and Wehrle, the researcher revealed how Filipinos use common English words in expressing their mental state and emotional struggles. Based on the careful analysis, depression lexicons pertaining to suicide, mood, guilt, and esteem are heavily evident. Filipinos also have varied uses of the word *depression* in their statements, which shows how linguistically rich and diverse depressive language is from the perspective of Philippine English. After shedding light on the linguistic features of Philippine English in depressive language use on Facebook, it can now be concluded that studying Asian Englishes, specifically Philippine English can become instrumental in advancing studies and advocacies related to mental health awareness through language use on virtual spaces.

Keywords: Discourse Analysis, Philippine English, Depressive Language

Introduction

The World Health Organization (2018) maintains that problems related to mental health are among the most addressed by the Philippine government and several other non-government organizations (NGOs) that focus on raising awareness on mental health. Amidst this fact, it is still a given fact that mental health problems are still extant in the Philippines in spite of the numerous initiatives that help people living with mental health conditions. For Wongkoblap, Valdillo, and Curcin (2017), mental health issues have become a primary global concern. The Department of Health (DOH) (2020) in the Philippines reported that the World Health Organization (WHO) interjected that problems associated to mental and behavioral aspects cover around 14% of the diseases across the world, and there are as many as 450 million people who living with these illnesses. Based on the Philippine World Health Organization Special Initiative for Mental Health reported in the early part of 2020, there are at least 3.6 million Filipinos who are living with mental health conditions and are suffering from them. Despite the accessibility to various initiatives that help individuals with their mental health issues, such as depression, still choose exploring other means to address their cases.

The use of social media is one of these ways. For Welch (2019), social media have been considered as an effective platform for expressing various contents

such as status posts, photos or videos, and other user-curated contents. Netizens can also be engaged with others virtually. Through this, people living with mental health issues could express themselves and reflect whatever social relationships they have. In expressing themselves, the use of depressive language becomes observable.

Understanding the use of Philippine English in various online-generated discourses is very timely and relevant as DOH, along with WHO, points out the significance of mental health awareness, in consideration of the rising suicide cases in the country. According to Rivas (2021), suicide cases rose by 25.7 % in 2020 compared to the previous year, this makes suicide the 27th leading cause of death in 2020. With this number, it is just very much important to advance more studies on Philippine English that focus on depressive language. In addition, delving into depressive language and its features can help in gaining knowledge of the depressed individuals' socio-cultural environment and their experiences of powerlessness and marginalization in society. Lewis (1995: 21) underscored that depression is positioned in a socio-cultural environment that is characterized by "powerlessness, helplessness, and dependency." Through studying depressive language from the perspective of Philippine English use, the depressed Filipinos' experiences and struggles are better understood and social relationships are unraveled. Through this paper, the role of Philippine English is also well-explored by looking into how Filipinos living with mental health issues use

language to express themselves in societies other than the physical ones. For Pelt (2021), expressions on virtual platforms such as social media can aid in combatting the mental health-related stigma or for experts, or even educators, detect early signs of mental health problems as evidenced in the linguistic features.

The study of Philippine English evident in the language of depression because it can provide opportunities in determining language features and can assist experts in better understanding how language works in the realm of mental health. As noted by Newell, McCoy, Newman, Wellman, and Gardner (2018), learning about the various linguistic features of the language of people living with mental health conditions can be instrumental for experts in the mental health field and even in a range of disciplines. According to research, language also serves as a bio-signal which received more scholarly attention as an objective means of detecting markers which can be useful in diagnosing or monitoring mental health issues (Stasak, 2018). Miller (1965) in Stasak (2018) strongly affirms this by stating that a psychological theory may not be enough if language is not considered at all. To put it in the words of Tausczik and Pennebaker (2010), one cannot really underestimate the functionality of language as words that individuals use daily are representative of their attention, thoughts, avoidance, and even strong feelings or emotions.

Therefore, the study of depressive language can be very useful in deeply understanding human feelings or emotions. In this study, and with emphasis on how important the exploration of Philippine English is, the researcher was provided the impetus to determine the linguistic features of depressed individuals' language, specifically the use of Philippine English, and how this is used virtually to facilitate self-expression or to represent mental states. By conducting this preliminary study, more academic endeavors on language and mental health can be advanced to center on ideologies that represent Filipinos' current experience of stigma in society due to their mental health conditions. Situating this to the context of Lewis (1995), establishing that people who live with mental health conditions are positioned in a social landscape where there is evident powerlessness and marginalization, it is just apt to begin with a careful examination of the use of Philippine English through the evident linguistic features to shed light on the depressed Filipinos' experiences of powerlessness on social media brought about by the societal stigma.

Undeniably, numerous studies on depressive language

had been conducted in the past such as the study on depression in social media (De Choudhury, Gamon, Counts, & Horvitz, 2013) and depression forums (Ramirez-Esparza, Chung, Kacewicz, & Pennebaker, 2008). Some studies focused on the psychological meaning of words (Tausczik & Pennebaker, 2010), the words of well-being (Krieger, 2016), and the existence of depressed affects in discourses (Newell, McCoy, Newman, Wellman, & Gardner, 2018). There are also a few studies that delved into the presence mental health disorders in the social media era (Wongkoblap, Valdillo, & Curcin, 2017) and the psychological aspects of natural language use (Pennebaker, Mehl, Niederhoffer, 2003). On the other hand, there is an undeniable scarcity of resources in the Philippine context, specifically in terms of the use of Philippine English to express Filipinos' depressive state. The presence of Republic Act (R.A.) 11036 or the Mental Health Act in the Philippines, particularly Section 3 (d), "strengthen information systems, evidence, and research for mental health," does not guarantee thousands of national initiatives that revolve around linguistic studies to help address mental health condition. This became the researcher's primary motivation for the conduct of this study as most of the existing literature is from other fields such as psychology. Unfortunately, linguistic studies on mental health and Philippine English use has not become a trend over the years. Dita and Dayag (2016) highlighted that there has been a common pattern of research directions on applied linguistics in the Philippine setting, in which most focus on language pedagogy, sociolinguistics, discourse analysis, and bilingualism among others.

The skyrocketing number of suicide cases in the Philippines, most especially during the global health crisis prompts the analysis of depressive language from the lens of Philippine English, and this can be very helpful in identifying on social media some markers of depression and mental health, by examining depressed Filipinos' postings and other virtual interactions through the use of discourses. Having identified the urgency and necessity to conduct this preliminary investigation, the researcher aimed to discuss Filipinos' use of Philippine English in their depressive language on Facebook. It is also hoped that this paper would shed light on the Philippine English linguistic features observed in the depressive language posted online by Filipinos. Through a careful analysis of the Philippine English features present in the depressive language of depressed Filipinos, the researcher aimed to present the functionality of Philippine English for people living with depression.

Methodology

Research Design

The use of qualitative approach to research was deemed significant in this paper as Mohajan (2018) stipulates that this approach is seen as a “form of social action that emphasizes on the way people interpret and make sense of their lifeworld or experiences to understand the social reality of individuals.” The use of discourse analysis was also identified to be necessary to unravel the use of Philippine English by focusing on the linguistic features evident in the depressive language of Filipinos online. Hence, the researcher did an extensive analysis of the texts by focusing on the discourses produced by Filipinos online, specifically in certain group communities such as Facebook groups.

Research Corpora

The discourse analysis of Philippine English in depressive language required the use of linguistic data sets. For this paper, the researcher culled and examined 150 Facebook posts purposively selected from three different Facebook communities, whose identities were made anonymous in this paper for ethical purposes. Three sets were made for the purposes of analyses. Primarily, the Facebook communities are private virtual groups that prompts interested members to answer series of questions first to determine eligibility to become members. These questions circle around their mental health diagnoses, status, and purpose for joining; and only successful interested members are admitted to the group. The researcher also imposed inclusion criteria in selecting the data sets. First, the post must have been made by a Filipino netizen with a verifiable Facebook account or profile. Texts must have also been posted in 2019-2021 where there was a spike of COVID-related cases and mental health issues became prominent. Only posts that are textual or non-multimodal and were in English or a mix of both Filipino and English had been considered for the composition of the data sets.

Data Collection

For the data culling process, strict ethical

considerations were imposed by the researcher who communicated with the Facebook communities’ administrators regarding the retrieval of the texts and their safekeeping for confidentiality. Online communication made it possible for the researcher to seek the approval of all administrators prior to data culling. After this, the researcher proceeded to the rigorous process of purposive data selection in which it was ensured that only those that pass the inclusion criteria were selected. Data sets were organized according to their respective coding, and screen shots of the posts were taken to maintain the authenticity the date retrieved from the online sources. In doing so, no profile was divulged in the discussion of the paper to maintain anonymity.

Results and Discussion

Philippine English in Depressive Language

Linguistically, depressive language is abundant; and this could be manifested in the results which show the presence of various lexical items which were categorized by the researcher into twelve. These are *mood, interest, appetite and weight, sleep, psychomotor agitation, psychomotor retardation, fatigue, guilt and esteem, concentration, suicide, anxiety, and histrionic behavior*, as based on the depression lexicon categories offered by Cheng, Ramos, Bitsch, Jonas, Ix, See, and Wehrle (2016). For them, depressive language is composed of features that accurately signal a person’s emotion or mental state. These categories were based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and the International Classification of Diseases 1-10th Edition (ICD-10).

The American Psychiatric Association (2021) stipulated that the DSM-5, the standard classification of mental disorders, is heavily used by mental health experts in the United States of America. On the other hand, ICD-10 is a legally mandated health data standard containing the World Health Organization Constitution and Nomenclature Regulations (WHO, 2022). Given that the depression lexicon classification in this study is more scientific due to its strong research-based support, it can be revealed that depressed Filipinos who posted the 150 Facebook online discourses all show, based on the use of Philippine English, signs of depression. It must also be noted that from the thirteen categories, *psychomotor agitation and alcohol and substance abuse* are both non-existent in the depressive language analyzed by

the researcher. (*please see appendix 1. Categories of Depression Lexicon in Philippine English*)

The first lexicon category in depressive language using Philippine English is *mood*. This category includes words or phrases that signal the depressed people's emotional state. How they are feeling about themselves or their life in general is portrayed thru the expression of these lexical items suggesting mood. In the English language, the words that are dominant in this category are *sad*, *lonely*, and *depressed*. These adjectives show how low the mood of these depressed people is. Also, the frequent use of the verb *cry/cried/crying* is evident in the depressive language of these people on Facebook. When they express themselves, they channel to people that they have emotional outbursts because of their mental condition.

The second category is *interest* in which lexical items that refer to loss of motivation or energy in doing usual things are expressed by depressed people in their language. As culled from the data set, the use of the English word *interest* collocated with the word *lost* is dominant. This expression signifies that depressed people explicitly share how they feel about their motivation to do things or their lives in general. In this category, lexical items usually refer to lack or loss of motivation, hope, direction, and sense of fulfillment.

Appetite and weight is also one category present in the depressive language using Philippine English. This is composed of lexical items that allow depressed people to express how their health is heavily affected by their mental health condition. While this is not that dominant in the depressive language, it must also be noted that these depressed individuals also express how their want for food is affected by their mental state. Some of them shared that they started losing their appetite because of the medication or experienced weight loss due to a lack of interest in the usual daily activities such as eating, drinking, and taking the prescriptions. The fourth category is *sleep*. Here are lexical items that highlight how depressed people suffer from sleeplessness due to their mental health. In the English language, the common lexical items are *sleep* (collocated with the phrase *lack of*) and *insomnia*.

Two categories are present, but not that dominant, in the depressive language, *psychomotor agitation* and *psychomotor retardation*. The first one refers to any lexical item that deals with purposeless actions or movements due to panic or anxiety, while the second one points out any lexical item that suggests slowing

down of movements or thinking due to depression. Among the analyzed posts, it is noted that there is only one presence of psychomotor agitation, as in the statement *nagpapanick ako* (I am panicking). However, this is in the Filipino language. This statement explicitly shows the person's panic or anxiety. On the other hand, psychomotor retardation is shown in lexical items or expressions that reflect abnormalities in breathing, actions, and thinking. Words such as *difficulty* and *numb* in English and *hirap* (difficult) and *mabigat* (heavy) dominate the depressive language under this category.

Another category with many expressions identified is *fatigue*. In this category, included are lexical items that refer to tiredness may it be emotional, mental, or physical. In the analyzed depressive language, the most dominant words are *tired* and its Filipino translation *pagod*, along with its affixed versions such as *napagod* (tired: past), *nakakapagod* (tiring or exhausting), and its reduplicated form *pagod na pagod* (very tired). As noticed, the depressed people are explicit in stating these words in their posts to signal that they are already physically, mentally, and emotionally tired of having such a mental health status.

One message that is also dominantly channeled by the depressed people through their language is the feeling of hopelessness, self-pity, or loss of confidence. This is conveyed through the use of lexical items falling under the category of *guilt and esteem*. While only a few statements in the English language belong in this category, there are numerous for those in the Filipino language. Based on the features, the use of expressions with the lexical item *wala* or *walang* signifying feelings of guilt and low esteem is prevalent. For instance, the expressions *walang may paki* (no one cares), *walang nakakaintindi* (no one understands), *walang nagmamahal* (no one loves), *walang nag-aalala* (no one is concerned), and *walang kaya magspare ng oras* (no one is willing to spare some time) all mean that the depressed individuals show low self-esteem. There are also statements containing lexical items that point out guilt such as *kasalanan ko* (my fault) and *kasalanan ko din siguro kung bakit ganito* (maybe, it's my fault why it's like this). Depressed people also use these words that denote guilt and esteem on their Facebook posts to stress that they also encounter moments of self-pity and hopelessness due to their mental health conditions.

Depressed Filipinos also use lexical items that refer to

confusion or lack of focus. These words fall under *concentration*. Based on the linguistic data, the use of expressions related to thinking is prevalent in depressive language. Often, these are stated negatively in their posts. For instance, the words *thoughts*, *thinking*, and *mind* are used negatively in expressions such as *unwanted thoughts*, *my way of thinking is getting affected*, and *I'm losing my mind*. On one hand, these depressed Filipinos also express using common Filipino terms such as *utak* (brain), *baliw* (crazy), and *isip* (mind) along with the other statements in the English language. These are also used negatively in statements such as *at war ang utak* (the brain is chaotic), *nakakabaliw* (making [me] crazy), and *gulong-gulo na ang isip ko* (my mind is very chaotic). Therefore, it can be said that not only expressions of mood, guilt, and interest are present as depressed individuals also use lexical items related to focus, attention, or concentration.

The most dominant category in the depressive language is *suicide*. In identifying the linguistic features of the discourses used by depressed people online, it can be highly observed that in most texts, the presence of the word *suicide* is undeniably evident. They also express the same thought using other lexical items such as *goodbye*, *ending*, *last*, and *close eyes*, as in the statements, *good bye world*, *ending this life*, *my last month*, and *learn to be numb and close eyes*. Overall, depressed Filipinos, through the use of various lexical items in the Philippine English, can express online their want to end everything. They utilize these lexical items to draw attention from the virtual public and express what they want with their lives when they post these discourses.

Anxiety is also one category of lexical items present in the depressive language using Philippine English. Usually, the lexical items *anxiety*, *social anxiety*, or *depression and anxiety* are used in the Facebook posts. Although not commonly expressed, this category of lexical items is still evident in the expressions used by depressed people. Since anxiety is also a mental health condition, this lexical item is often collocated with the word *diagnosed*.

It is noteworthy to say that there are also observed lexical items falling under the category of *histrionic behavior*. This category includes lexicons that relate to dramatic or exaggerated emotions. For example, the use of the interjection *oh my!* In a sentence juxtaposed with the phrase, *I think I am not okay*. This appears overly dramatic because there is no need to use the

interjection anymore. However, it seems that more emotions are poured into the expression using this.

From the thirteen categories identified, only three are considered dominant by the researcher. Depression lexicon pertaining to *suicide*, *guilt and esteem*, and *mood* are evident. Tausczik and Pennebaker (2010) cite that the expressions people make daily are representations of what they are giving attention to, feeling or ideating, and making meaning of the worlds they have. Given this, it can be said that the Filipinos' use of Philippine English in their depressive language says a lot of their mental or psychological state as people living with mental health issues.

The strong manifestation of suicide-related features notes the presence of suicidal ideation by Filipinos. For the American Psychiatric Association (2013 in Elsevier, 2020), suicide is a common condition associated with depression or any other mental health condition. This is supported by Goldman (2019) who posited that these lexical features related to suicide are a mirror of the feeling of loneliness and demotivation. When these depressed Filipinos used Philippine English suicide-related expressions online to channel their emotional or mental states, their language processes and perceptions of their condition become clear. Harciarek and Consentino (2013 in Trifu, Nemes, Hategan, & Cozman, 2017) see the interrelationship of language and executive functions by gauging the speaker's choice of words or diction to point out an idea. In the research of Pennebaker, Mehl, and Niederhoffer (2003), word types can become manifestations of a person's depressive affect. Hence, the dominance of suicide-related expressions using the Philippine English speaks of Filipinos' struggles with their emotional and mental states.

Besides the occurrence of suicide-related expressions, there are also those that refer to Filipinos' guilt and esteem. Based on the DSM-5, guilt and esteem, as a category, pertains to words that signal feelings of guilt, worthlessness, and negative self-appraisal. On the other hand, ICD-10 stipulates that this refers to words or expressions that manifest disproportionate self-reproaches or even feelings of excessive guilt of inadequacy, loss of confidence and self-esteem, and inferiority. The existence of these features are also reflective of the presence of cognitive words (insights). When depressed Filipinos realize that they feel worthless or guilty about others' treatment or how they see the world, insights are formed. The emotional state of inadequacy amidst their mental health conditions as well as the total absence confidence compose these insights. Pennebaker, Mehl, and Niederhoffer (2003)

maintained that the common features of Philippine English used in the Filipinos' depressive language include the high frequency of negative emotion words and the increase in the number of insights. This explains well why there is dominance of words or expression in the Philippine English that relate to their emotions. This could be supported by the research findings of Kotikalapudi et al. (2012), Moreno et al. (2011), Park et al. (2012), and De Choudhury et al. (2013) that all indicate that depressed Filipinos' language could be indicative of worthlessness, guilt, and helplessness.

Lastly, the presence of mood-related linguistic features add to the lexical items related to Filipinos' emotional state. Newell, McCoy, Newman, Wellman, and Gardner (2018) affirm this as, for them, mood-related expressions, such as those pertaining to depressive mood, are reflective of a mental health condition. As what Cacioppo et al. (1997) put, negative cognitions and other verbal cues are evident in any depressive discourse. These negative cognitions, in the context of this paper, come in the form of mood-specific lexical items. For instance, when someone explicitly states that he or she is living with depression, this may say a lot about the mental health condition. Clearly, biomarkers may be used to determine behavioral patterns or even mental or emotional states. Brockmeyer et al. (2015) stressed in their paper that language indicators are considered accurate determinants for psychopathology and diagnosis and monitoring of one's depression.

Apart from the three dominant linguistic features in the Philippine English used in depressive language, another important feature present in the analyzed data sets are the positive and negative emotion words. For Pennebaker, Mehl, and Niederhoffer (2003), language becomes instrumental in communicating intrapersonal discourses to the outside world or to the community. Understandably, for depressed people, language is considered to be purposeful as it allows them to express themselves using codes that they are comfortable with. In the present paper, it can be gleaned that negative emotion words are frequent compared to a very few positive emotion words or lexicon. As a matter of fact, some lexical items in both English and Filipino languages referring to negative statements, are salient depressive language features. The researcher identified the three most dominant negative lexical items which are *hirap*, *lungkot*, and *depression*. Tausczik and Pennebaker (2010) clearly stated that negative emotion words are extant in depressive language for they are used to express the sadness or solitude experienced by people in the midst

of their mental health condition. As identified by the researcher, people living with mental health conditions utilize more words that mark negative emotions. This explains why most frequent lexical items in the Philippine English used online are those negative and those that are indicative of hopelessness, suicide, and loneliness. (Please see appendix 2. *Concordance Hit of the Word Depression*)

Depressive language on a virtual common such as Facebook is easy to identify by looking at the most prominent words that signal a mental health condition. For example, the use of the negative emotion lexical item *depression*. This word occurred several times in the data sets, as shown in Figure 4. This word is used not only in expressions posted in English but also in those in Filipino or mixed languages. Observably, this word is usually collocated with the item *diagnosed*. In the expressions *diagnosed with depression*, *madiagnosed akong may depression* (to have been diagnosed with depression), and *diagnosed with anxiety and depression*, it can be seen how emphasis is made in diagnosing a mental health condition. This could be a way for these people to make the virtual audience better understand their situation.

Apart from this, it is also noted that other forms of mental health conditions have been mentioned in the discourses. Some of these are *schizophrenia*, *anxiety*, and *bipolar*. These lexical items can be seen in expressions containing the term *depression*. Another thing is that this term is usually juxtaposed with structures that refer to suffering, such as *struggling with* and *suffering from* in English and *hirap labanan ng depression* (depression is hard to fight) and *inaatake ako ng depression* (i have episodes of depression). In these statements, it is clear that the people who posted these discourses experience so much suffering or difficulties in their current mental health condition.

It can be concluded that all linguistic features in the Philippine English used in depressive language reveal so much of the lifeworld of these Filipinos living with mental health problems. These Philippine English features are confirmatory and affirmatory of Filipinos' mental health issues and the country's direction towards mental health awareness, especially in schools. For some seminal works, it has been proven than language features can help a lot in determining one's mental and emotional states (Coppersmith et al., 2014; De Choudhury et al., 2014a; De Choudhury et al., 2013; Yadav et al., 2020). Hence, it is just important to give more attention to this field of study

and to perspectivize Philippine English from a different point of view. Brockmeyer et al. (2015) asserts that speech indicators can become very significant markers in detecting, diagnosing, and monitoring people living with mental health conditions and can become assistive of future psychotherapeutic interventions.

Conclusion

After carefully examining the Philippine English use in the Filipinos' depressive language on Facebook, it can be noted that the language used by depressed Filipinos or those living with mental health conditions can become a rich linguistic resource which could help a lot in advancing initiatives related to mental health awareness. Filipinos' depressive language is characterized by lexical items that serve as biomarkers of emotions and thoughts and even cognitive insights. The presence of the depression lexicon in the Philippine English used by the Filipinos are marks enough to tell of the presence of mental health issues in the country.

Most studies conducted in the Philippine setting focus on mental health in general. Some existing studies on mental health talk about linguistic features or elements only, without attempting to see their relevance to the unique use of Philippine English which can tell a lot about the distinct mental health state of the country. Additionally, there has been a spike in mental health cases and suicide in Asian countries such as Singapore, Malaysia, India, Indonesia, and even the Philippines (Singapore International Foundation, 2019). This provided the impetus for the conduct of the present study. It is also hoped that other researchers in applied linguistics can find the same impetus. This can be an inspiration that World Englishes, or specifically, Asian Englishes, be put into spotlight in terms of conduct of studies focusing on mental health. Exploring depressive language from the perspective of Asian Englishes can become a fruitful means of appreciating the use of the varieties of English in various contexts such as in the mental health sphere.

It is fervently hoped that more studies focusing on depressive language and Philippine English will be conducted and published in the future for Filipino applied linguists and academics. This way, any Filipino researcher who wishes to explore a similar topic may not heavily rely anymore on international studies that might have different contexts. More studies mean more resources for the younger

generation of Filipino applied linguists.

For student researchers and teachers in the field of linguistics/applied linguistics, more studies that advance analyses of depressive language, Philippine English, and the social phenomenon of stigma can be written and shared with a pool of international researchers so that there will be a comparative look at depressive language from the lens of other cultures. This way, varied ways of approaching depressive language analysis could be done to create a holistic picture of it.

Partnerships with applied linguists can be established for experts and researchers in psychology to strengthen the diagnosis and treatment of depression or any other mental health condition. As unraveled in this study, language plays a vital role in seeking help. Hence, there could be ways in which language could be integrated into the scientific studies of depression, social behavior, and other aspects of psychology.

Lastly, for Filipino researchers whose interests are in language and mental health and whose advocacy is to educate more people about mental health, more significant academic write-ups can be done to disseminate essential information to help fight stigma, to educate more people who lack knowledge of this aspect and to empower all people who strive at their best to live with their mental health conditions. A word/data bank of Philippine English mental-health related lexicons or expressions can also be built for future researchers who wish to conduct similar studies in the future. This way, there will be no difficulties in gathering authentic linguistic products from people with mental health conditions that can be used in advancing studies related to linguistics, Philippine English, or mental health.

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Appendix 1 (Table 1). *Categories of Depression Lexicon in Philippine English*

Lexicon Categories	Sample Expressions (Philippine English)
Mood	<ul style="list-style-type: none"> [1] feel like I'm in a dark well [2] falling deeper into the darkness [3] sad and depressed [4] not okay [5] I want to cry [6] anxiety [7] depression [8] pretend to be okay [9] sad [10] feeling of loneliness [11] emptiness [12] struggling with my depression [13] so down this moment [14] stress [15] cried so hard [16] guarded and cynical [17] triggered [18] I might cry [19] cry alone [20] can't stop crying everyday
Interest	<ul style="list-style-type: none"> [1] I lost interest in everything I used to be passionate about meaningless life [2] I want to see the world again [3] ...then starting lose my passion
Appetite and Weight	<ul style="list-style-type: none"> [1] sick [2] illness [3] starvation
Sleep	<ul style="list-style-type: none"> [1] I cant sleep [2] having hard time falling a sleep [3] insomnia [4] having insomnia [5] I cannot sleep much long
Psychomotor Retardation	<ul style="list-style-type: none"> [1] I can't feel anything. I feel numb. [2] I have difficulty in breathing [3] I cannot function anymore
Fatigue	<ul style="list-style-type: none"> [1] Im tired [2] I'm tired
Guilt and Esteem	<ul style="list-style-type: none"> [1] useless [2] nothing to grasp [3] I feel hopeless [4] I lost my confidence [5] As if it (loneliness) is getting away my confidence [6] no one cares for me [7] am I not worth it?
Concentration	<ul style="list-style-type: none"> [1] unwanted thoughts [2] my way of thinking is getting affected [3] I'm loosing my mind
Suicide	<ul style="list-style-type: none"> [1] Suicide [2] Im having suicidal thoughts [3] I'm feeling like Im dying anyway anytime.



	<p>[4] Is today a good day to die? [5] No other solution than suicide. Goodbye world [6] I feel like dying. [7] This will be my last month. I can't take it anymore. [8] Suicidal thoughts again. [9] Anytime soon I might end my life [10] How do you guys stop from reaching the kitchen and just trying to hurt yourself? [11] Maybe it's time for me to go, to go somewhere where pain isn't allowed. [12] I'm suffering extreme anxiety and suicidal thoughts [13] Thinking ending this life would be soo much better [14] Is there any tips on how to end this or this life without harming myself? [15] I'm starting to learn to be numb and close my eyes for me not to see things that can affect me [16] I can't continue life anymore. Kinda need to let go</p>
Anxiety	<p>[1] has social anxiety [2] help me on my depression and anxiety [3] diagnosed with anxiety and depression [4] extreme anxiety and suicidal thoughts</p>
Histrionic Behavior	<p>[1] oh my! I think I'm not okay!</p>

Concordance Hits 16	
Hit	KWIC
1	guys, uhm, IxD5ve was diagnosed with depression a few years ago, and IxD5ve
2	to Magiisang taon narin ng madiagnosed akong may depression. Akala ko okay na ako dahil parang nakabalik
3	for me. * Can someone help me on my depression and anxiety Ang hirap ng walang tulong pati
4	ko siya pa mismo na galling din sa depression and may bipolarsya pa yung hind naniniwala sa kin.
5	ako nakapasok kasi intake na naman ako ng depression. Di makatotohanan dahilan ko sa boss ko pero
6	mo ako!!!! ***** I have observe that lately my depression has its time and that is 6PM to 7
7	life\xC9 how do you guys handle your depression? how do you gusy stop from reaching the
8	this time I was diagnosed with schizophrenia and depression. I lost my job, house and all the
9	12 years ago I was diagnosed with anxiety and depression. I was a young father. My partner left
10	ang tingin ng karamihan sa taong may anxiety depression is Madrama Sadboi sad girl Help me Ang
11	6 I go to bed and just relax then depression just starts that at some point I cried
12	. Virtual hug to all who is suffering from depression. Kaya niyo yan, kaya natin to, hindi tayo
13	you GUYS TULUNGAN NYO KO INAATAKE AKO NG DEPRESSION NASA ISIP KO ANG PAGPAPATIWAKAL i have a
14	nahirirapan na po ako.. Ang hirap labanan ng depression parang di ko na kaya. Ayaw ko nang
15	yung flight ko. I am struggling with my depression. Sobrang nahhirapan ako kasu hindi na nawawala p

Appendix 2 (Figure 1). Concordance Hit of the Word *Depression*