

Day:	What I Accomplished/Plan to Work On
November 22nd, 2025	Looked at a range of topics, such as: <ul style="list-style-type: none"> <li>● Cancer Treatment (Rapid Test)</li> <li>● Mental Health Affecting Athletes</li> <li>● Cures for specific types of Adenocarcinoma(s)</li> <li>● Replacements for Deadly Fossil Fuels</li> <li>● etc.</li> </ul>
November 29th, 2025	Redirected to “What am I interested in?” <ul style="list-style-type: none"> <li>- LLM (how they work, etc)</li> <li>- Environmental Issues</li> <li>- Psychology</li> <li>- Food</li> <li>- Literacy</li> <li>- etc.</li> </ul>
December 7th, 2025	Settled on final idea: People have lots of mental disorders → come from variety of things at different stages of their life → therapy: expensive, nervous, no trust, etc → final solution is turn to AI Cannot stop turning to AI, but can check if it’s good enough (?)
December 17th, 2025 (when science club began)	Rephrased the “brain dump” from above into project title + description: <ol style="list-style-type: none"> <li>1. Assessing the Effectiveness of Large Language Models (LLM's) for Diagnosing Mental Disorders (title)</li> <li>2. Testing the efficiency and effectiveness of LLM's in the case of diagnosing mental disorders. (description)</li> </ol>
December 21st, 2025	Began doing research: <ul style="list-style-type: none"> <li>- Looked at data for amount of people with mental disorders (included “disorders” such as ADHD → potential different path for science fair: is this really a disorder?)</li> <li>- What do current people think about AI? Why is AI the choice and not, idk, friends?</li> </ul>
January 4th, 2026	(not exactly a work day, but a monumental day all the same) Long story, but heard someone talk about an "evaluation framework" Learnt what it meant, and decided it fit my project really well
January 10th, 2026	Did a deeper dive into “evaluation frameworks” <ul style="list-style-type: none"> <li>● What are they?</li> <li>● How are they used?</li> </ul>

	<ul style="list-style-type: none"> <li>● Is it specific to AI or just in general?</li> <li>● How can this alter my project?</li> <li>● Etc.</li> </ul>
January 11th, 2026	<p>Changed project description (not by a lot): Testing the efficiency and effectiveness of LLM's in the case of diagnosing mental disorders, by proposing an evaluation framework.</p> <p>[also acquired the trifold]</p>
January 13th, 2026	<p>Started working on the “Problem” Section on a Google Doc</p> <ul style="list-style-type: none"> <li>- People are sad (which is obvs not good)</li> <li>- What they do instead of turning to therapy (aka. Go to AI)</li> <li>- Unpreventable, so might as well make sure AI is safe</li> </ul> <p>Also created a slightly different version for the trifold</p>
January 16th, 2026	<p>Began thinking of a potential method/solution to the problem</p> <ul style="list-style-type: none"> <li>- Already wanted to do Evaluation Frameworks (which is really just a test to see if something passes a certain criteria)</li> <li>- Began searching for something in psychology that could be the comparison standard</li> </ul>
January 21st, 2026	<p>Found the DSM-5 manual, noted what it was used for, began researching on it + reading through (1370 pages or something)</p>
January 22nd, 2026	<p>Finished typing up my “methodology”, answered questions like</p> <ul style="list-style-type: none"> <li>● What is the DSM-5?</li> <li>● What is the DSM-5 CASEBOOK and why is it different?</li> </ul> <p>Also created a slightly different version for the trifold</p>
January 23rd, 2026	<p>Planned out how this research was going to work:</p> <ul style="list-style-type: none"> <li>- What will I input into LLM's?</li> <li>- What LLM's are most popular (aka, most ppl turn to them for therapy help)</li> </ul>
January 25th, 2026	<p>Decided on a couple of metrics I wanted to assess these LLM's on (how do I know if an LLM passes the threshold?)</p> <ol style="list-style-type: none"> <li>1. False Positives</li> <li>2. True Positives</li> <li>3. True Negatives</li> <li>4. False Negatives</li> </ol>

January 26th, 2026	<p>Did all of the actual project research</p> <ul style="list-style-type: none"> <li>- 30 vignettes into ChatGPT (OpenAI)</li> <li>- 30 vignettes into Gemini</li> </ul> <p>Also created a slightly different version for the trifold</p>
January 31st, 2026	<p>Summarized the research into Data (changing the metrics slightly based of new research)</p> <ul style="list-style-type: none"> <li>- False Positives</li> <li>- True Positives</li> <li>- False Negatives</li> <li>- Overconfidence</li> <li>- General Gist</li> </ul> <p>Also created a slightly different version for the trifold</p>
February 1st-5th, 2026	<p>Began printing/pasting everything onto the Trifold</p>
February 6th, 2026	<p>Westmount Charter's Science Fair Day</p>