

# A Discourse Analysis of Suicide Tendency in Photographer Lu Dawson's Posts on Public Accounts: An Approach of Non-real World and Real World

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**Abstract:** With the number of diagnoses of depression increasing each year and the high frequency of suicides, depression has become a challenge in the fields of neurology and psychology due to its complex etiology and pathogenesis difficult to trace. However, research has demonstrated that language use patterns can reflect the mental state and psychological characteristics of the user (Huang Guanlan and Zhou Xiaolu, 2021). Therefore this paper, based on Kugrerberg and Gliat's (2012) discourse differentiation between "reality orientation" and "non-reality orientation" analyzes the discourse posted by the photographer Lu Dawson on his Weibo and Xiaohongshu accounts before his suicide, adopting the DSM diagnostic criteria for depression as the discourse differentiation method. in terms of vocabulary and syntax. As is revealed, the content of Weibo accounts with more followers expressed suicidal tendencies in a more direct way. At the lexical level, the first person singular, negative words and a large number of vaguely restricted adverbs are employed; at the syntactic level, a large number of rhetorical questions and apologetic sentences are utilized, demonstrating the blogger's disappointment and guilt, which is highly consistent with the symptoms of depression as defined by neurology. This study may provide a reference for identifying the help-seeking signals and life-ending intentions of those who suffer from depression in hope to reduce the occurrence of tragedies.

**Keywords:** Language and psychology, Help signal, Suicide discourse analysis, Depression diagnosis, Suicide crisis intervention.

## 1. Introduction

### 1.1. Background and Significance of the Topic

#### 1.1.1. Background of the Research

According to the definition of French sociologist Durkheim, suicide is not only a social phenomenon, but also an extreme behavior that deliberately ends one's own life. From a psychological perspective, suicide is a kind of behavior under the guidance of suicidal tendency. People with suicidal tendency often have abnormal cognitive models and cognitive functions. Since it is extremely dangerous for individuals and extremely harmful for society, it has long been concerned by scholars and practitioners from all walks of life. According to the 2021 World Health Organization survey report, about 16% of the world's people are suffering from depression. In China, about 300,000 people commit suicide every year, of which mental illnesses are the main reason. The survey report by the National Natural Science Foundation indicates that around 15% of depression patients die by suicide, which is comparable to the proportion of suicide patients with schizophrenia. Approximately 20-40% of individuals with schizophrenia attempt suicide and 9-13% die as a result. The prevalence of suicidal tendencies or attempts in bipolar disorder can range from 33-80%. Additionally, one-third of patients with alcohol dependence have committed suicide.

There are also many studies on suicide, particularly among young people, in China. Some of them measured suicidal phenomena and attitudes in a quantitative way; Some investigate the research and intervention of suicide in mental health education; while others are criticism and reflection on the concept of social and family education. What can be seen from these studies is that most of the current scholars' researches on suicide explore the causes of suicide in order to

reduce the occurrence of suicide. The domestic research on suicide intervention also only stays in the dynamic observation and evaluation of psychiatric patients to determine their cognitive impairment characteristics and mechanisms for medical cognitive therapy. Few scholars have explored how to identify signs of suicide risk and implement effective suicide prevention measures from multiple perspectives.

Corpus based critical discourse analysis has attracted much attention in recent years. After summarizing and sorting out the relevant literature in 90 CSSCI and foreign language important journals from 2002 to 2022, the author found that there were few theoretical research achievements in this field, and empirical research accounted for the vast majority. In the empirical research, more attention has been paid to news discourse, media discourse and political discourse. In recent years, research in other areas of discourse, such as online discourse, fashion discourse, speech discourse, general discourse, has also begun to heat up. The research on image construction is the focus of the researchers, especially the research on the construction of national image. From the perspective of the types of discourse analysis research, there is no lack of discourse construction research on urban image, corporate image, elderly image, gender identity, specific group identity and individual identity. The methods used by these discourse studies is to look analyze these corpora us data from a critical perspective, and then draw conclusions. The results indicate that interdisciplinary approaches will be an important direction for future research in this field.

#### 1.1.2. Research Significance

From the perspective of theoretical development, this research is an extension and practice of the theory of "realistic" and "unrealistic orientation". With the

development and change of the society and the change of the way of information dissemination, the phenomenon of suicide and related online discourse have aroused public concern. International research has found that people with suicide intentions, especially those with depression, will seek help actively in online forums (Gough, 2016), and accept and thank those who provide assistance (Wiggins et al. 2016). Kupferberg and Gilat (2012:28) have categorized different "worlds" and their associated "realistic" and "unrealistic orientations" to differentiate between callers.. However, this theory has not been widely applied in domestic or foreign research.

From the perspective of research methods, psychological researches on suicide tendency and suicide intervention mostly use a combination of quantitative analysis and qualitative analysis, and use a scale to measure the severity of the suicide tendency of the respondents. However, the data collected by such studies are time-sensitive and can only reflect the mental state of respondents during the survey period, which can lead to errors. Therefore, this paper studies the social media discourse of the respondents in a qualitative and quantitative way to judge their mental state and suicide tendency for a period of time. This research method allows respondents to be in a natural, relaxed state, resulting in more accurate survey results that can reflect the time period and specific context, and highlight changes in the mood of respondents. This provides a new approach to studying suicidal tendencies.

From the perspective of practical application, many studies on suicide have been conducted in China, using quantitative research to measure respondents' suicide intentions and identify some causes of suicide. Current research has shown that it is very important to identify suicide crisis by judging suicide intention through discourse expression. However, there is little research on the discourse of suicide victims in China, making it essential to conduct detailed case studies. Suicide intervention ultimately targets individuals, and research focusing on individuals can more accurately reflect changes in their mental state, helping psychologists better understand individual psychological changes and perform effective suicide interventions.

Accordingly, this paper adopts a qualitative and quantitative approach to analyze the social media discourse of individuals using the theory of "reality" and "non-reality". This analysis will be combined with a depression diagnosis scale to determine the subject's suicide tendencies and mood changes over a period of time. The findings will provide more accurate references for future suicide intervention.

## 1.2. Case Introduction

Lu Dawson was a photographer during his lifetime. On the evening of November 28, 2021, "Lu Dawson" published a "posthumous note" on his microblog entitled "No need to set up a monument for him, but only want roses to bloom for him year after year", introducing himself as "left-behind children, school bully experience, photographer, solitary youth, dreamer". One day later, he was confirmed to have committed suicide at the seaside. The tragedy of "Lu Dawson" has caused a lot of resonance on the Internet. He defined his multiple roles as "left-behind children, school bullies, photographers, solitary youth, dreamers". The school violence he experienced in his childhood, the confusion he felt in adulthood, and the indifference of his parents throughout his 25-year life has struck a chord with many young people.

## 1.3. Research Objectives

This paper aims to analyze the discourse characteristics of suicidal tendencies from the perspective of part of speech and sentence structure. It is based on the theory of "realistic orientation" and "unrealistic orientation" discourse differentiation presented by Kugrberg and Gliat (2012), the DSM depression diagnostic standard as the discourse differentiation method, and the discourse published by photographer Lu Dawson on his microblog and Xiaohongshu account before his suicide.

Firstly, this paper will attempt to identify and summarize linguistic features that demonstrate the cross-world characteristics of case discourse from the perspective of suicide type identification, through a detailed description of the "realistic orientation" and "non-realistic orientation" discourse differentiation framework.

Secondly, this paper will utilize the psychological depression scale to code the discourse and analyze the depressive and suicidal tendencies present. It will also explore the intensity of suicidal and depressive tendencies in discourse on social media with varying degrees of openness.

Finally, from the perspective of part of speech and sentence structure, this paper will analyze words that express suicidal tendencies, and provide references for identifying help-seeking signals and suicide intentions of patients with depression.

## 1.4. Overall Structure of the Thesis

This paper is structured into five parts.

The first part is the introduction, which primarily discusses the research background, selection of corpus, and research purpose.

The second part is the literature review, examining existing research on suicidal tendencies, psycholinguistics, and discourse analysis, while also highlighting current research shortcomings.

The third part is the research design, which involves segmenting the corpus according to theory, posing research questions, designing research steps, and conducting data processing.

The fourth part is the main body, analyzing the characteristics of the real world and non-real world discourse in accordance with the research questions. The representation of discourse of depression and suicide tendencies is analyzed in terms of vocabulary and sentence patterns mostly used.

The fifth and final part is the summary, providing an overview of research results and insights gained. Recommendations for future research are rendered based on the limitations of this paper.

## 2. Literature Review

### 2.1. The Study of the Suicidal Tendency

#### 2.1.1. The Overview of the Suicidal Tendency

At the end of the 20th century, French sociologist Durkheim (1996) objected to the idea that suicide was simply regarded as a voluntary act of giving up one's life for physiological and pathological reasons, and believed that suicide reflected the existence form and integration of individuals in society. Schneidman (1993), the father of suicide studies, believed that suicide was due to people's inability to relieve the unbearable "psychological pain" in the past. Suicide has ten psychological similarities (Schneidman, 1985). (1) The stimulus is psychological or unbearable pain.

(2) The source of stress is the frustration of their psychological needs. (3) The intention is to find a solution. (4) The goal is to stop their consciousness. (5) Emotion is extremely helpless. (6) The inner attitude is the contradictory emotion or thought of dying and longing to be saved. (7) Cognitive state is oppressive thinking, and suicide is the only choice. (8) Interpersonal behavior is the transmission of their intentions, and most people will leave clues or hints to cry for help. (9) Behavior is an escape tendency. (10) Behavior consistency is the coping mode of his life habit. The best way to understand suicide and suicide behavior is to understand their emotional state through direct dialogue. It is necessary to conduct a "psychological autopsy" on suicides (Schneidman, 2004).

### 2.1.2. Present Situation of Studies on Suicidal Tendency

There have been many researches on suicide in China, but they mainly focus on the study of student suicide. Some of them assess suicide phenomena and attitudes in a quantitative way (Tang Yongqing, Yang Hongfei, 2003; Yang Zhenbin, Li Yan, 2013; Gao Yihong, Zhang Yuhan, 2017). Some examined the multiple voices of suicide in mental health education (Meng Ling, 2017). Some also investigated the crisis assessment of psychological consultants (Meng Ling, Gao Yihong, 2016; Gao Yihong, Liu Fengqin, 2016). Some are reflections on social and family education (Xu Kaiwen, 2016).

It can be seen that the domestic research on suicide is mainly conducted from the perspective of psychology, and few from the perspective of discourse analysis. Only Mo Sifan (2017) analyzed the suicide of migrant workers in the way of multi-discourse system analysis. However, the research is based on a specific population and a specific background of the times, and has little impact on the promotion of suicide crisis intervention.

It is evident that domestic suicide research primarily focuses on psychology, with few scholars exploring suicide from a discourse analysis perspective. Only one scholar analyzed the suicides of migrant workers using a multi-discourse system approach (Mo Sifan, 2017). However, this research centers on a specific population and time period and has limited influence on promoting suicide crisis intervention.

## 2.2. The Study of Psycholinguistics

According to the cite space visual analysis of 251 psycholinguistics papers from January 2002 to September 2022, the research on psycholinguistics at home and abroad can be divided into four major categories.

The application of psycholinguistics in second language acquisition: the experimental study of second language acquisition is closely related to psycholinguistic research. In the second language acquisition, the study of children's language acquisition has been concerned by many scholars. For example, Cui Gang and Zhang Yue (2002) conducted a systematic study on children's language acquisition in the book *Linguistic Study of Children's Language Disorders*, which comprehensively introduced the research on the correlation between three language disorders of children, namely aphasia, special language disorder, Randa Kleinner syndrome and psycholinguistics. Since 2010, scholars' research on psycholinguistics in the field of second language acquisition has focused on the impact of psychological development on language acquisition (Yang Man 2015). In addition, scholars also used psycholinguistics to explore second language learners' learning motivation, such as the

exploration of motivation theory in second language acquisition (Cheng E, 2014) and the exploration of endogenous variables and autonomous incentives in second language acquisition (Wang Jingping, 2009).

The relationship between psycholinguistics and culture and society. The research on the relationship between psycholinguistics and culture and society mostly focuses on the discussion of language gender. For example, Li Suqiong (2005) published "Social Attitudes and the Degradation of Women's Words in English" to explore women's words from the perspective of sociopsycholinguistics, analyze the causes of this phenomenon, and predict the possible consequences. Li Ying (2004) published her research on Chinese gender. Jiang Junnan (2019) explored sexism in the English language from the perspective of social-psycholinguistics. In addition, as catchwords are more used in young people's social media, in recent years, scholars have explored college students' use of catchwords from the perspective of psycholinguistics. (Liu Zheng 2018).

The application of psycholinguistics in other aspects. Fang Junming (2002) published a paper in 2002, introducing the cognitive process of bilingual acquisition and the theoretical basis of immersion teaching from the perspective of linguistic psychology and cognitive psychology; Liu Zhenqian and Shi Xiaoying (2002) published an article entitled "Cultural Cognitive Nature of Metaphor and Foreign Language Teaching" in 2002, which explored the cultural and cognitive characteristics of metaphor from cognitive science, psycholinguistics, etc. Zhu Fengyun and Zhang Hui (2007) introduced several bases of idiom semantic processing in the 2007 Idiom Semantic Processing Mode and its Influencing factors. This concept reviews several major idiom semantic processing models proposed by foreign scholars, and on this basis, put forward the shortcomings of this model and related precautions.

The application of psycholinguistics in listening, speaking, reading, writing and translation. The study of language skills is an important field of psycholinguistics research. In the past 20 years, Chinese scholars have made remarkable achievements in this field. Li Changbao and Zhou Chongming (2004) published the article *Language Sense Cultivation and Listening Comprehension* in 2004, pointing out that language sense cultivation plays a very important role in listening comprehension. In the past five years, with the development of interdisciplinary research, psycholinguistics has been more widely used in teaching, for example, Yin Huadu (2019) explored English reading comprehension from the perspective of psycholinguistics, providing a new perspective and path for English teaching.

### 2.2.1. The Development of the Psycholinguistics

The domestic psycholinguistics research has realized the transformation from the early introduction of foreign research achievements to the gradual development of domestic research. The scope of research has been expanded and the level has been deepened. In recent years, cultural, social and other related topics have become the research objects of psycholinguistics. For example, Zhu Yuan (2018) explored the use of popular words among college students from the perspective of psycholinguistics, which shows that researchers have begun to pay attention to the interaction between individuals and society and no longer ignore the relationship between individuals and society.

The attention of domestic researchers to the application of psycholinguistics theory in the field of language acquisition

has shown a growing trend. In particular, since the beginning of the new century, psycholinguistics researchers have been exploring language acquisition in an endless stream. In the first 10 years of the new century, they have occupied a leading position in research (except for the research on overview texts). The application of psycholinguistics in language skills acquisition has continued to become a hot topic.

The application of psycholinguistics in the acquisition of language skills such as listening, speaking, reading, writing and translation continues to be a hot topic. Based on the actual situation, the researchers carried out empirical research, and made fruitful achievements in children's language acquisition, college foreign language teaching and other aspects. The application research of domestic psycholinguistics in the field of language acquisition is closely combined with actual teaching, and the research foundation is solid. In turn, the application of research results in the field of teaching can greatly improve the teaching effect.

Regarding the research methods, the current research on psycholinguistics in China lacks empirical research, paying attention to the surface structure and deep structure of language in their research, and the research on the operation process and operation law of the psychological mechanism behind language is relatively few. Most of these researches related to psychological mechanism draw conclusions by summarizing relevant literature or applying previous analysis models. For example, Li Yajun (2005) took listening as a speech understanding activity and analyzed the operation of the psychological mechanism. The conclusions drawn through such research are subjective. The results obtained from the empirical research have more distinctive characteristics of direct experience, which can improve the scientific nature of the research.

In general, the development of domestic psycholinguistics is still relatively lagging behind that of foreign countries. The research methods are still mainly non-empirical, lacking the support of experimental data, and the research results need to be further verified. Although the research content is extensive, the research depth is not ideal, and the research results are still not well applied in practice, and the operability needs to be improved. In the future, researchers can focus on the actual development of psycholinguistics in China and promote the development of domestic psycholinguistics to a new height.

### 2.3. The Study of the Four World Theory

Since the 1990s, people have become more and more interested in the self discourse construction (Bamberg et al., 2006) of those suffering from mental illness (Kupferberg and Green 2005). Sakalyse (2003) proposed that these researches on self subjective experience are only important contributions to "medical perspective". However, medical perspective usually defines patients' disease experience with objective and impersonal criteria (i.e. disease criteria), covering up self subjective experience. Therefore, scholars who support discourse turn usually regard self construction as a process "in daily discourse, especially in social practice" (Bamberg 2006), rather than a person's innate attribute. These scholars associate self construction with discourse orientation, which is defined as "identity events, in which an identifiable category of identity is explicitly or implicitly applied to individuals" (Wortham 2004).

Inspired by self construction, Gilat (2012) put forward the theoretical framework by focusing on the reasoning self construction of suicide seekers in an open computer mediated

psychological help forum. Gilat's theoretical framework is inspired by the functionalist discourse view, which emphasizes that language resources are self revealing. It also supports inferential psychology, which gives priority to the study of psychological and sociological discourse processes. In addition, the researchers used the four world method for positioning analysis. Qualitative and quantitative analysis research shows that the density of "unreal" (internalized, future and desire) units and figurative forms in suicide information is significantly higher than that of other problem self information, and the latter generates more "realistic" units (specific and general stories) and information problems. They interpreted these findings as

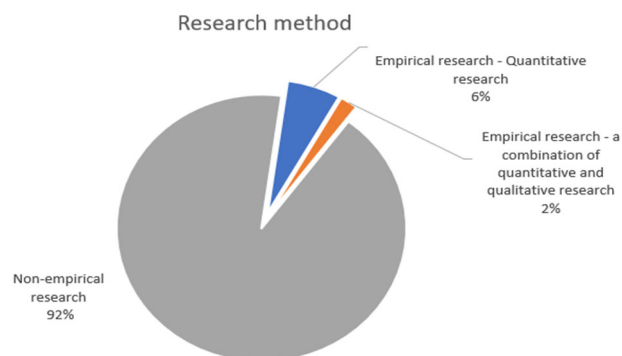


Figure 1. Statistics on discourse analysis methods

that, in the process of trying to conceptualize conflict and pain, suicidal help seekers avoided the narration of past experiences and instead focused on the construction of death. Other stranded help seekers use implementation units and questions to describe their experiences to ensure help is provided.

### 2.4. The Limitations of the Present Situation

From the current research situation of suicide tendency, scholars at home and abroad have studied suicide tendency from the perspective of sociology and psychology to explore various factors of suicide, so as to identify and intervene suicide crisis. The research angle is relatively centralized and single. From the perspective of research objects, most researchers focus on the suicide phenomenon of teenagers and college students, and a few scholars study the suicide phenomenon of farmers, but all are based on specific groups and specific era background (such as the 2008 financial crisis, a large number of migrant workers were unemployed).

From the perspective of the current research situation of psycholinguistics, although scientific research methods have been introduced to make the whole research more persuasive, there is a lack of experiments and research data support, which also makes domestic psycholinguistics research lag behind foreign research. According to 251 articles from 2002 to 2022, psycholinguistics researchers focus on teaching and language acquisition. However, researchers only focus on the confirmation of the theoretical framework, and rarely talk about the method of theory promoting practice.

From the perspective of the current research situation of critical discourse analysis, at present, most corpus discourse studies focus on news, media discourse and political discourse. Although in recent years, scholars have begun to pay attention to other discourses, such as online discourse, fashion discourse, speech discourse, general discourse, etc., the research only focuses on the construction of discourse reality, rarely considering the practical significance brought

by the research. Although the discourse research of interdisciplinary paradigm has attracted the attention of scholars in recent years, the current research only stays in a limited field. It can be seen that the interdisciplinary paradigm is not only a development direction of this field in the future, but also needs to be deeply explored by scholars.

### 3. Research Design

#### 3.1. Research Questions

This study focuses on the analysis of Lu Dawson's post on photographer Lu Dawson's social media before his suicide, and summarizes its discourse features from the perspective of part of speech and syntax, with a view to providing inspiration for suicide crisis identification and intervention. The research questions are:

1. What is the frequency of depression discourse relevant with real-world and non-real world?
2. What are the discourse features of depression?
3. What are the linguistic characteristics of the words and sentence patterns of the suicides with depression and suicide tendencies ?

#### 3.2. Corpus

The corpus for this study consists of 887 original works by blogger Lu Dawson, posted on his Weibo and Xiaohongshu accounts prior to his suicide. The corpus includes 777 Weibo accounts and 110 Xiaohongshu accounts. This paper differentiates between large and small accounts based on the level of attention they received. The Weibo account with a large number of fans and greater familiarity with the blogger is considered more open, while the Xiaohongshu account with fewer followers and less familiarity is highly confidential. The frequency of microblogging on the Weibo account is about twice a day, with 77% posted between 22:30 p.m. and 2:00 a.m. the next day. The Xiaohongshu account is updated once a week. During an uncertain period of time, there was little comment and interaction between the two accounts, with a large amount of repeated corpus between the Xiaohongshu account and the Weibo account.

#### 3.3. Segmentation and Coding of the Corpus

##### 3.3.1. The Introduction of DSM Depression Diagnostic Scale

DSM-5 is the Diagnostic and Statistical Manual of Mental Diseases in the United States, and is also the most mainstream diagnostic standard of mental diseases at present. Here are the diagnostic criteria of three dimensions.

A. Within the same 2-week period, there are five or more of the following symptoms, showing significant functional changes from the previous and previous ones, at least one of which is: mood depression or loss of interest or pleasure. (Excluding those symptoms that can be attributed to other physical diseases.)

B. These symptoms cause clinically significant pain, or cause social, occupational or other important functional damage.

C. These symptoms cannot be attributed to the physiological effects of certain substances or other physical diseases.

The detailed symptoms mentioned in Type A are listed as follows:

1. Almost most of the time every day, people are depressed, which can be subjective reports (for example, feeling sad,

empty, hopeless), or other people's observation (for example, showing tears) (Children and teenagers, may show irritable mood).

2. Almost every day or most of every day, the interest or fun of all or almost all activities are significantly reduced (both subjective experience and observation).

3. The weight is significantly reduced or increased without dieting (for example, the weight change is more than 5% of the original weight within one month), or the weight is reduced or increased almost every day (note: children may not achieve the weight gain).

4. Insomnia or excessive sleep almost every day.

5. Almost every day, psychomotor agitation or retardation (observed by others, not just restlessness or dullness from subjective experience).

6. Fatigue or lack of energy almost every day.

7. Almost every day, I feel worthless, or I feel guilty excessively and inappropriately (up to the level of delusion), (not just because of my illness).

8. Almost every day, the ability to think or concentrate is reduced or indecisive (either subjective experience or observation by others).

9. Repeated thoughts of death (not just fear of death), repeated suicidal ideas without specific plans, or suicide attempts, or specific plans to commit suicide.

##### 3.3.2. Coding of Corpus

This paper first refers to the framework of Kupferberg and Gilat (2012) to segment discourse units (separated by "/"). Each unit expresses meaning independently, which basically corresponds to clauses in English. In the Chinese corpus of this study, most sentences or segments are punctuated. Sentences that express the close relationship between cause and effect, conditions, etc., even if there is punctuation, are also classified as a unit. The pictures are considered separate units as well.

Next, the discourse unit is coded at three levels. The first coding distinguishes the three mutually exclusive "worlds" to which each unit belongs (Kupferberg & Gilat, 2012). This level of coding is exhaustive, covering all corpora, but relatively brief, so that readers can have a general understanding of the author's discourse orientation and the distribution of the space-time world.

**Table 1.** Statement encoding method

Code	Standard	Case
The real world I	Current interaction with readers	"Thank you for reading this last letter, and my life will come to an end"
The real world II	Past or present experience reality	"The torrential rain flooded me. Some of them turned into pearls and gave them to me, while others stabbed me with sharp arrows"
Unreal world	Construction, imagination or counterfactual speculation of the future	"I wish I could succeed once"

The secondary coding refers to the diagnostic criteria for symptoms of depression in the American Psychiatric Association (2013), which is commonly used by psychiatrists, and is only for discourse units with consistent content. Here, DSM is only referred to as a reference for corpus

interpretation, not a diagnosis. The diagnosis of depression needs to be completed by psychiatrists, and the corpus of individual fragments is not enough to be used as a comprehensive basis for diagnosis. However, this study marks the corpus based on the purpose of preventive discrimination, hoping to help ordinary readers such as primary and secondary school head teachers or college counselors find problems in a timely manner, and recommend medical treatment or psychological counseling when necessary.

The third level is the lower level code of suicide tendency in the second level code, which further divides its mutually exclusive subcategories (multiple choices are not allowed).

This coding is directly aimed at suicidal tendency and used for crisis identification.

### 3.4. Analysis of Corpus

Firstly, the researcher manually counted the distribution of categories at all levels based on the discourse coding and on this basis, these categories were categorized to confirm the frequency of discourse distribution in the real world versus the non-real world. The Frequency of Discourse of Real and Non-real World.

Secondly, the researcher analyzed the characteristics of bloggers' depressive discourse, including the frequency of depressive discourse and the use of punctuation.

Finally, the researcher analyzed the discourse of bloggers' depressive tendencies at the lexical and syntax levels.

## 4. Results and Discussion

### 4.1. The Frequency of Discourse of Real and Non-real World

The frequency distribution of the first-level coding category of the two accounts of the author is quite similar, and more emphasis is placed on the real world.

Lu Dawson's Xiaohongshu account has released 110 works, all of which belong to the real world discourse. The content of the speech is the popularization of photography knowledge and the display of photography works, which is highly consistent with his career.

Lu Dawson's microblog account discourse types are more diverse, involving three aspects: the narration of the present, the memory of the past and the outlook for the future. In terms of the distribution of discourse types, the three world discourses are unevenly distributed: The discourse contains the least amount of constructs, imaginations or counterfactual speculations about the future, accounting for just 3% of the total. Most of them appear in the author's expectation for the future when the new year comes. The second category is that the proportion of discourse distribution in the past and present experiences of individuals is the largest, accounting for 78%. One is the discourse of the current interactive world. Roughly speaking, the proportion of future world discourse containing suicide possibility is not large, and it is mixed with a large number of personal real experience and interpersonal interaction discourse, which needs to be carefully distinguished.

The difference between the two accounts is that in the Xiaohongshu account with less openness, the proportion of discourse in the first category of world is larger than that in the Weibo account with more openness, and the discourse in the Xiaohongshu account appears in a multimodal form, with weak interpersonal interaction. In other words, the

Xiaohongshu account is more about professional characteristics, the words are intended for readers, and the Weibo account is more about the author's personal world.

## 4.2. Characteristics of Depressive Discourse

### 4.2.1. Frequency of Depressive Discourse

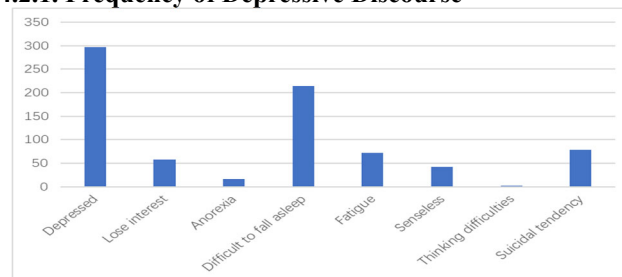


Figure 2. Frequency distribution of discourse units with depression characteristics in microblog

The above figure shows that there is a great consistency in the ranking of the prominent degree of the symptoms of the blogger. Depression occurs most frequently, and all symptoms occur.

However, these words with depressive tendencies appear on the microblog account of the blogger, and the words of the blogger on the Xiaohongshu account do not reflect depressive tendencies. This means that the blogger has more prominently expressed these symptoms and characteristics in the big open, sending a signal to the outside world and looking forward to being rescued.

### 4.2.2. Application of Punctuation

The author believes that there is a certain connection between language and thinking, so punctuation marks can show the state of thinking to a certain extent. Often commas show the pause of thinking, periods the end of thinking, exclamation marks the emotion of the expression while expressing emphasis, and ellipsis the extension of expression of thinking. Therefore, the author believes that the study of punctuation marks in blogger's words is very important in the study of his suicidal tendencies.

Lu often uses question marks when expressing his depression, which makes the discourse appear in the form of posing questions. For example, "Can people who grow among thorns become immortal?" The blogger uses this to express his introspection of his past and a feeling of asking himself. The content in the following text clearly shows that the questions express negation, express the unhappiness of today's life, and highlight the depressed mood.

When expressing suicidal tendencies, Lu hardly use punctuation marks, only use the space bar to separate the words. On the one hand, this is because the emergence of new media has made the network language a new language variant. The fragmentation of communication makes people often use punctuation irregularly when they publish words on the network. But from the context, it is clear that the suicidal words of bloggers do not belong to this situation. On the other hand, this shows the blank and confused thinking of the blogger, which is highly consistent with the content expressed by the blogger's words.

## 4.3. The Linguistic Features of Discourse of Real and Non-real world

### 4.3.1. The Use of Words in Bloggers' Discourse with Depression Tendency

After analyzing the blogger's discourse with depression

tendency, the following conclusions are drawn: the blogger frequently uses the first person singular, uses negative words, and uses a large number of fuzzy restrictive adverbs in his discourse.

The use of first-person narration is common in narrative in literary works due to the fact that it can draw the distance between the blogger and the reader closer, and make the readers put themselves in the shoes of the blogger. At the same time, it is convenient to express the inner feelings of oneself, and awaken the reader's feelings and thinking. The first person singular is widely used in the words of the blogger's depression tendency, especially in the postscript of the blogger, for example, "I know I have no future, so I should try my best to bloom." These first-person words directly express the inner state of the blogger. From the comments on the blogger's microblog, we can see that these words have aroused the sympathy of readers and triggered their thinking.

As mentioned above, the blogger was in a depressed state of mind when he released his words. Therefore, influenced by the blogger's state of mind, the blogger used a large number of negative words in his words. For example, the blogger wrote in his suicide note that "I am so rubbish, how can anyone love me? The ideal has not been realized, and my clothes are ragged. Looking back hundreds of miles from my hometown, I have no reason to go back. Going back is just a burden, and no one will love me." The words "rubbish" and "burden" are the blogger's description of himself. These negative words reflect the blogger's very low sense of self-evaluation, showing the blogger's disappointment with himself and the world.

The blogger also used a large number of fuzzy finite adverbs in his suicide speech: maybe, like, maybe, etc. For example, "If I can earn more money from my works, I may be able to change my life, but I'm sorry, I haven't, I can't change it." "Poverty may change a person, or it may be the nature of it." These fuzzy finite adverbs function as modalities or degrees, indicating the speaker's indecisive or unclear attitude towards something. In the contexts cited above, these fuzzy finite adverbs represent a hypothetical state of affairs. They are replaced in the context of the blogger's entire sentence for analysis. These words denote the imagination of an ideal state of affairs. As a result of dissatisfaction with the real world, an ideal world can be imagined as a consolation. As well as being unclear or indecisive, confused qualifiers can indicate that the speaker is trying to be polite when stating his or her views or opinions. For example, "I am not sure if everyone is indoctrinated to think this way, but it also made me the way I am, independent, don't like to bother people, have low self-esteem, feel like everyone has more money than my family and just want to be left alone." In this context, it indicates that the blogger is not sure if everyone has the same tragic experience as him, showing on the one hand that the blogger is careful with his words, and on the other hand, showing that the blogger is polite not to define others' lives arbitrarily.

#### **4.3.2. Sentence Usage of blogger's Depressive Tendency Discourse**

The blogger's psychological state is also reflected in the use of sentence patterns. Through research, it is found that the blogger's words use a large number of rhetorical and apology sentences.

Bloggers use a lot of apology sentences. For example, the blogger wrote in his suicide note, "I'm sorry. I haven't. I can't change it." In psychology, apologies for others often mean

seeking for help. For himself, apologies represent the desire to escape punishment. The blogger apologizes to himself and the world. These apologies show that the author did not complete the set goal, and showed a sense of guilt and self-blame.

A rhetorical question is a rhetorical device used to express emphasis, refutation, or sarcasm. It usually follows a statement of a fact or opinion with a reverse question to reinforce the tone and express one's opinion. A large number of rhetorical questions, such as "What have I done wrong?" "What am I holding on to?" are frequently used by bloggers. In terms of the sentence's syntax, these questions are a form of self-blame and self-reflection. At the same time, these questions are also questions the bloggers have for God, showing their dissatisfaction with the current state of their lives. Whether they are questions to themselves or to God, these questions are unanswerable and show the bloggers' confusion and disorientation.

## **5. Conclusion**

### **5.1. Major Findings**

The analysis of Lu Dawson's microblog found that before committing suicide, Zuofan repeatedly and frequently expressed his psychological pain and suicide intention, as well as the struggle between seeking death and survival (seeking help) in his microblog. This is consistent with the generalization of suicide in the classic literature of suicide (Schneidman, 1985; 1993). The discourse of microblog accounts has the following main characteristics:

1) The use of realistic and unrealistic cross-world discourse, the expression of personal past and current experiences, and the current interpersonal interaction, all partially point to the future of suicide. This is different from the unrealistic orientation found by Kupferberg and Gilat (2012) empirical research, and seems more complex.

2) The sentence expression is de-contextualized and fragmented, and should not be understood by ordinary readers.

3) There are many statements that are consistent with the characteristics of depression, especially the mood of depression, sense of worthlessness, loss of interest, sleep disorder, and suicide tendency.

In addition, the discourse characteristics of the Weibo account with strong openness are also different from that of the secret Xiaohongshu account: compared with the Xiaohongshu account, the Weibo account has more interpersonal interaction with readers, which can also be understood as the blogger's desire to express suicide and survival at the same time, sending the signal of looking forward to help. The suicidal discourse in the blog posts posted by the blogger is at the lexical level, with frequent use of the first person singular, negative vocabulary and extensive use of vague adverbs; at the syntactic level, with frequent use of numerous rhetorical questions and apologetic sentences, demonstrating a disappointed and guilty psychological state of the poster, which is highly consistent with the psychological state of depression as defined by neurology.

Although the blogger's words showed strong depressive tendencies and suicidal tendencies, these signals were not effectively recognized. Although the research and analysis in this paper failed to prevent the death of the author, it provided some reference for the future schools to identify students' social media discourse tendencies in time and save the suicide crisis. At the same time, it also provides a case for the

establishment of the crisis discourse recognition system of the future social platform.

## 5.2. Implications for Suicide Intervention

From the results of the analysis, we can see that the blogger clearly shows the tendency of depression and suicide. The investigation of this case provides enlightenment for the future research on the combination of discourse analysis and suicide crisis identification and the intervention practice of adolescent suicide crisis. Concerning discourse analysis, this suggests that future researchers should pay attention to the emotional value behind discourse as well as the syntactic structure of discourse. Regarding suicide intervention, teenagers often express their intuitive emotions on social media. When recognizing the crisis in the discourse, the relevant institutions should timely conduct psychological counseling rather than simply delete the published content.

## 5.3. Limitations and Suggestions

Influenced by the culture of "Wang yi Cloud", there are some disputes while identifying their discourse. In many cases, researchers often can't identify whether the discourse expresses depression or just caters to the discourse in the cyberspace, thus causing some data errors. However, due to the high frequency of depressive tendency discourse, the defect has little impact on the overall results.

Secondly, influenced by the culture and professional experience of the times, the blogger has a lot of metaphorical expressions in the discourse, for example, the vague expression mentioned in the findings and the discourse presents a "literary style", which has brought some obstacles to the analysis of discourse. In the process of coding these discourses, researchers have disputed the classification of these discourses. On the one hand, the researcher believes that these words reveal the blogger's depression; on the other hand, this is the blogger's "literary style". Therefore, in order to obtain more accurate research results, it is hoped that future researchers can further study the metaphor of blogger's discourse.

Thirdly, due to the limitations of the author's experience, it is not possible to propose more practical methodologies for suicide intervention. Therefore, the interdisciplinary perspectives of linguistics, psychology and medicine, such as the development of suicide discourse recognition tools in computational linguistics, and the training of student counselors to identify psychological hazards based on discourse characteristics, should be adopted.

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