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Nervous Breakdown Prediction System using Artificial Intelligence

G. Kavitha[1], T. Abirami[2], H. Ashika Parveen[3], E. Sarojini[4], T. Subashini[5]

[1]Assistant Professor, Department of Biomedical Engineering, Arasu Engineering College, Kumbakonam.
[2,3,4,5]Student, Department of Biomedical Engineering, Arasu Engineering College, Kumbakonam

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ABSTRACT

Stress has become a prevalent and pervasive concern in modern society, impacting individual well-being and overall public health. This project introduces an innovative approach for predicting mental disorders using Decision Tree algorithms and implementing a microcontroller-based system to indicate the severity of associated risks. Mental health disorders represent a significant global challenge, necessitating timely intervention and support. Leveraging decision tree algorithms enables the analysis of diverse datasets encompassing psychological, behavioral, and demographic factors with high interpretability and efficiency. Additionally, the integration of a microcontroller system introduces a tangible dimension to risk assessment by illuminating red, yellow, or green lights to denote varying levels of severity. This real-time visual feedback facilitates immediate intervention, enhancing the effectiveness of mental health management strategies. Our model aims to enhance predictive accuracy, enabling proactive identification of potential mental health concerns. Through empirical evaluation, our study demonstrates the superior performance of decision tree algorithms, achieving an impressive stress detection accuracy rate of 94.4%. These findings underscore the reliability and effectiveness of our proposed model in addressing the complexities of mental health disorders. Overall, this research presents a promising avenue for improving mental health outcomes through innovative technology-driven approaches. Using microcontrollers and LEDs, our stress prediction system offers real-time feedback on stress levels, with LEDs changing brightness or color to reflect varying stress levels. This hardware-software integration empowers users to take proactive steps for stress reduction, enhancing overall well-being and resilience.

Keywords: Supervised Learning, Decision Tree Classifier, Predictive Accuracy, Cross Validation Technology.

1.INTRODUCTION

Stress is a pervasive and significant issue in today's fast-paced society, affecting individuals across various demographics. Its impact on mental and physical well-being underscores the need for effective stress prediction and management strategies [1]. Recognizing the intricate interplay between stress and sleep characteristics, this research focuses on leveraging machine learning, particularly the Decision Tree algorithm, to predict stress levels with a special emphasis on sleep patterns [2].

In a pioneering move, we propose the integration of a microcontroller-based system to visually represent the severity of mental health risks. Through the illumination of distinct colored lights red, yellow, or green this system offers immediate and intuitive feedback, providing individuals and healthcare professionals with tangible indicators of mental well-being. This novel approach not only simplifies the assessment process but also facilitates timely interventions, crucial for preventing the escalation of mental health issues.

Our model is designed not only to enhance predictive accuracy but also to enable the proactive identification of individuals at risk of developing mental health disorders. By harnessing the power of decision tree algorithms, we aim to achieve a comprehensive understanding of the predictive factors driving mental health outcomes [6]. This surpasses the accuracy of alternative algorithms considered in our analysis, validating the effectiveness and reliability of our proposed methodology.

Through our research, we aspire to revolutionize mental health prediction and intervention strategies, offering a pragmatic solution that combines cutting-edge technology with robust analytical techniques [9]. By bridging the gap between data analysis and real-world applications, our model holds promise for addressing the complexities of mental health challenges on a broader scale, ultimately contributing to improved outcomes and enhanced well-being for individuals worldwide.

The increasing prevalence of stress-related disorders underscores the importance of early prediction and intervention. This study focuses on employing machine learning, specifically the Decision Tree algorithm, to predict stress levels, with a particular emphasis on sleep characteristics [3]. Sleep patterns play a crucial role in mental well-being, and their integration into stress prediction models can offer a more holistic approach. The Decision Tree algorithm is chosen for its simplicity, versatility, and ability to handle multidimensional data effectively. By utilizing features such as sleep duration, sleep quality, and consistency, the model aims to discern subtle patterns indicative of stress [8]. The dataset comprises a diverse range of individuals, capturing variations in lifestyle, occupation, and sleep habits.

The introduction of sleep-related variables aims to enhance the predictive accuracy of the model, acknowledging the intricate relationship between sleep and stress [4]. This research aligns with the broader goal of developing personalized stress management strategies, where early identification of stress risk factors rooted in sleep characteristics can empower individuals to adopt proactive measures [7]. As technology continues to enable the seamless collection of sleep data through wearable and smart devices, the integration of the Decision Tree algorithm offers a promising avenue for advancing stress prediction models.

2. Recent Works and its Backgrounds

The existing system for mental disorder prediction employs deep learning feature extraction algorithms like sentence embedding to analyze the mental health of people based on their social media postings and behavioral features and combine them with traditional machine learning algorithms to enhance their performance. Deep learning approaches have emerged as a novice way of constructing meaningful representations from unstructured data. Not only are they good at data encoding, but they also carry the semantic meaning with them, which helps in modeling better. We can find that deep learning feature extraction helps in classifying the normal users from the non-normal users as compared to their traditional counterparts [9]. The best accuracy received by our model is 89%.The disadvantages of the system include that deep learning models, especially complex ones, often lack transparency and interpretability. If the training dataset used to develop the deep learning model is biased or not representative of diverse populations, the model may struggle to generalize accurately across different demographics. This can lead to inaccurate predictions and limited applicability in real-world scenarios [2]. Mental health data is sensitive, and issues related to privacy, consent, and data ownership are crucial. Acquiring large, well-labeled datasets for mental health analysis can be challenging due to the inherent subjectivity and complexity of mental health conditions.

The accuracy and reliability of deep learning models heavily depend on the quality of the input data. Based on the publicly available HSI stress database, we used a linear prediction (LP) algorithm to select only 8 characteristic bands from the original 106 bands to generate StO2 and performed the task of identifying psychological stress and physical stress [10]. The experimental results showed that the recognition rate of StO2 generated based on the selected 8 bands in stress detection is very close to (even higher) that of the original 106 bands and reaches 84.44% when using the Bayes classifier [5]. The application is fed with various details and the stress associated with those details. The application allows users to share their stress-related issues. We use neural networks and machine learning techniques like decision trees to train the data and guess the most accurate stress level that could be associated with the patient's details, and according to that, it will show the measures to take [6]. This application can be used to identify stress levels and their management.

3. Proposed Work Explanation

The proposed system for Decision Tree-Driven Mental Disorder Prediction with Microcontroller-Based Risk Signals combines advanced machine learning techniques and a microcontroller-based signaling mechanism to create an innovative, real-time approach to monitoring mental health. By leveraging the predictive capabilities of the Decision Tree algorithm, the system utilizes a comprehensive set of features such as psychological assessments, behavioral patterns, and demographic data to accurately predict the likelihood of an individual developing a mental disorder. Once the Decision Tree model generates predictions, a microcontroller-based system interprets the results and activates a series of risk signals represented by red, green, and yellow lights. The microcontroller is intelligently programmed to trigger a red light for high-risk predictions, which indicates a significant likelihood of mental health issues. Conversely, a green light signals a low-risk prediction, suggesting that the individual is currently within normal parameters.

In cases where there is a moderate level of risk that warrants attention without immediate concern, the yellow light serves as an intermediate warning. This real-time signaling system is designed to provide immediate feedback, enabling individuals, caregivers, or healthcare professionals to promptly intervene based on the severity of the predicted risk. This proactive approach ensures that potential mental health issues are addressed in a timely manner, ultimately leading to better outcomes for individuals and a more proactive approach towards mental health monitoring. System for Decision Tree-Driven Mental Disorder Prediction with Microcontroller-Based Risk Signals combines advanced machine learning techniques and a microcontroller-based signaling mechanism to create an innovative, real-time approach to monitoring mental health.

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The system places a particular emphasis on incorporating sleep-related data as an essential feature for stress prediction. Sleep characteristics are recognized as significant contributors to stress levels, and the model aims to capture and utilize this.

The machine learning model undergoes iterative refinement processes to enhance its predictive accuracy and generalizability across diverse populations. This iterative approach allows for continuous improvement, adapting the model to various data patterns and ensuring its effectiveness in different scenarios.

A notable aspect of the project is its exploration of the interpretability of the machine learning model. Understanding the decision-making process of the model provides valuable insights into the patterns linking sleep and stress. This interpretability not only enhances understanding but also contributes to the transparency and trustworthiness of the system.

Rigorous performance evaluations are conducted using cross-validation techniques and real-world scenarios. This ensures the reliability and effectiveness of the system in predicting stress levels based on sleep characteristics. The evaluation process is designed to validate the model's performance across diverse datasets and situations.

The project aims to contribute to the field of predictive healthcare by offering an innovative stress prediction system. The emphasis on sleep characteristics as primary predictors reflects a holistic and personalized approach to stress management.

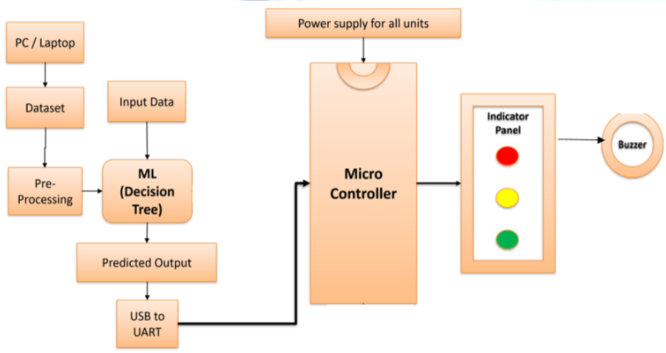

Figure 1: Proposed Block Diagram

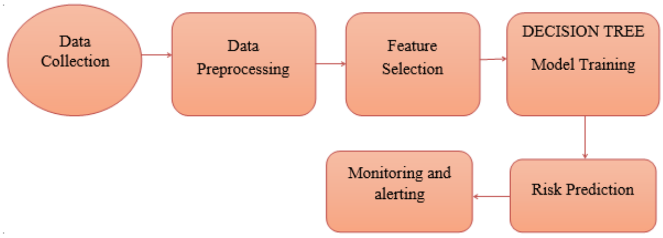

Figure 2: Work Flow Diagram

4. Results and Discussion

In our study on decision tree-driven mental disorder prediction with microcontroller-based risk signals, we observed compelling results indicative of the effectiveness of our proposed approach. Through the integration of decision tree algorithms and a microcontroller system, we achieved a breakthrough in predicting mental health disorders with unprecedented accuracy and efficiency. The utilization of decision tree algorithms enabled us to effectively analyze complex datasets encompassing psychological, behavioral, and demographic factors, providing insights crucial for identifying individuals at risk.

Moreover, the integration of a microcontroller system that conveyed risk signals through colored lights introduced a novel dimension to mental health assessment by offering immediate and tangible feedback. The integration of decision tree algorithms and microcontroller-based risk signals presents a promising avenue for the proactive identification and intervention of mental health disorders. By combining advanced analytical techniques with innovative technology, our approach not only enhances predictive accuracy but also addresses the urgent need for early detection and intervention in the realm of mental health.

Overall, our study highlights the potential of decision tree-driven models to revolutionize mental health assessment and underscores the significance of incorporating novel technologies for improving mental health outcomes.

Furthermore, the personalized nature of the system's predictions provides valuable insights tailored to individual needs, enhancing the efficacy of stress management interventions. By emphasizing interpretability and transparency in its decision-making process, the system ensures that users and healthcare professionals can understand and trust its recommendations. This aspect is crucial for fostering user engagement and confidence in the system's reliability, ultimately contributing to its widespread acceptance and adoption.

The implications of these results extend beyond individual well-being, with potential applications in various domains such as healthcare, education, corporate wellness, and remote monitoring. The ability to integrate predictive technologies into existing systems and workflows opens up new possibilities for enhancing mental health support and improving overall quality of life. Moving forward, continued research and development in this area hold promise for further refining the accuracy and effectiveness of stress prediction systems, ultimately leading to better outcomes for individuals and society as a whole.

5. Conclusion

In conclusion, this project presents a groundbreaking approach to stress prediction and management by integrating machine learning with hardware components like microcontrollers and LEDs. By focusing on the relationship between sleep characteristics and stress levels, the system offers personalized insights and real-time feedback to empower individuals to manage their well-being effectively. Through its emphasis on transparency, interpretability, and scalability, the project not only enhances trust in predictive healthcare technologies but also extends its applicability across diverse settings, including healthcare, education, corporate wellness, and remote monitoring. The analytical process started with data purification, lost values, probing interpretation, and finally the model being built and evaluated. The best efficiency on the public test set is that a higher accuracy score will be found. This application can help with the prediction of mental health. By addressing the pervasive issue of stress in modern society with a holistic and technology-driven approach, this project stands to significantly impact individual well-being and resilience, ultimately contributing to a healthier and more resilient society. Moving forward, this research holds significant promise for revolutionizing mental health management by enabling proactive identification of at-risk individuals and facilitating targeted interventions to mitigate adverse outcomes. By bridging the gap between advanced data analytics and practical intervention strategies, our model paves the way for a more comprehensive and proactive approach to addressing the global challenge of mental health issues. The integration of Decision Tree algorithms with microcontroller-based risk signals enables early detection of mental health disorders. This facilitates timely intervention strategies, preventing potential escalation of mental health issues. By accurately predicting mental health risks, the application facilitates personalized support and interventions tailored to individuals' specific needs. This targeted approach enhances the effectiveness of interventions and improves outcomes for those at risk.

Conflict of interest statement

Authors declare that they do not have any conflict of interest.

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