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A REVIEW OF WECARE: STUDENT'S MENTAL HEALTH ANALYZER

Shubham Vishwakarma[*1], Reeshi Kanade[*2], Om Danej[*3], M.P. Gangawane[*4]

[*1,2,3]Student Of, Computer Engineering, Guru Gobind Singh College Of Engineering And Research Center, Nashik, Maharashtra, India.

[*4]Guide, Department Of Computer Engineering, Wecare: Student's Mental Health Analyzer, India.

ABSTRACT

The increasing prevalence of mental health issues among students necessitates the development of efficient and reliable tools for early detection and intervention. Traditional assessment methods often prove time-consuming, subjective, and stigmatizing. This project aims to address these challenges by creating a comprehensive questionnaire designed to assess various mental health parameters in students. By analysing responses to these questions, the tool will generate detailed reports providing insights into anxiety, depression, fear, overconfidence, enthusiasm, and interest. This will empower students to gain a better understanding of their mental well-being and seek necessary support. The project will explore the potential limitations and ethical considerations associated with the use of ML in mental health assessment, laying the groundwork for future development and refinement of this valuable tool.

Keywords: Quiz, Students, Questionnaires, Sentimental Analysis, Mental Health.

I. INTRODUCTION

In today's fast-paced educational environments, students face a unique set of challenges that can significantly impact their mental health, from academic pressures to social and personal demands. Addressing these concerns effectively and early on is crucial, yet traditional mental health assessment methods are often lengthy, require professional intervention, and sometimes carry a social stigma that can deter students from seeking the help they need.Enter "WeCare: Student's Mental Health Analyzer"—a web-based application specifically designed to bridge this gap by providing an accessible, efficient, and stigma-free solution for mental health assessment. Leveraging the power of machine learning, WeCare combines facial emotion recognition through Convolutional Neural Networks (CNNs) and natural language processing (NLP) to interpret responses from a structured questionnaire, creating a holistic view of each student's mental health status.With real-time insights and user-friendly design, WeCare offers a supportive, non-intrusive tool to identify early signs of mental health issues, fostering timely interventions that can make a positive difference in students' lives. The project's goal is to empower students by providing them with an accessible, judgment-free platform to understand and monitor their mental well-being, ultimately contributing to a healthier, more supportive academic environment.

II. LITERATURE REVIEW

A Comprehensive Review of Predictive Analytics Models for Mental Illness Using Machine Learning (2024):

This paper provides a comprehensive review of machine learning models applied to the prediction and detection of mental illnesses. It highlights a wide range of algorithms and their roles in mental healthcare, specifically targeting the identification and management of mental disorders. The study emphasizes the use of various data sources, such as social media posts, data from wearable devices, and information gathered through verbal interviews, to assess mental health conditions. By categorizing different types of mental health issues, the paper offers a structured approach for mental health assessments and proposes an integrated methodology to enhance early detection and intervention strategies. Additionally, it discusses the potential of predictive analytics to transform traditional mental healthcare by facilitating timely support and personalized treatments[1].

Sentiment Analysis Methods, Applications, and Challenges: A Systematic Literature Review (2024):

This paper provides a systematic review of various sentiment analysis (SA) techniques, including lexicon-based approaches, traditional machine learning methods, and deep learning techniques. It explores the expanding role of sentiment analysis in diverse fields, such as business, healthcare, and government, showcasing its applications in understanding public opinion, customer feedback, and patient sentiments. The paper also highlights emerging research areas and addresses current limitations in sentiment analysis, like the difficulties

in sarcasm detection, the high computational demands of processing large datasets, and the complexity of cross-domain and multilingual sentiment analysis. Additionally, the review outlines future directions for advancing sentiment analysis research, focusing on the integration of AI technologies and large language models[2].

An Approach to Determine and Categorize Mental Health Condition using Machine Learning and Deep Learning Models (2024):

This paper investigates the use of machine learning (ML) and deep learning (DL) models to classify mental health conditions, with a focus on detecting stress in students aged 16-25. Various models, including SVM, Random Forest, AdaBoost, KNN, Logistic Regression, and LSTM, were evaluated, with LSTM achieving the highest accuracy at 100%. The study offers a detailed comparison of these models, demonstrating LSTM's effectiveness in identifying stress, and provides valuable insights for implementing mental health intervention measures. It also addresses challenges related to high computational requirements, data collection and preprocessing, and the ethical and privacy concerns that may impact real-world applications[3].

Novel Approach to Forecasting Mental Well-Being Using Machine Learning (2023):

This paper introduces a machine learning-based method for forecasting mental wellbeing by analyzing a dataset that incorporates behavioral, psychological, and environmental variables. The authors apply models such as neural networks, random forests, and support vector machines to uncover intricate patterns within the data, demonstrating the potential of machine learning in supporting mental health monitoring and timely interventions. By analyzing diverse data points, the study showcases how machine learning can improve predictions related to mental health, with implications for enhancing early intervention measures and personalized support[4].

AdaBoost Based Random Forest Model for Emotion Classification of Facial Images (2023):

This paper introduces the AdaBoost-based Random Forest Classifier (ARFEC) model for emotion classification in facial images, utilizing 2D Ortho-normal Stockwell Transformation (DOST) for feature extraction and a bi-variate t-test for feature selection. The ARFEC model demonstrated high accuracy, achieving up to 92.5% on multiple image databases (Flickr8k, CK+, FER2013), and performed well in processing social media data. The study suggests that the ARFEC model is more accurate than traditional methods like SVM and KNN, making it a competitive option for emotion analysis in social media applications. However, computational demands due to DOST redundancy and the model's complexity may require further optimization for real-time use, with some risk of overfitting[5].

Facial Emotion Recognition Using Convolutional Neural Networks (2023):

This paper presents a CNN-based model developed for facial emotion recognition using the FER-2013 dataset, which includes seven basic emotions. The proposed model demonstrates an improvement in accuracy over traditional decision trees and simpler CNN models, achieving a robustness that underscores its utility in emotion detection tasks. The CNN architecture utilizes multiple layers to enhance model performance and reduce overfitting risks, achieving an accuracy of 54% on the dataset used. However, the model's accuracy, while higher than alternatives, may be limited for broader applications and requires further data and computational resources for improvement in large-scale scenarios[6].

Sentiment Analysis (2022):

This chapter provides a detailed overview of sentiment analysis, a natural language processing (NLP) technique used to extract opinions, emotions, and beliefs from textual data. The chapter discusses various approaches to sentiment analysis, including lexiconbased and machine learning methods, and explores their applications across multiple domains such as business and libraries. It also examines the limitations and challenges faced by sentiment analysis, such as detecting sarcasm, handling negation, and interpreting different contexts. Furthermore, the paper highlights the dependence on large labeled datasets, which limits the practical use of machine learning methods in sentiment analysis[7].

Digital Mental Health Interventions for Depression (2021):

This paper provides an in-depth overview of digital mental health interventions (DMHIs) aimed at treating depression, with a specific focus on Cognitive Behavioral Therapy (CBT)-based models. The study addresses the challenges of accessing traditional psychotherapy, particularly for marginalized populations, and explores how DMHIs can improve accessibility and address these gaps. It also covers various digital formats for delivering

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interventions, including computer-based, smartphone-based, and game-based platforms, which have shown promising results in managing depression with minimal clinician involvement. However, the paper also highlights the challenges associated with digital interventions, such as managing clinical crises, addressing high dropout rates, and overcoming the limitations of a "one-size-fits-all" approach. Additionally, issues like digital literacy, internet access, and maintaining engagement without in-person support are raised as significant concerns.[8]

III. METHODOLOGY

In designing "WeCare: Student's Mental Health Analyzer," a range of methodologies is applied to ensure a comprehensive, accurate, and responsive approach to mental health assessment. This section reviews key methodologies, including Convolutional Neural Networks (CNNs) for facial emotion detection, natural language processing (NLP) models for interpreting questionnaire responses, and optimization techniques for efficient data processing.

1. **Facial Emotion Recognition with Convolutional Neural Networks (CNNs):**

a) Objective: Detect facial expressions to infer emotional states such as happiness, sadness, and anxiety.

b) Data Acquisition: The model utilizes large, labeled datasets like FER-2013 or CK+, known for diverse facial expression samples, to train CNNs.

c) Preprocessing: Images are preprocessed through resizing, normalization, and augmentation (flipping, rotation, contrast adjustments) to improve robustness and prevent overfitting.

d) Model Architecture and Training: CNN architectures such as VGG or ResNet are preferred for emotion detection due to their deep feature extraction capabilities. Batch normalization and dropout layers enhance generalization, while training employs gradient descent optimizers to minimize loss functions.

e) Performance Evaluation: Cross-validation techniques ensure model stability, while metrics like precision, recall, and F1-score measure effectiveness in detecting varied emotions.

f) Optimization for Real-Time Application: Techniques like pruning and quantization reduce model size for faster inference, crucial for responsive emotion detection in real-time settings.

2. **Questionnaire Analysis via Natural Language Processing (NLP) and Classification Models:**

a) Text Processing: Student responses to multiple-choice questions are tokenized and converted into numeric formats using TF-IDF vectors or embeddings, enabling efficient input into classifiers.

b) Classification Model Selection: Models like Support Vector Machines (SVM), Random Forest, or neural networks classify mental states based on questionnaire answers. Model selection prioritizes both accuracy and computational efficiency.

c) Sentiment Analysis and Emotion Detection: For deeper insights, NLP models may perform sentiment analysis to detect underlying emotions within responses. This complements facial emotion detection and helps refine mental health assessment.

d) Training and Validation: Models are trained on structured datasets linking questionnaire responses to specific mental health statuses. Techniques like k-fold cross-validation improve generalization, ensuring the model's applicability across varied student demographics.

3. **Data Processing and Model Optimization Techniques:**

a) Data Pipeline Development: WeCare processes both image and text inputs using a streamlined pipeline, handling tasks such as feature extraction, data normalization, and image resizing. This pipeline enhances data consistency and minimizes latency.

b) Model Optimization: Hyperparameter tuning, regularization techniques, and model ensembling are employed to maximize model accuracy. These strategies improve both classification and emotion detection models, providing reliable predictions.

c) Real-Time Performance Enhancements: Asynchronous processing and batching reduce latency, while API deployment for the CNN and NLP models supports real-time feedback in the user interface.

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4. Ethical Considerations and Data Privacy Measures:

a) Anonymization and Security: WeCare follows privacy-by-design principles, ensuring that data is anonymized and stored securely. Only essential data is retained, reducing privacy risks.

b) Bias and Fairness: WeCare addresses potential biases in model performance by evaluating fairness across demographics. Fairness-aware algorithms help mitigate biases, ensuring equitable model performance.

Through these methodologies, WeCare strives to deliver accurate, real-time mental health insights in a user-friendly, accessible format, providing early support to students in a safe, stigma-free environment. The application's dual approach of facial emotion recognition and questionnaire analysis combines the advantages of visual and text-based assessment for a comprehensive view of mental health.

IV. PROBLEM STATEMENT

Mental health challenges are increasingly prevalent among students, yet traditional assessment methods are limited in terms of accessibility, immediacy, and objectivity. There is a need for a tool that can evaluate students' mental health through non-invasive methods and provide quick, actionable insights. WeCare seeks to fill this gap by offering a web-based mental health analyzer that utilizes both questionnaire responses and emotion detection from facial expressions to assess students' mental well-being accurately.

Objectives:

- Develop a structured questionnaire to assess mental health factors, including anxiety, mood, stress, and enthusiasm.
- Implement real-time facial emotion detection to analyze expressions such as happiness, sadness, anger, and fear.
- Generate detailed reports with personalized insights to help students understand their emotional and psychological well-being.
- Ensure privacy and secure storage of all personal data, including facial images and questionnaire responses.
- Provide real-time feedback through a user-friendly and accessible interface.

V. SYSTEM ARCHIETECTURE

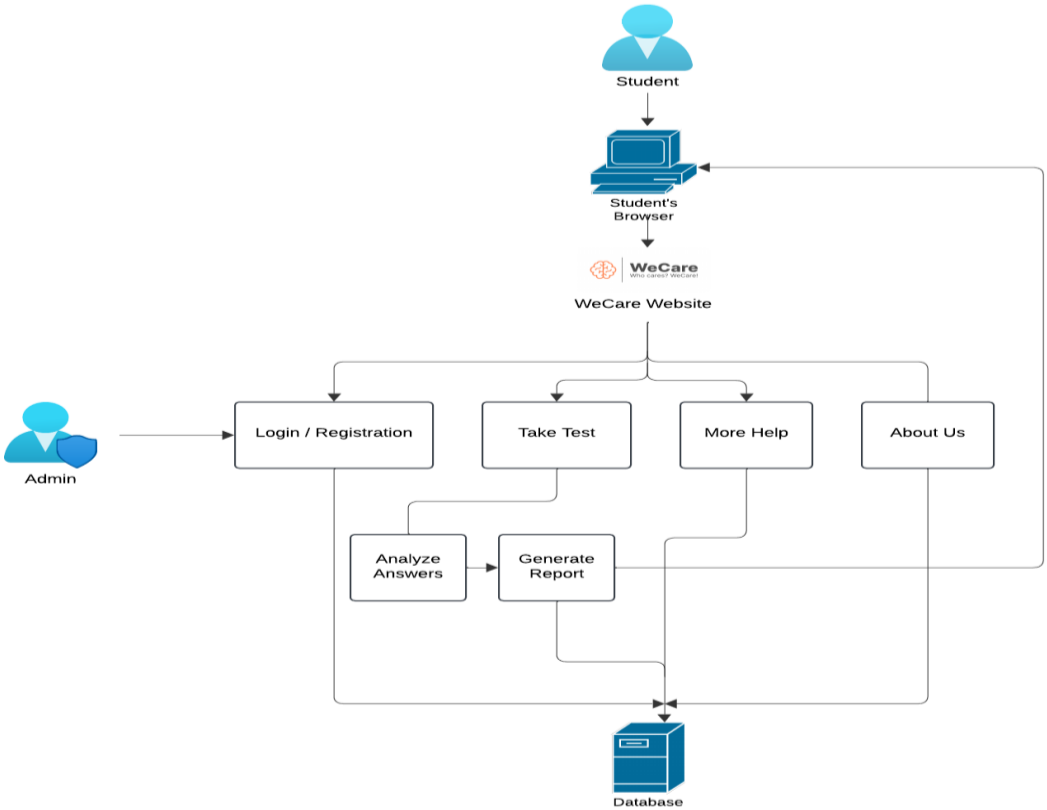

Fig 1: System Architecture

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This architecture facilitates real-time mental health assessments, secure data management, and provides valuable resources to students through a user-friendly interface.

- Student: End user who interacts with the WeCare platform through a browser to access assessments, resources, and view reports.
- Student's Browser: Interface through which the student sends requests to the WeCare website and receives responses.
- WeCare Website: Central platform offering login/registration, mental health assessments, resources (e.g., counseling, articles), and information about the platform.
- Login/Registration: Manages secure student authentication and personalized access to features.
- Take Test: Module where students answer mental health questions, and their responses are analyzed for insights.
- More Help: Section with links to additional mental health resources and services.
- About Us: Provides background information about the platform.
- Admin: System administrator responsible for managing user data, monitoring system integrity, and maintaining operations.
- Analyze Answers: Backend process that analyzes students' responses using algorithms to identify mental health indicators.
- Generate Report: Compiles assessment results into a comprehensive report with insights, recommendations, and scores.
- Database: Stores user data, including profiles, assessment results, and reports.
- Machine Learning Modules: Uses emotion detection and NLP algorithms to analyze responses and provide deeper mental health insights.

VI. CONCLUSION

We Care marks a significant step forward in addressing mental health challenges within educational settings by merging advanced technology with psychological insights. Through its combination of machine learning models for facial emotion recognition and questionnaire-based assessments, WeCare provides an innovative and comprehensive approach to mental health analysis. This tool empowers students to gain awareness of their emotional well-being in a stigma-free, non-judgmental environment, encouraging self-reflection and timely intervention. The broader adoption of WeCare could greatly benefit educational institutions, healthcare providers, and workplaces, offering a means to monitor well-being, identify individuals at risk, and take proactive steps to support mental health. Ultimately, WeCare has the potential to transform mental health support, contributing to healthier, more supportive academic and professional environments.

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