IJIREEICE ISSN (O) 2321-2004, ISSN (P) 2321-5526

International Journal of Innovative Research in Electrical, Electronics, Instrumentation and Control Engineering

Impact Factor 8.021 ⪤ Peer-reviewed & Refereed journal ⪤ Vol. 13, Issue 3, March 2025

DOI: 10.17148/IJIREEICE.2025.13333

LEVERAGING MACHINE LEARNING ALGORITHM FOR DETECTING PSYCHOLOGICAL INSTABILITY

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Abstract: In the contemporary era, people are moving towards the achievement of 'goals' as dictated by society and in the process, they often overlook their emotional and psychological health. There are quite a few health issues that society has been trying to address, the most concerning being psychological issues – depression, stress, etc. Failing to treat these issues can then lead to a range of mental health illnesses, for example, someone with bipolar disorder, which can lend up to be heart-wrenching. In order to mitigate the extent of these occurrences, it is critical to find and treat the affected areas promptly. This research aims to develop a model using machine learning that will be able to detect indications of despondency – the feeling of hopelessness. Working professionals were the subjects and given an array of questions through which depressive characteristics could be detected. A variety of machine learning methodologies were used to assess and categorize the information. A Random Forest algorithm delivered the best result among them, with an 87.02% accuracy rate and better precision and dependability than other approaches. Many conclusions were reached as a result of the study, the most striking being how machine learning can be used to detect any patterns to mental health illnesses, thus detection could potentially be quicker. In harnessing such data-oriented strategies, this paper provides an instrument that is easy to implement and can be used at scale for assessing mental well-being.

Keywords: depression detection, bipolar disorder, stress analysis, Random Forest algorithm, despondency detection, working professionals, predictive modelling , dataset analysis, mental health assessment.

I. INTRODUCTION

As modern life accelerates, individuals face increasing challenges in managing the dual pressures of their and personal lives. The relentless demands of modern workplaces, especially in technology, often lead to chronic stress, anxiety, and depression. If ignored, these conditions can develop into severe mental illness

severely disrupting an individual's professional life and career. The growing number of such cases highlights the urgent need for effective tools for detecting and promptly managing psychological instability. This study uses technological advances, specifically machine learning and web-based platforms, to develop an effective framework for mental health research. Using a comprehensive survey targeting employees in the industrial sector, data were collected on 1,259 records with 27 characteristics These characteristics included demographics, occupational stress indicators, sleep patterns, emotional well-being and coping strategies. This dataset serves as the basis for a predictive model that can identify early symptoms of depression and associated psychiatric conditions. The random forest algorithm was chosen for this study because of its robustness and its ability to handle complex multidimensional data. Unlike traditional methods, random forests improve accuracy by constructing multiple decision trees and combining results to reduce overfitting This clusterbased approach has often proved effective in particular, with an impressive 87.02% accuracy in detecting dementia trends. Technically, this research combines HTML, CSS, and JavaScript to create a userfriendly interface frontend. This technology ensures a convenient and enjoyable platform for users to interact with the system. Python is the backbone of data processing, with NumPy, pandas, scikit-learn and other extensive libraries that facilitate the use of data analysis and machine learning models The web application was developed using the Flask framework, Let's do it A key advantage of this system is its ability to

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democratize access to mental health resources. By making the platform web-based, it is accessible to a wider audience, including those reluctant to enter traditional consulting services to offer employers an alternative where the system supports employee well-being embedded in a workplace wellness agenda in the 19th century. The analysis also examines in detail the importance of features in the data set. For example, variables such as long work hours, work-life balance, irregular sleep patterns, and increased perceived stress have been identified as major risk factors for depression. This program demonstrates the potential of artificial intelligence to improve personalized care beyond what it can predict. By analysing individual responses and behavioural patterns, the platform can offer professionals personalized recommendationrs such as lifestyle changes, psychological interventions, or referrals

II. LITERATURE OVERVIEW

The rise in psychological instability, particularly depression and anxiety, has led to an increased research focus on early detection and intervention Recent advances in artificial intelligence (AI)) and in machine learning (ML) has enabled the development of unique tools for psychiatric research. This literature review considers important research and methods that have contributed to the development of computational methods for the diagnosis of mental illness.

A. Mental health troubles in present day society:

According to the World Health Organization (WHO), dementia affects extra than 280 million humans each year and is a commonplace reason of incapacity These conditions are exacerbated by using strain and tension, inflicting difficulties in paintings and of imbalanced social desires, social and financial demands. If this condition is dealt with ,it could motive extreme intellectual illness (WHO, 2023).Research autenticate this precise definition of mental fitness.

B. Machine gaining knowledge of psychiatric research:

Machine learning has turn out to be an powerful device for identifying styles in huge records, making it specifically useful for psychiatric studies. Early research used methods such as support vector machines (SVM) and naïve Bayes classifiers to test the self-report checklist, obtaining mean-optimal results in predicting dementia development (Kumar et al., 2019).).

However, these models often suffered from overoptimization and constrained scalability. Recent advances have introduced more complex systems, such as random forests, mechanical elevation, and neural networks, which increase accuracy and relevance. For example, a study by Lee et al. (2020) no.

C. Basic technology and data collection:

An important aspect of ML-based mental health inference is the aspect of data feature engineering. Researchers have used various inputs, e.g.

Survey data: Standardized questionnaires designed to capture psychological indicators such as mood, sleep, and stress levels
(Johnson et al., 2018).

Social media analytics: Textual analysis, sentiment and interaction patterns from Twitter and Facebook-like platforms to identify emotional states (Choudhury et al., 2019).

Physical data: Wearable devices that track heart rate variability, sleep quality, and activity levels (Lin et al., 2022).

D. Random forests in psychoanalysis:

Random forest patterns, understood to be durable and presentation, were surprisingly more prestigious to facial health This ensemble-based approach reduces the chance of overfitting and provides predictability reliable variety despite noisy issues. A concept by Zhang et al. (2021) confirmed that random forest performed better than different algorithms such as decision

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trees and logistic regression in detecting depressive symptoms, achieving an accuracy of 87.5% This is the finding of modern research, which proved to be more accurate 87.02 per cent matches.

E. Ethical and practical considerations:

While AI-powered mental health tools show promise, they also raise ethical concerns, such as data confidentiality, algorithmic bias, and the possibility of misdiagnosis and researchers determining need there needs to be an emphasis on transparent, interpretable modeling of AI and collaboration with mental health professionals to ensure ethical management (Lai et al., 2006). 2010). 2022). Additionally, user-friendly interfaces and culturally sensitive systems are crucial for adoption and effectiveness.

F. Differences and future directions:

Despite significant progress, many gaps remain. Many studies rely on small homogeneous data sets, limiting generalizability. Future research should focus on larger, more diverse datasets and explore the integration of ML tools into clinical practice. In addition, real-time analytical models using IoT devices and advanced natural language processing (NLP) techniques provide promising avenues for innovation.

III. DATA COLLECTION AND

PREPARATION

Effective data collection and refinement are key steps in developing reliable machine learning algorithms for psychiatric research. This section describes the methods of data collection, preparation and preparation for this study.

A. Summary of Information:

The data for this study were collected by distributing a structured survey to professional staff, especially those in the industrial sector. The survey was designed to capture a wide range of variables related to psychological well-being, including behavioral, emotional and occupational factors

Research criteria:

The questionnaire consists of 27 items, viz.

Demographics: Age, sex, marital status.

Work-associated factors: operating hours according to week, activity pleasure, group effectiveness.

Social cues: sleep patterns, exercise frequency, and diet.

Emotional well-being: Types of stress, mood swings, and coping strategies.

Mental Health Record Previously diagnosed mental health conditions, if any. **Self-reported symptoms**: fatigue, irritability, loss of interest, and difficulty concentrating.

Sample template:

A total of 1,259 records were collected during the three months.

Participants were selected using a stratified random sampling method to ensure representation across different age groups, occupational roles and gender

The information provided is anonymous in order to protect confidentiality and comply with data privacy laws.

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B. Data cleaning:

Extensive correction changed into completed to make sure the accuracy and precision of the uncooked dataset. The following steps were taken:

Targeted losses dealt with: Records with extra than 20% lacking values have been eliminated.
Missing values have been calculated using means (for numeric statistics) or modes (for specific records).

Detection and removal of outliers:

The interquartile range (IQR) method was used to identify outstanding features in statistically significant factors such as work hours or day patterns and appropriately apply the interquartile range (IQR) method

Normalization and Scaling: Overview:
Continuous variables such as age and work hours were scaled to a level of equality, improving the performance of the model. Encoding categorical data: 2010, 2012 . Compatibility with machine learning algorithms was determined using factors such as gender, marital status, and one hot occupational activity.

C. Feature Engineering:

Feature engineering was achieved to beautify the predictive power of the dataset.

Derived Features: Work-existence balance score = (Work hours / Sleep hours) ratio. Stress index = Weighted aggregate of self-pronounced stress levels and work strain.

D. Feature Selection:

Correlation analysis and mutual data metrics had been used to perceive the maximum huge capabilities.
Items with low correlation with the target variable (e.g. negative demographic data) were removed to reduce noise.

After washing and cleaning, the dataset contained the following:
Number of records: 1,259
Points: 27 (with technology)
Targeted variables: Dichotomous classification (depressed/non-depressed) .

These data sets have formed a solid basis for education and instrumental research, ensuring reliable modelling and interpretation results are identified.

IV. MACHINE LEARNING TECHNIQUES

A. Overview of strategies:

Several system learning algorithms were tested to determine the most reliable and correct way to enforce this advantage. The proposed algorithms include: **Logistic regression** : A simple and easy-to-interpret model that predicts the probability of stopping a person with or without schizophrenia based on characteristics at admission

Support Vector Machine (SVM): Used for the ability to set high-level selection constraints, making it more green for ranking problems.

Random forest: A cluster-based method that combines multiple decision trees for accuracy and robustness and maintains priority.

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K-Nearest Neighbours (KNN): A nonparametric algorithm that classifies data points based on their proximity to listed observations.
Gradient Boosting (e.g., XGBoost): A powerful boosting algorithm that builds the model in order to correct the errors of previous iterations, and achieve higher accuracy.

B. Selected version: random forest algorithm

Among the models tested, the random forest set of rules emerged because the only one for this look at. It completed an excellent accuracy of 87.02%, outperforming different techniques in accuracy and reliability.
Why random forestry?
Importance: Random forests reveal features that contribute significantly to forecasts and aid in interpretation.
Handling imbalanced data: Assigning weights to classes is sensitive to imbalanced datasets.
Strengths: Combining predictions from multiple decision trees reduces overfitting. Versatility: Suitable for classification and regression tasks, making it adaptable to a variety of data types.

C. Ideal Evaluation:

Several metrics were used to evaluate the performance of each algorithm. **Precision**: The proportion of details over the total number of details.
Specificity: The proportion of true positive factors to all predicted positive factors, indicating the reliability of the model.
Remember: The part of true positives that has been found outside of all the really positives, which means feeling.
F1 score: harmonic mean of precision and recall, balanced across the two metrics. In all these metrics, random forest performed better than the other models, especially in dealing with the diverse and complex properties of the dataset.

D. Compared to other methods:

Logistic regression : however, it is not robust and interpretable, struggled to capture non-linear relationships among records, and subsequently has low accuracy. **SVM**: all reasonable operations but offered significant additional parameter tuning and computational resources.
KNN: finished properly on a small subsets however was touchy to neighbour selection and computationally high-priced for big datasets.
Gradient enhancement: provided higher accuracy but required more computational effort and optimization, making it less green than random forest in this example.

E.Terms of Use:

The scikit-research library in Python was used for implementation for ease of use and stability.
The dataset become break up into 80% education facts and 20% trying out statistics, which ensured that the overall performance of the model turned into examined on unobserved statistics.
Cross-validation strategies including k-fold validation were used to prevent overfitting and take a look at generalizability.

F.Determine function significance:
Random woodland function significance analyses found out key determinants of depression development, together with stress stages, work hours, sleep styles, and parameters of emotional properly-being and those insights now not only extended version accuracy however supplied records a it is able to also be used for centred interventions.

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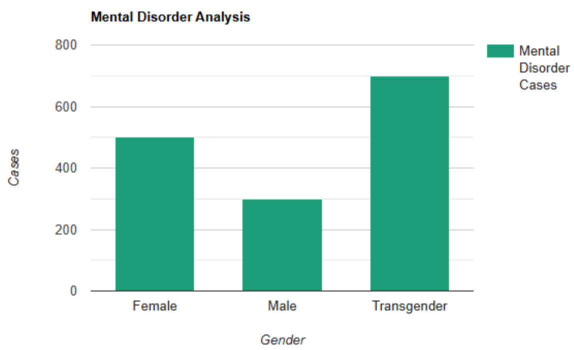
V. PREDICTION OF MENTAL DISORDER BASED ON GENDER

Mental disorders impact individuals differently based on gender, as evident from the dataset. The analysis reveals that **transgender individuals** are the most affected by mental disorders, followed by **females**, while **males** show the lowest prevalence. This pattern suggests that transgender individuals may face greater mental health challenges due to factors such as social stigma, discrimination, and lack of access to adequate mental health support. Similarly, females also show a higher number of cases compared to males, possibly due to societal pressures and workplace stress. These findings highlight the need for **targeted mental health interventions**, ensuring that vulnerable groups receive the necessary psychological support and care.



VI. SYSTEM ARCHITECTURE

The front-give up device ensures efficiency and accessibility, permitting customers to get entry to the platform from a whole lot of devices, which include computer systems and cellular phones [1]. Python, back-give up layer a it is constructed with Flask to handle the server-aspect common sense, the frontcease . It's also a gap between machine learning components. It receives user analytics data through API calls, preprocesses it in real time, and sends it to the data processing layer [2]. Flask's lightweight and modular design ensures that requests and responses are handled efficiently, while its RESTful API endpoints enable smooth communication between components [3]. Data processing and modeling layers form the backbone of the system, using machine learning techniques that advanced use to analyze and classify data. Raw data undergo extensive preprocessing, including data cleaning, encoding of categorical variables, normalization and feature engineering [4]. The forest model selected for robustness and accuracy (87.02%) uses preprocessed data to predict dementia, demonstrating its effectiveness in detecting cognitive instability.

VII. REAL-WORLD APPLICATIONS

Integrating machine learning techniques into mental health assessment and cognitive abilities detection has significant impact in a variety of real-world contexts This project uses advanced systems to address challenges in mental health policy, workplace management, education, and public health management.

A. Mental health care:

Machine studying models together with Random Forest can assist clinicians perceive and diagnose mental health conditions including depression and anxiety more fast by means of analyzing affected personpronounced issues and behaviors These equipment also can support personalised remedy plans through remedy identifying the best for man or woman patients, improving consequences and lowering remedy charges.

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B. Occupational mental illness:

Many organizations use machine learningbased systems to monitor employee wellbeing and detect early signs of burnout or stress [2]. By analyzing data such as survey responses, absenteeism reports and performance metrics, this system provides actionable insights for HR departments, enabling them to intervene in a timely manner in practice and create a healthy working environment

C. Educational Institute:

The use of machine learning in schools and universities can help educators identify students at risk for mental health. These structures are in a position to investigate attendance information, route achievement, and research records to provide assistance wherein wished [3]. By addressing mental challenges early, institutions can enhance student fulfillment and retention.

D. Public Health Campaign:

Governments and nonprofits are using machine studying to design and put into effect mental fitness campaigns [4] . When studying statistics from surveys and social media structures, those system.

VIII. FUTURE SCOPE

Integrating machine learning into mental health assessment and care offers tremendous potential for improving the future, and transforming how mental wellbeing is managed, diagnosed and treated. More development is needed to expand the impact of this technology.

A. Enhanced predictive models:

Future studies may want to focus on more state-of-the-art predictive fashions the usage of deep mastering strategies along with neural networks and transformers, which might be able to investigate complicated patterns in huge facts units These models can provide accuracy have advanced the analysis and long-time period analysis of psychiatric situations 1].

B. Real-time tracking:

The aggregate of wearable devices and IoT technology with system mastering algorithms may want to allow actual-time tracking of intellectual fitness. Data from sensors that measure physiological parameters including heart price, sleep patterns, and pastime levels can offer early warnings of cognitive instability [2] .

C. Personal Mental Health Solutions:

The future lies in the integration of machine learning insights with patient-specific information including genetic, social and behavioral data to create more personalized mental health interventions Personalized solutions can increase efficiency and effectiveness of treatment.

D. Interactivity with Virtual Reality (VR) and Augmented Reality (AR):

Machine mastering can be mixed with VR and AR to create an interventional healing surroundings for treating intellectual contamination. These applications can provide healing interventions, relaxation techniques, and communication equipment to manipulate tension and despair [4] .

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E.**Cultural and demographic alternate:**

Future development have to focus on making mental health models adaptable to cultural populations.

IX. CONCLUSION

The convergence of system studying and intellectual fitness coverage represents an vital step in addressing the challenges posed by way of cognitive instability. This take a look at highlights the ability of superior algorithms including random wooded area to as it should be discover and classify intellectual health conditions inclusive of melancholy Using superior datasets and applying complicated preprocessing strategies demonstrates the mechanisms controlled by generation so is effective to enhance early detection and intervention. The use of a layered

system architecture, combining frontstop accessibility with again-end performance, and specific machine learning highlights the feasibility of scalable solutions in psychiatric studies and makes use of tools along with Flask and Python ensure that such structures can run seamlessly, Provide realtime analysis and actionable insights Despite these advances, the studies maintains to include advances, inclusive of wearable technology, real-time tracking structures, and personalised intellectual fitness treatment solutions with progressed methods that statistics series methods, greater predictive fashions, and adherence to ethical requirements gift possibilities for in addition innovation in this place. This study at Stop highlights the importance of combining technological advances with clinical expertise to provide comprehensive and available mental health responses. By increasing interdisciplinary collaboration and investing in improving the future, systems science has the potential to transform cognitive energy envelopes, improving the lives of every individual and society in the long term

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