International Research Journal of Engineering and Technology (IRJET) e-ISSN: 2395-0056
Volume: 11 Issue: 10 | Oct 2024 www.irjet.net p-ISSN: 2395-0072

LEVERAGING MACHINE LEARNING AND NLP FOR PERSONALIZED MENTAL HEALTH ANALYSIS FROM SOCIAL MEDIA INSIGHTS

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Abstract - *This study presents a machine learning (ML) and natural language processing (NLP) framework for assessing mental health through social media text analysis. With the increasing amount of user-generated content, social media provides a valuable source of data for identifying mental health markers through expressed emotions, challenges, and general sentiment. This research aims to fulfill two primary objectives: (1) early detection of potential mental health concerns and (2) classification of specific conditions, including depression, anxiety, and stress, based on sentiment and linguistic patterns. Our dual-model approach includes a binary classifier to detect general mental health concerns and a multiclass classifier for condition-specific categorization. The integration of VADER sentiment scoring, TF-IDF vectorization, and Truncated Singular Value Decomposition (SVD) for dimensionality reduction enables accurate feature extraction and enhanced model performance. Experimental results on publicly available datasets show high predictive accuracy, with confusion matrix analysis validating minimal overlap across classified mental health conditions. Potential applications include real-time mental health monitoring and tailored interventions, with future directions focused on multilingual adaptation and expanded feature engineering. This framework provides a promising basis for automated, scalable, and personalized mental health support.*

Key Words: **Mental health assessment, social media analysis, machine learning, natural language processing, sentiment analysis, VADER, Truncated SVD, binary classification, multiclass classification, personalized mental health support.**

1. INTRODUCTION

Mental health significantly impacts quality of life and productivity, yet barriers like social stigma and limited resources hinder timely care. The extensive use of social media platforms provides a rich source of user-generated content, often revealing users' emotional states, mental challenges, and general well-being. This study leverages machine learning (ML) and natural language processing (NLP) to assess mental health from social media data, with a focus on early detection and classification of specific mental health conditions.

Traditional mental health assessments, while effective, may lack the immediacy and nuance of real-time data. Social media offers an alternative, capturing natural language patterns that reflect users' daily experiences. Our dual-model framework addresses two objectives: (1) binary classification to identify general mental health concerns and (2) multiclass classification for specific conditions like depression, anxiety, and stress.

Core techniques include sentiment analysis using VADER, feature extraction through TF-IDF, and dimensionality reduction via Singular Value Decomposition (SVD). We validate the framework using two datasets—one for general mental health and one for Twitter mental health—demonstrating high predictive accuracy across various mental health indicators.

The organization of this paper is as follows: Section II details our methodology and preprocessing; Section III presents experimental findings; Section IV discusses applications and limitations; and Section V concludes with future directions.

2.METHODOLOGY

2.1 Data Collection

Two public datasets were utilized: the general mental health dataset and the Twitter mental health dataset. The former includes text data reflecting various mental health conditions, while the latter captures real-time emotional expressions from users on social media platforms.

2.2 Data Preprocessing

Text Cleaning: We removed special characters, URLs, and stop words from the text data to enhance the quality of the input for analysis.

Label Encoding: Target labels were encoded for both binary and multiclass classification tasks, facilitating model training.

2.3 Feature Extraction

We employed the Term Frequency-Inverse Document Frequency (TF-IDF) technique to convert the textual data into numerical format. This was followed by dimensionality reduction using Truncated Singular Value Decomposition (SVD) to minimize noise and improve computational efficiency.

2.4 Sentiment Analysis

Sentiment scoring was performed using the VADER (Valence Aware Dictionary and sEntiment Reasoner) tool, which provided a compound score representing the overall sentiment of the text.

2.5 Model Development

Binary Classification Model: A binary classifier was trained to identify general mental health concerns.

Multiclass Classification Model: A separate model categorized specific conditions, such as depression, anxiety, and stress, based on sentiment and linguistic features.

2.6 Model Evaluation

We assessed model performance using metrics such as accuracy, precision, recall, F1-score, and AUC-ROC. Confusion matrices were generated to visualize model predictions against actual labels.

2.7 Flow Diagram and Architecture Diagram

Figure 1 illustrates the workflow of the proposed system, which begins with the user submitting a tweet for analysis. The tweet is then preprocessed to eliminate noise, such as stop words and punctuation. Following this, the cleaned tweet undergoes sentiment analysis to determine its emotional tone. The processed text is transformed into a numerical vector format for efficient computation. Dimensionality reduction techniques like PCA or SVD are applied to reduce data complexity while preserving key information. Relevant features are added to enhance classification accuracy, leading to binary classification, which categorizes the tweet as normal or stressed. If further categorization is necessary, a multiclass classifier assigns the tweet to specific mental health states, such as anxious or lonely. Finally, the system compiles the results and provides personalized recommendations for further action or support based on the identified mental health condition.

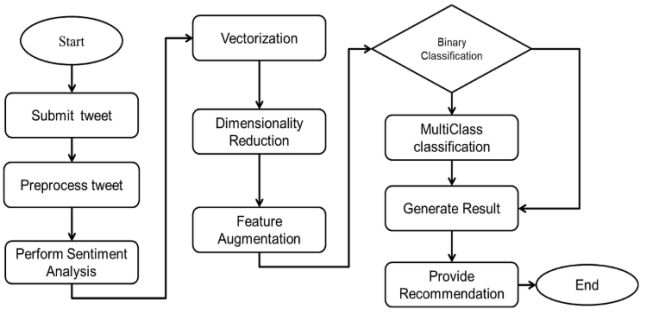

Fig 1: Flow diagram of the methodology

Figure 2 illustrates the proposed system for analyzing and classifying social media data to provide real-time mental health insights. The system collects data from Twitter, extracting tweets that reflect mental health states such as Lonely, Stressed, Anxious, and Normal. After preprocessing, which includes cleaning text by removing noise like URLs, hashtags, and special characters, the data is chunked into smaller segments suitable for vectorization using the TF-IDF technique. The system employs Decision Trees and XGBoost classifiers for training and testing, enabling it to recognize mental health states from tweets. When a new tweet is received, it undergoes the same preprocessing and vectorization process, allowing the system to compare it against the trained model to predict the user's mental health state and generate personalized recommendations. The predicted state and recommendations are provided to the user, enhancing their mental well-being, while the system continuously evaluates real-time social media data for changes in mental health patterns, offering insights to mental health professionals for timely support.

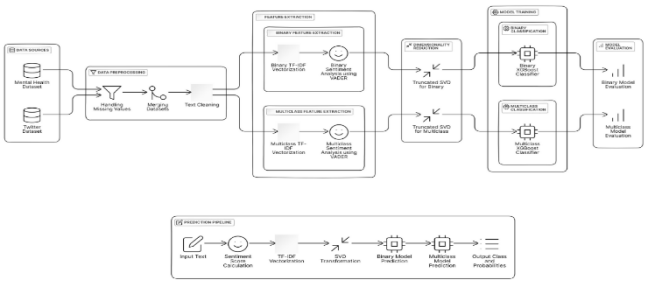

Fig 2: Architecture of the proposed model for mental health analysis.

3. EXPERIMENTAL FINDINGS

Our experimental results indicate high prediction accuracy across both classification models. The binary classification model achieved an accuracy rate of 83%, while the multiclass model attained an accuracy rate of 73%. Confusion matrix analysis demonstrated minimal misclassification, highlighting the model's effectiveness in distinguishing between different mental health conditions.

The dual-model framework successfully identified patterns in social media text that correlate with mental health indicators, providing significant insights into user sentiment and potential mental health issues.

```
XGBoost Classification Report:
              precision    recall  f1-score   support

           0       0.83      0.86      0.84      4840
           1       0.85      0.83      0.84      4756

    accuracy                           0.84      9596
   macro avg       0.84      0.84      0.84      9596
weighted avg       0.84      0.84      0.84      9596

XGBoost Accuracy Score: 0.840871196331805
XGBoost AUC Score: 0.9287725508969966
```

Fig 3: Binary Classification Report

```
Accuracy: 0.7317372042605335
Classification Report:
                    precision    recall  f1-score   support

           Anxiety       0.75      0.69      0.72       779
           Bipolar       0.84      0.59      0.69       580
        Depression       0.66      0.70      0.68      3100
            Normal       0.85      0.93      0.89      3327
Personality disorder       0.67      0.54      0.60       248
            Stress       0.69      0.40      0.51       557
          Suicidal       0.63      0.62      0.62      2018

          accuracy                           0.73     10609
         macro avg       0.73      0.64      0.67     10609
      weighted avg       0.73      0.73      0.73     10609
```

Fig 4: Multi-Class Classification Report

```
AUC for class 'Anxiety': 0.9574
AUC for class 'Bipolar': 0.9616
AUC for class 'Depression': 0.8838
AUC for class 'Normal': 0.9789
AUC for class 'Personality disorder': 0.9521
AUC for class 'Stress': 0.9284
AUC for class 'Suicidal': 0.9082
Average AUC score: 0.9386
```

Fig 5: AUC Score for Multi-Class Classification

```
Enter a statement (or type 'exit' to quit): If this reaches 2 million sales, I'm not surprised
No Disorder Detected. Your mental health seems stable.
Enter a statement (or type 'exit' to quit): Have you ever overshared? If so how the hell do you cope? I
Mental Disorder Predicted with Probability: 0.53
Proceeding to multiclass classification...
Predicted Class: Depression
Prediction Probabilities: [[6.8642315e-03 8.1376666e-03 5.1365244e-01 2.2406739e-04 4.3153131e-01
  9.6674068e-03 2.9922873e-02]]
```

Fig 6: Dynamic Prediction Result

4. Applications and Limitations

4.1 Applications

Personalized Mental Health Monitoring: The integration of machine learning and Natural Language Processing (NLP) allows for the development of personalized mental health monitoring tools that can analyze social media posts and detect signs of mental health disorders in real time. By employing models trained on large datasets, these tools can provide insights tailored to individual users based on their online expressions.

Early Detection of Mental Health Issues: The proposed system can be utilized by mental health professionals to identify potential risks early. By continuously analysing posts and comments for sentiment and keywords associated with mental distress, the system can alert professionals to intervene before issues escalate.

Support for Therapeutic Practices: The insights gained from user data can be used to support therapeutic practices by providing therapists with contextual information about their clients' emotional states and thoughts. This can enhance the effectiveness of treatment plans by focusing on real-time behavioural changes.

Community Support Systems: By aggregating and analysing data from multiple users, the system can identify common trends and issues faced by specific demographic groups. This information can guide community support programs, enabling tailored interventions and support resources.

4.2 Limitations

Data Privacy and Ethical Concerns: One of the primary limitations of this project is the ethical implications of analysing personal data from social media. Users may be unaware that their posts are being analysed, raising concerns about consent and privacy. This necessitates robust data protection measures and transparent communication regarding data usage.

Bias in Training Data: The effectiveness of machine learning models is heavily dependent on the quality and diversity of the training data. If the data used to train the models is biased or not representative of the wider population, the predictions made by the system could perpetuate existing stereotypes or overlook significant user groups.

Sentiment Analysis Limitations: While VADER Sentiment Analysis is effective for social media text, it may struggle with nuanced expressions of emotion, sarcasm, and context-dependent language. This can lead to misclassification of user sentiments, affecting the overall accuracy of the model.

Dynamic Nature of Mental Health: Mental health is complex and can be influenced by a variety of factors beyond what is expressed in social media. The reliance on textual data may not capture the full scope of a person's mental health, limiting the effectiveness of predictions.

5. Conclusion and Future Directions

In conclusion, this project illustrates the potential of leveraging machine learning and natural language processing (NLP) for personalized mental health analysis derived from social media insights. By analysing vast

amounts of user-generated content, we can facilitate timely interventions and support systems tailored to individual needs. This approach empowers users to take proactive steps toward their mental well-being while providing mental health professionals with crucial information for effective treatment.

However, the limitations discussed underscore the importance of ethical considerations, data diversity, and model robustness. Ensuring user privacy and obtaining informed consent are paramount to fostering trust in such technologies. Additionally, addressing biases in training data is critical to preventing the perpetuation of stereotypes. Future iterations of the model should focus on enhancing adaptability to various cultural contexts and emotional nuances.

Ultimately, the continued development of these systems has the potential to significantly deepen our understanding of mental health dynamics in the digital age.

5.1 Future Directions

Improved Sentiment Analysis Techniques: Future research should explore advanced sentiment analysis methodologies, such as deep learning techniques, to better capture the complexity of human emotions expressed in social media. This could involve using transformer-based models like BERT or GPT to enhance understanding.

Integration of Multimodal Data: Combining textual analysis with other data types, such as audio (voice recordings) and visual data (images), could provide a more holistic view of an individual's mental health. This integration could improve prediction accuracy and enrich insights for professionals.

User Feedback Mechanisms: Developing mechanisms for users to provide feedback on the system's predictions could facilitate continuous learning and model improvement. This feedback loop could enhance the system's adaptability and personalization.

Longitudinal Studies: Conducting longitudinal studies that track user sentiment over time can provide valuable insights into mental health trends and the effectiveness of interventions. This approach could help validate the predictive capabilities of the model and enhance its application in real-world settings.

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