

# MENTAL HEALTH PREDICTION AT WORKPLACE USING MACHINE LEARNING

PRESENT BY

Shyam Lal Kafle  
Sandesh Pokhrel  
Jiwan Chaudhary Tharu  
Nabin Shahi

19691A05F0  
19691A05J0  
19691A05J4  
19691A05J6

Under the guidance  
of  
Mr. K H Shabbeer Basha, M.Tech  
Assistant Professor



Department of Computer Science and Engineering  
Madanapalle Institute of Technology and Science

March 10, 2023

# OUTLINE

- Problem Formulation
- Feasibility
- Literature survey
- Existing Work
- Disadvantage of Existing Work
- Proposed Work
- Proposed Model Diagram
- Advantage of Proposed Work
- Requirement
- Uml Diagram
- Model Design
- Dataset
- Algorithm used
- Accuracy of ML algorithms
- Finding algorithm with high accuracy
- Performance measures analysis
- References

# PROBLEM FORMULATION

- The problem of mental health prediction in the workplace using machine learning can be formulated as a multiple classification task
- Objective is to predict if an employee is likely to have a mental health issue based on their workplace-related factors.
- The key challenges in this problem include :
  - Data collection
  - Data pre processing
  - Feature selection
  - Model selection
  - Model Evaluation
  - Interpretability
  - Privacy and Ethics

# FEASIBILITY

- **Technical Feasibility** :The technical requirement for the system is economic. It doesn't use any hardware and software.
- **Operation Feasibility**: The operational feasibility includes User friendly, Reliability, Security, Potability, Availability and Maintainability of the software using project.
- **Economic Feasibility** : Analysis of the project cost and revenue in an effort to determine whether or not it is logical and possible to complete.

# LITERATURE SURVEY : 1

| Author Name and Publication   | Title of paper   | ML Technique used                            | Review of this paper  |
|---|--|--|---|
| Gundeti Sai Manvith,<br>Gunna Shivani<br>Reddy,Bandi Lakshma<br>Reddy. International<br>Reaserch Journal of<br>Modernization in<br>Engineering<br>Technology and<br>Science,Vol.04/Issue.0<br>7. <b>(July 2022)</b> | Mental Health<br>Prediction for an<br>Individual using<br>Machine Learning | Decision tree &<br>Support Vector<br>Machine | The Feasibility<br>Investigation examine<br>the longevity of a<br>standard peak<br>detection method which<br>can be seen done<br>using Support Vector<br>Machine and Decision<br>Tree which has higher<br>Accuracy in prediction<br>of mental health is<br>97%. |

## LITERATURE SURVEY : 2

| Author Name and Publication  | Title of paper  | ML Technique used  | Review of this paper   |
|--|---|--|--|
| Jetli Chung ,Jason Teo<br>Faculty of Computing<br>and informatics,<br>University Malaysia<br>Sabah,Jalan<br>UMS,88400 Kota<br>Kinabalu,<br>Sabah,Malaysia.<br>(Jan 2022) | Mental Health<br>Prediction using<br>Machine Learning :<br>Taxonomy Application<br>Challenges | Bayesian Network,<br>Naïve Bayes,<br>Logistic Regression,<br>Multiple Layer<br>Perceptron,<br>Sequential Minimal<br>Optimization,<br>K-star,<br>Random Sub Space,<br>J48,<br>Random Forest,<br>Random Tree | The main objective of<br>this paper is to provide<br>systematic literature<br>review, critical review<br>and summary of the<br>machine learning<br>technique that are<br>being used to predict<br>and diagnose and<br>identify the mental<br>health problem. |

## LITERATURE SURVEY : 3

| Author Name and Publication  | Title of paper                                     | ML Technique used   | Review of this paper  |
|--|--|---|---|
| Dr.J.Arokia Renjit,Adlin Sajeesha M,J Sangavai V.D.Sree Devi D.SJETIR Journal of Emerging Technologies and innovative Reaserch, Volume 9, Issue 5.<br>[May 2022] | Prediction of Mental Health using Machine Learning | Supervised Learning, Logistic Regression, Random Forest, Naïve Bayes, Decision Tree Classifier & Flask Deployment | This research paper suggest that machine learning technique could be used to predict mental health condition and identify at –risk individual in a cost effective and efficient manner. |

## LITERATURE SURVEY : 4

| Author Name and Publication   | Title of paper   | ML Technique used   | Review of this paper  |
|---|--|---|---|
| Sofiantia Mutalib, Nor Sakifa Mohd Shafiee, Shuzlina Abdul-RahmanTurkish Journal of Computer and Mathematics Education Vol12.No.5(2021),187 2-1972.<br>[Jan 2021] | Mental Health Prediction Models using Machine Learning in Higher Education | Logistic Regression, Naïve Bayes, Decision Tree, Neural Network, Support Vector Machine | This paper compare the following algorithm with dataset and find out that among all this algorithm, Decision Tree, Support Vector Machine and Neural Network are the high accuracy and effective algorithm. |



## LITERATURE SURVEY : 5

| Author Name and Publication   | Title of paper   | ML Technique used   | Review of this paper  |
|---|--|---|---|
| konda Vaishnavi et al<br>J.Phys: Conf.Ser.2161<br>012021.<br>[2022] | Predicting Mental Health Illness using Machine Learning Algorithms | Logistic Regression,<br>Decision Tree Classifier,<br>KNN Classifier,<br>Random Forest Classifier,<br>Stacking | This research paper shown that mental health prediction using machine learning algorithm using five difference algorithm, get highest accuracy of 81.75% and lowest accuracy of 79.63%. |

# EXISTING SYSTEM

- Predicting Depression
- Mental Health Assessment
- Anxiety and stress prediction
- Suicide Risk Assessment

## Note:

They use Decision tree, Support Vector Machine, Bayesian Network, Naïve Bayes, Logistic Regression, Multiple Layer Perceptron, Sequential Minimal Optimization Algorithm for predicting above following mental health related problems.

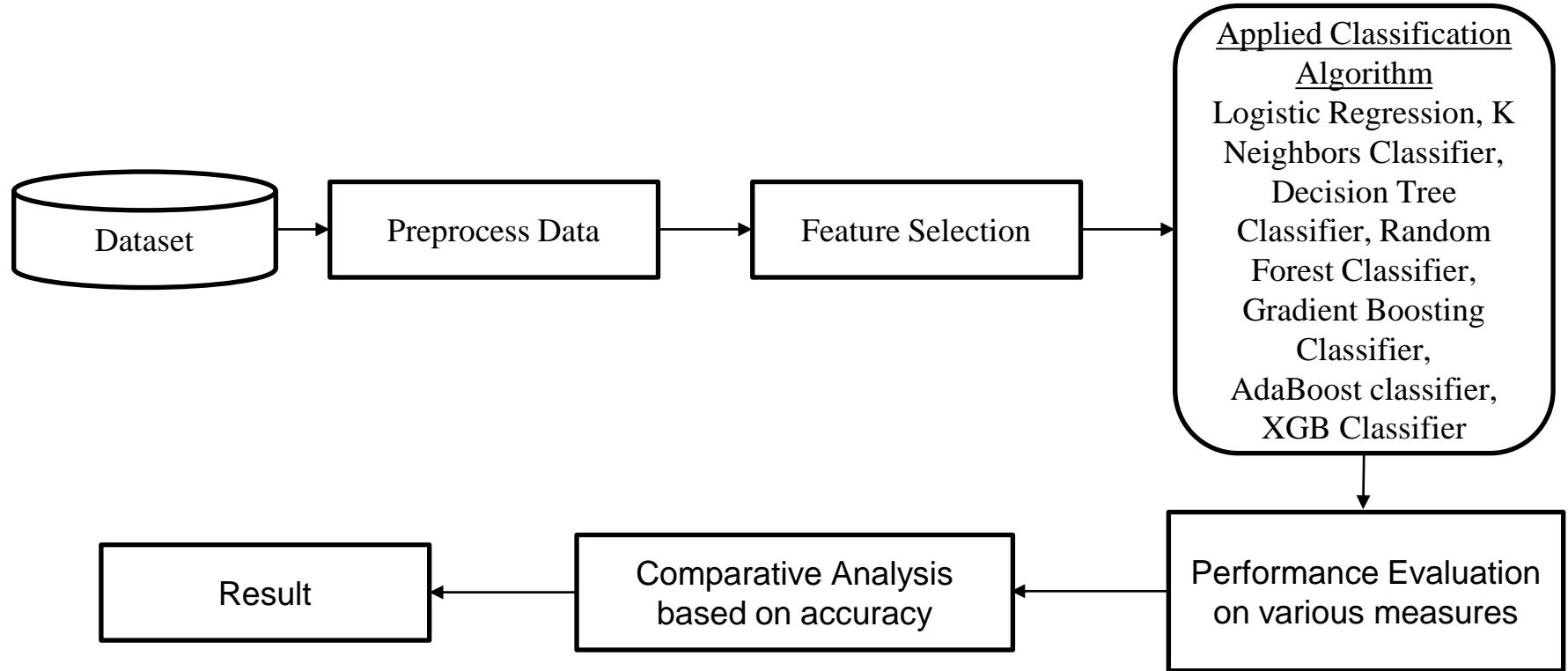
# DISADVANTAGE OF EXISTING SYSTEM

- Data Quality and Bias
- Lack of interpretability
- Privacy concern
- Ethical Consideration
- Limitation of self reported data
- Limitation of physiological sign
- Lack of clinical validation

# PROPOSED WORK

- In this project we try to predict employee stress prediction, work place burnout prediction, mental health support recommendation using different algorithms: **Logistic Regression, K Neighbors Classifier, Decision Tree Classifier, Random Forest Classifier, Gradient Boosting Classifier, XGB Classifier** with large number of dataset.
- After performing, we analysed the performance of Accuracy, Confusion Matrix, F1 score, Precision, ROC Curve by using above algorithms.
- After analyzing the performance we compare the algorithm and choose the best algorithm which has high accuracy and efficiency to predict the employee attrition using Machine Learning Technique.

# PROPOSED MODEL DIAGRAM



# ADVANTAGE OF PROPOSED WORK

- ❖ Improving predictive accuracy
- ❖ Incorporating additional factors
- ❖ Personalized interventions
- ❖ Integration with existing HR system
- ❖ Ethical and legal considerations
- ❖ Address the employee issue

# REQUIREMENTS

## **Hardware Requirement :**

- System : Pentium i3 processor
- Hard disk : 256 GB
- Monitor : 14“ LED
- Input Devices : Keyboard, Mouse
- RAM : 4 GB

## **Software Requirement :**

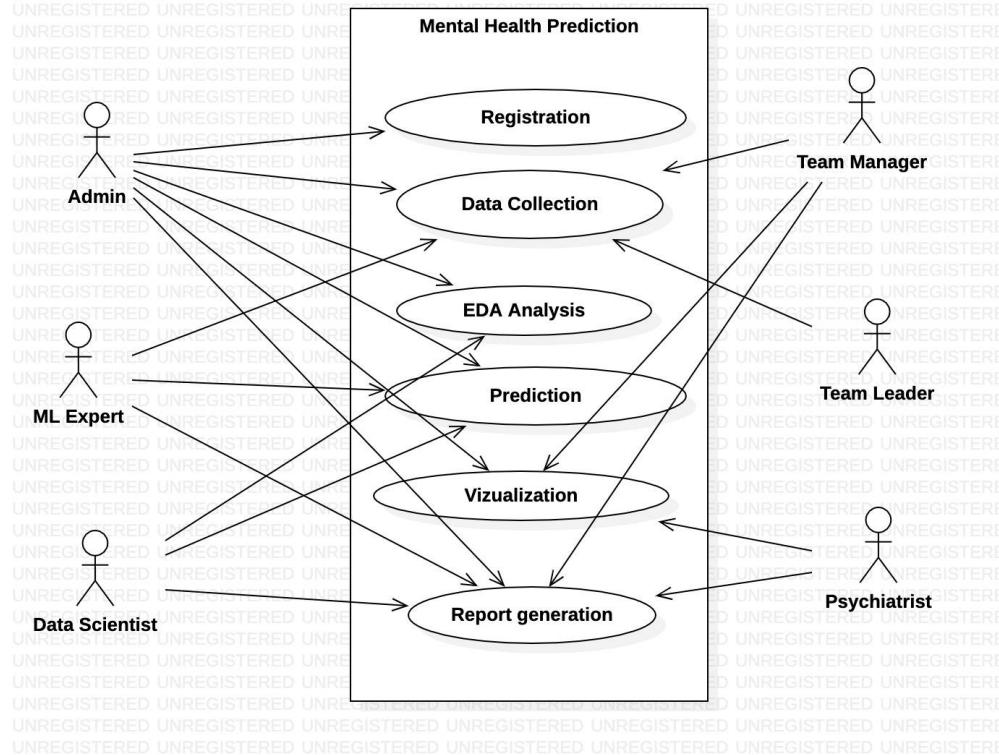
- Operating System : Window 10,11
- Coding Language : Python
- Coding Platform : Jupyter Notebook, Google Colaboratory
- UML Diagram: Star UML

# UML DIAGRAM

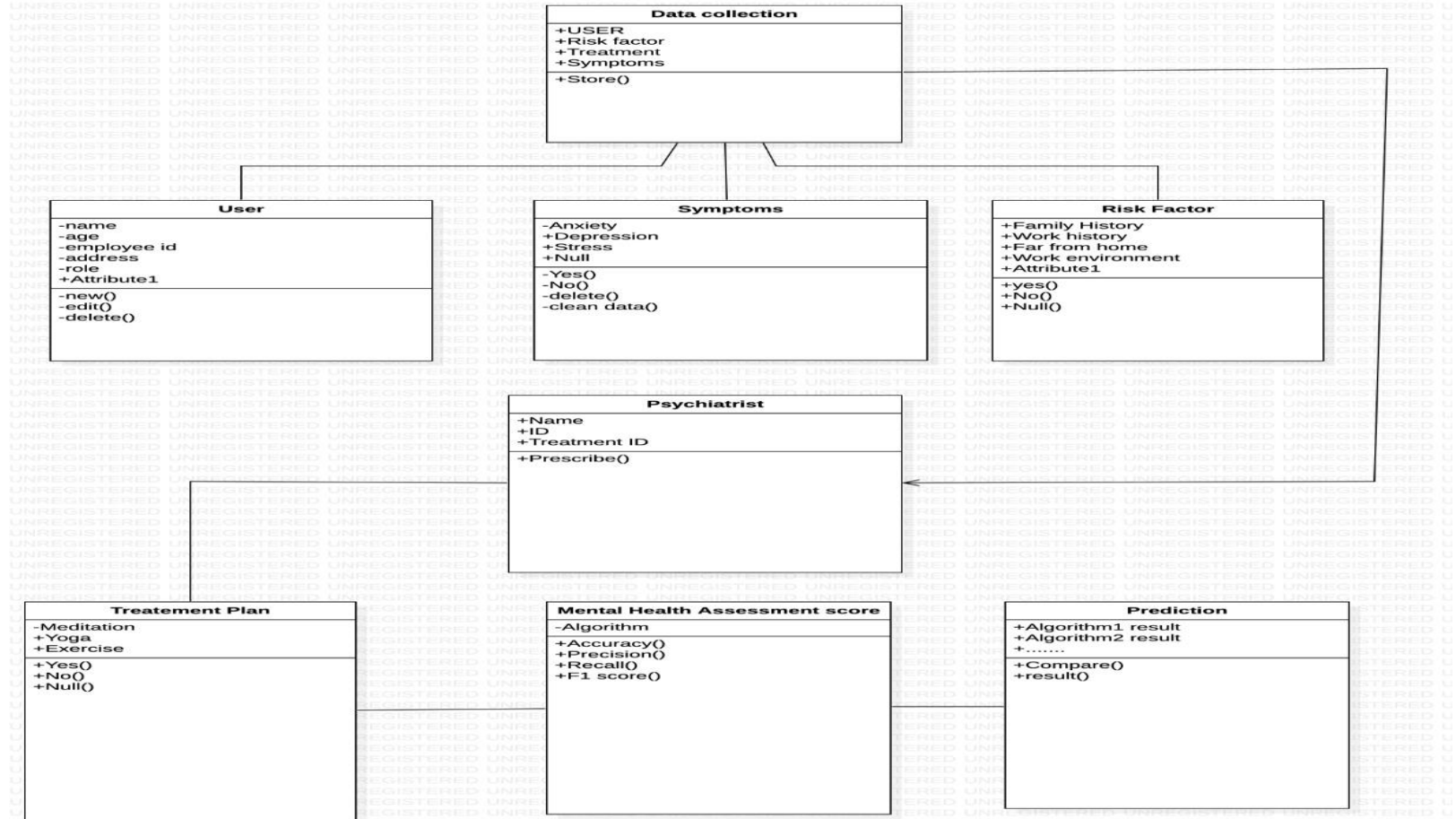
- **Use Case Diagram**
- **Class Diagram**
- **Sequence Diagram**



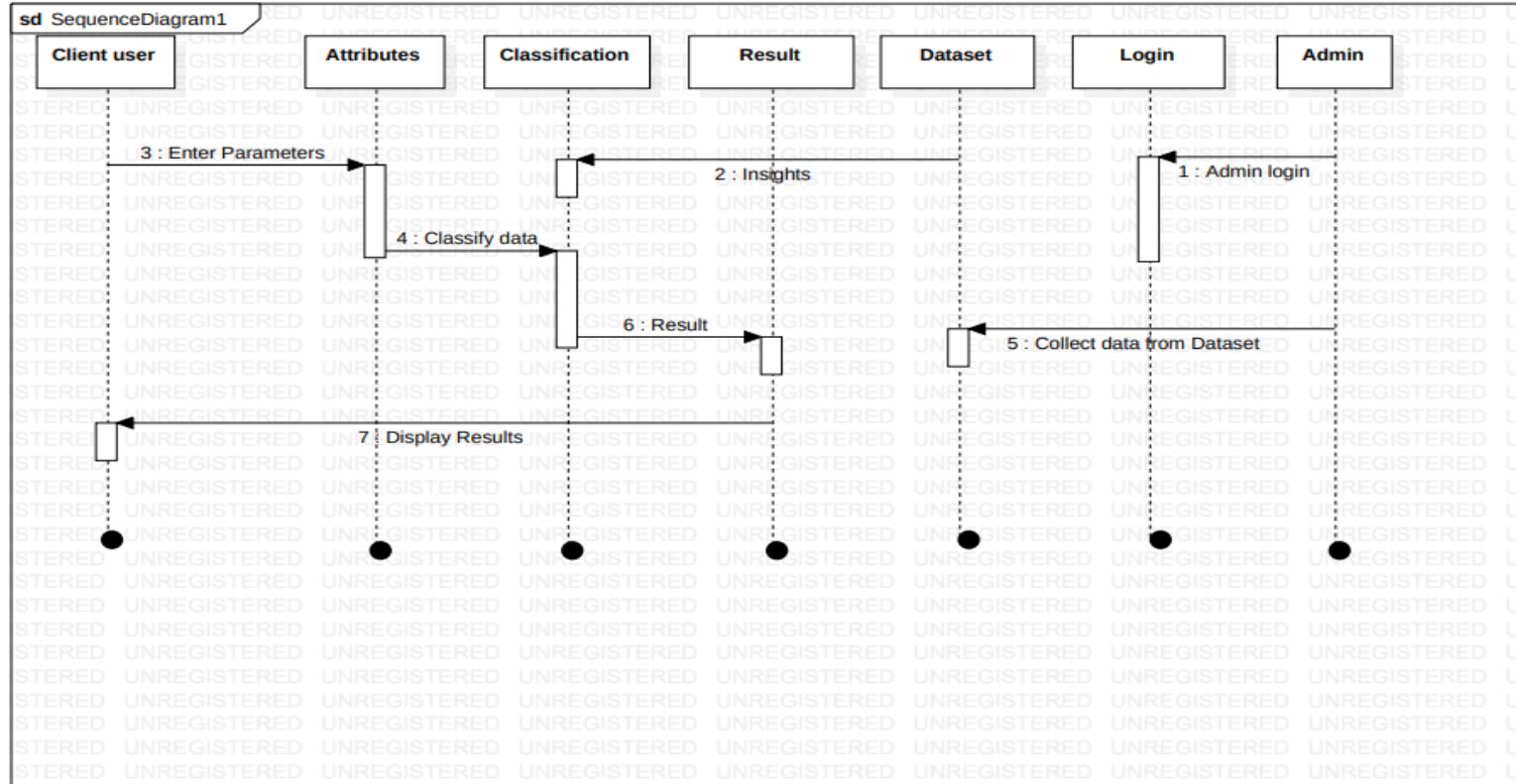
# USECASE DIAGRAM



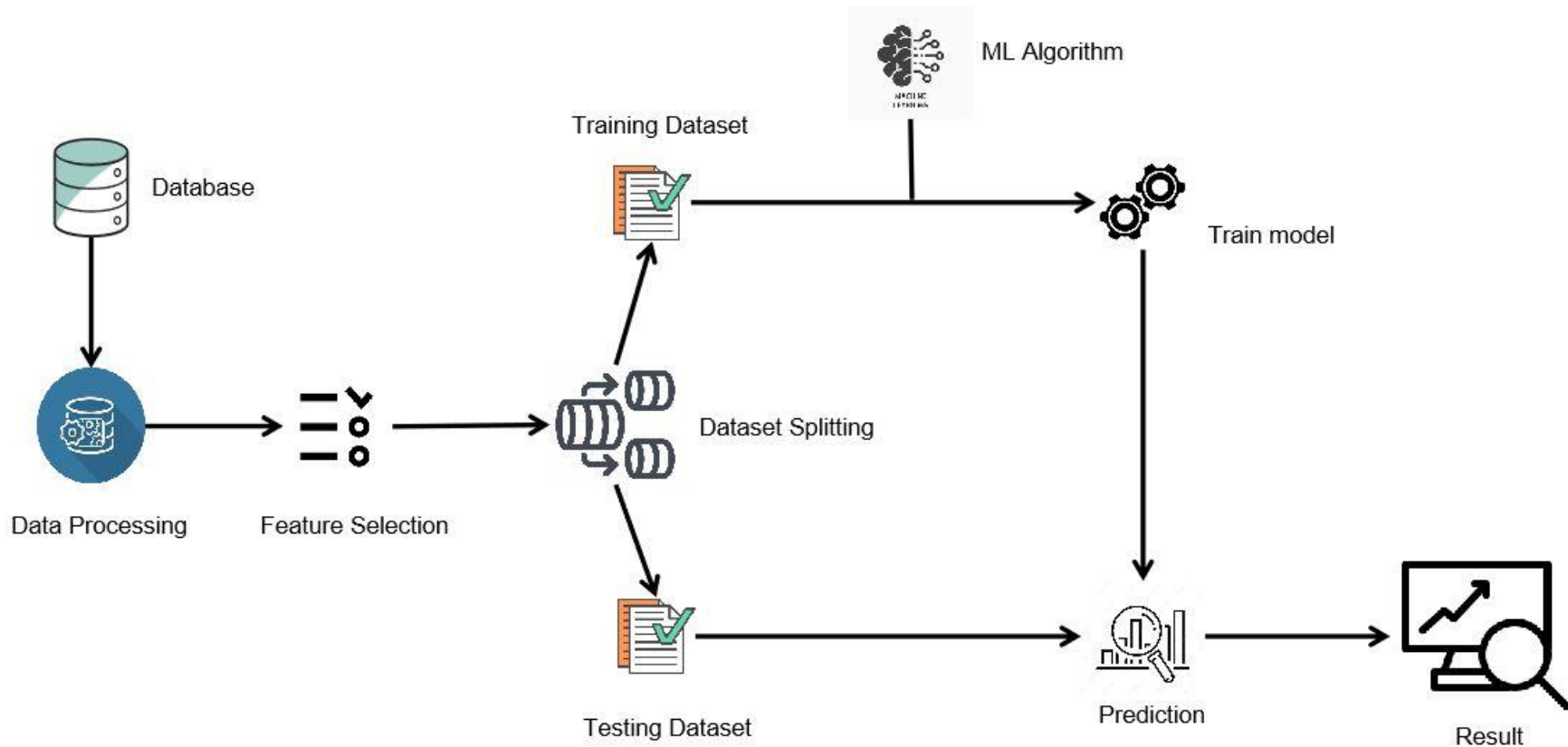
# CLASS DIAGRAM



# SEQUENCE DIAGRAM



# MODEL DESIGN





Employees  
Dataset



Employee Exploratory  
Data Analysis (EEDA)



Feature Engineering



Data Resampling  
(SMOTE)



Dataset Splitting

75 %

25 %

Training

Testing

Hyperparameter  
Tuning



Proposed Machine  
Learning Approach

Attrition  
Yes

Attrition  
No

Prediction

Mental health prediction

# DATASET

|                     | Timestamp           | Age | Gender | Country        | state | self_employed | family_history | treatment | work_interfere | no_employees   | ... | leave              | mental_health_consequence | phys_health_consequ |
|---------------------|---------------------|-----|--------|----------------|-------|---------------|----------------|-----------|----------------|----------------|-----|--------------------|---------------------------|---------------------|
| 1254                | 2015-09-12 11:17:21 | 26  | male   | United Kingdom | NaN   | No            | No             | Yes       | NaN            | 26-100         | ... | Somewhat easy      | No                        |                     |
| 1255                | 2015-09-26 01:07:35 | 32  | Male   | United States  | IL    | No            | Yes            | Yes       | Often          | 26-100         | ... | Somewhat difficult | No                        |                     |
| 1256                | 2015-11-07 12:36:58 | 34  | male   | United States  | CA    | No            | Yes            | Yes       | Sometimes      | More than 1000 | ... | Somewhat difficult | Yes                       |                     |
| 1257                | 2015-11-30 21:25:06 | 46  | f      | United States  | NC    | No            | No             | No        | NaN            | 100-500        | ... | Don't know         | Yes                       |                     |
| 1258                | 2016-02-01 23:04:31 | 25  | Male   | United States  | IL    | No            | Yes            | Yes       | Sometimes      | 26-100         | ... | Don't know         | Maybe                     |                     |
| 5 rows × 27 columns |                     |     |        |                |       |               |                |           |                |                |     |                    |                           |                     |

## Description of data set

**Dataset used** : Survey.csv

**Source:** [Mental Health in Tech Survey | Kaggle](#)

**Dataset Size:**[1259 rows \* 25 columns]

**Training dataset** : 75%

**Testing Dataset:** 25%

## The dataset consist of several type of parameters

1. Age
2. Gender
3. Country
4. state
5. self-employed
6. family history
7. treatment
8. work interferes
9. no employees'
10. remote work
11. tech\_company
12. benefits
13. care options
14. wellness program
15. seek help
16. anonymity
17. leave
18. mental\_health\_consequence
19. phys\_health\_consequence
20. coworkers
21. supervisor
22. mental\_health\_interview
23. phys\_health\_interview
24. mental\_vs\_physical
25. obs\_consequence

# ALGORITHM USED

1. Logistic Regression
2. K-Nearest Neighbor's
3. Decision Tree classifier
4. Random Forest Classifier
5. Gradient Boosting classifier
6. Ada Boost classifier
7. XGB classifier



# ACCURACY OF ML ALGORITHMS

```
[ ] predicted=[]  
    for name,algo in models.items():  
        model=algo  
        model.fit(X_train,y_train)  
        predict = model.predict(X_test)  
        acc = round(accuracy_score(y_test, predict),3)  
        #acc = (accuracy_score(y_test, predict))  
        predicted.append(acc)  
        print(name,acc)
```

```
LogisticRegression 0.79  
KNeighborsClassifier 0.697  
DecisionTreeClassifier 0.748  
RandomForestClassifier 0.803  
GradientBoostingClassifier 0.806  
AdaBoostClassifier 0.787  
XGBClassifier 0.796
```

# FINDING ALGORITHM WITH HIGH ACCURACY

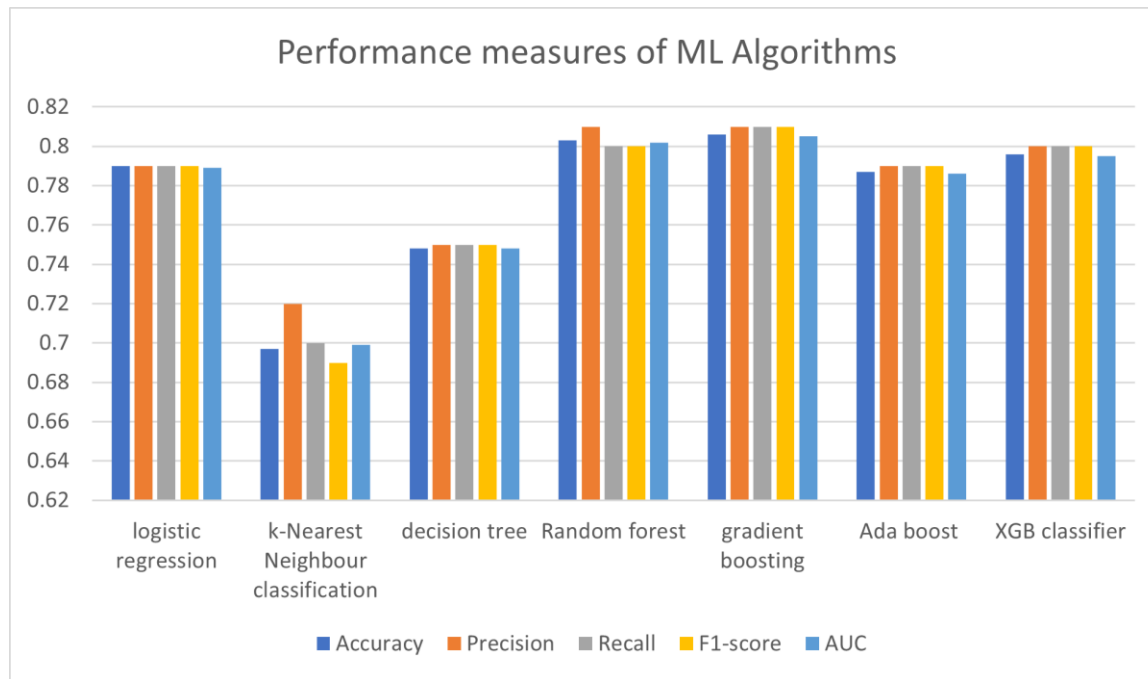


```
m=max(list(pred.values()))  
print("The Algorithm which gives maximum accuracy...")  
for i in pred:  
    if pred[i]==m:  
        print("{} : {}".format(i,pred[i]))
```

```
The Algorithm which gives maximum accuracy...  
GradientBoostingClassifier : 0.8057324840764332
```

We found that “ Gradient Boosting Classifier Algorithm” is achieving the highest accuracy among all the algorithm.

# PERFORMANCE MEASURES ANALYSIS



# REFERENCES

- [1] Gundeti Sai Manvith, Gunna Shivani Reddy,Bandi Lakshma Reddy, “*Mental Health Prediction for an Individual using Machine Learning*” IRJMETs International Research Journal of Modernization in Engineering Technology and Science,Vol.04/Issue.07. [July 2022]
- [2] Jetli Chung ,Jason Teo, “*Mental Health Prediction using Machine Learning : Taxonomy Application Challenges*” Faculty of Computing and informatics, University Malaysia Sabah,Jalan UMS,88400 Kota Kinabalu, Sabah,Malaysia. [Jan 2022]
- [3] Dr.J.Arokia Renjit,Adlin Sajeessa M,J Sangavai V.D.Sree Devi D.S, “*Prediction of Mental Health using Machine Learning*” JETIR Journal of Emerging Technologies and innovative Research, Volume 9, Issue 5. [May 2022]
- [4] Sofiantia Mutalib, Nor Sakifa Mohd Shafiee, Shuzlina Abdul-Rahman, “*Mental Health Prediction Models using Machine Learning in Higher Education*” Turkish Journal of Computer and Mathematics Education Vol12.No.5(2021),1872-1972. [Jan 2021]
- [5] konda Vaishnavi et al, “*Predicting Mental Health Illness using Machine Learning Algorithms* ” J.Phys: Conf.Ser.2161 012021. [2022]

**THANK YOU**