"ML-Powered Personalized Stress Management: A Web-Based Real-Time Framework with Gradio & Secure Access"

1st Geeta Rani
Computer Science and Engineering Chandigarh University
Mohali, India
Mailtogeeta@gmail.com

2nd Baby Monal
Computer Science and Engineering Chandigarh University
Mohali, India
babymonal.2019@gmail.com

3rd Sehajpreet Kaur
Computer Science and Engineering Chandigarh University
Mohali, India
sakaur1509@gmail.com

4th Ravikumar Shivlinga
Computer Science and Engineering Chandigarh University
Mohali, India
kumarsivalinga66@gmail.com

***Abstract*— Stress is a common issue that has an impact on both mental and physical health, which reduces productivity. Traditional approaches to stress management depend on professional treatments which might be inaccessible due to cost, or lack real-time adaptability. A tailored, data-driven strategy is required for stress management and identification. This study introduces a machine learning (ML)-powered stress management system that uses Random Forest to categorize user replies based on stress levels. It provides tailored stress-reduction suggestions based on behavioral analytics when used with Gradio. While authentication guarantees safe access, improving dependability and privacy, a trend chart monitors changes in stress. The efficacy of the system will be assessed based on trend consistency and user involvement. The authentication of users improves privacy and usability while guaranteeing a customized, scalable stress-reduction program for improved mental health. The system exhibited accurate stress classification, interactive ease, timely advice generation, efficient trend visualization, and secure access, all aimed towards a secure and scalable mental wellness assistance tool.**

***Keywords*—Stress detection, Machine Learning, Behavioral Analytics, Random Forest, Trend Chart, Authentication, Data Privacy, Gradio.**

I. INTRODUCTION

Stress has also become a ubiquitous problem in contem- porary society, increasingly entangled with unfavorable life experiences and fueled by the intensifying pace of life, ren- dering it an inescapable part of human life.

The World Health Organization emphasizes that stress may lead to serious conditions like anxiety and depression, a great influence on productivity and well-being. In addition, employees' stress rates have spiked during the last year, a recent poll reports, even though numerous companies provide mental well-being advantages.

This study is motivated by the pressing need to tackle this rising phenomenon, more so fueled by the staggering spike in suicide cases attributed to stress. To illustrate, a student takes his or her own life somewhere in the nation every hour, and India alone has a high volume of cases among youth between 15 and 29 years, as revealed in a 2012 Lancet report.
Technology presents an exciting potential for minimizing stress using affordable and scalable means, and this study seeks to take advantage of these developments to deliver innovative solutions in line with initiatives to introduce new products and services that enhance social welfare [1].

This study suggests the creation of a web application that applies machine learning, using the random forest algorithm, to forecast stress levels from user-inputted questions and offer tailored advice based on pre- defined stress management practices. [1]

This is important because conventional stress management tends to depend on face-to-face consultations, which could be out of reach because of cost or stigma.

The aspect of advice, based on pre-defined stress management approaches, increases usefulness, providing instantaneous, individualized recommendations like relaxation or coping skills. This is important in filling the lack of real-time text-based stress relief, particularly with the scalability of web sites over physiological techniques involving sensors.

Stress management is vital, in view of its profound influence on psychological and bodily welfare, among others, being a factor in heart attack, diabetes, and asthma, as well as contributing to suicide—an action of momentary reaction to causes of stress like financial difficulty or relationship problems.

The World Health Organization quotes that four out of every four individuals are impacted by stress, potentially leading to mental and social problems, loss of confidence in the workplace, and death if not addressed. The study aims to eradicate these impacts through providing a noninvasive efficient system, reducing physical effort, and cost and time savings through a well-organized questionnaire.[2]

Previous research has explored various machine learning techniques for stress detection based on physiological signals, questionnaire responses, and social media monitoring.

EEG signals and KNN were combined in one technique for measuring stress that improved security through password authentication The WESAD dataset was utilized in another study for the classification of stress, but it was not scalable.

Another system suggested real-time stress detection among IT professionals using machine learning and vision processing. Others used ML models to analyze survey answers for detecting stress among university students.

These works confirm ML's strength in stress detection, but our method further develops this domain by concentrating on user-inputted text-based responses, employing Random Forest for classification and offering customized stress management recommendations. [2]

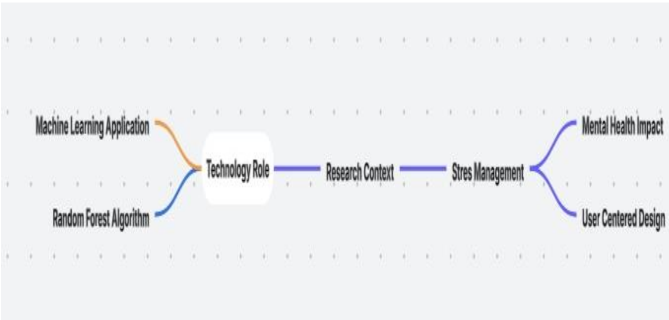

Figure 1: Stress and Technology

The research will create a web application that predicts stress based on questions input by the user utilizing the Random Forest algorithm, taking advantage of its robust classification feature. It also aims to test the accuracy of the model to validate its performance in real-life applications. Moreover, the study incorporates a personalized advice mod- ule, providing customized stress management techniques based on the predicted stress level, maximizing user interaction and assistance [3]

This study dives into creating a web-based stress management system powered by machine learning. It kicks off with an introduction that highlights how stress affects our well-being and emphasizes the need for AI-driven solutions. Following that, the literature review takes a closer look at current stress detection methods and points out where real-time and personalized approaches are lacking.

Then, the proposed methodology details how data is collected, the preprocessing techniques used, and how stress predictions are made using the Random Forest algorithm, all while implementing a user-friendly web interface with Gradio. The results section, presents the system's outputs, which include predictions of stress levels, trend analyses, and features for secure access. To wrap things up, the article concludes with a summary of the system's effectiveness, along with a discussion of its limitations and potential directions for future research.

STRUCTURE

Section II: Literature Review

Discusses literature on stress detection with ML and finds gaps in scalability and personalization.

Section III: Proposed Methodology

Explains system architecture, data gathering, preprocessing, Random Forest usage, and web deployment using Gradio.

Section IV: System Evaluation

Evaluates system outputs, such as predicted stress levels, trend charts, and usability performance.

Section V: Future Scope

Points to future improvements such as wearable integration, AI chatbots, multi-language support, and blockchain security.

Section VI: Conclusion

Summarizes major findings, system contributions, and asserts the necessity for real-time, adaptive stress management tools.

Section VII: References

Consist of the references and lists the sources cited throughout the research.

II. Literature Review

Various scholars have approached it from different per- spectives, leading to diverse findings. This review critically examines these perspectives to highlight common themes and debates in the field.

[1]. The research work uses EEG signals such as alpha and beta levels of brainwaves along with along with the machine learning algorithms, i.e., KNN, for measuring the stress levels. The data reported is then sent to the mobile application to identify variations in stress predictions. However, data protection issues remain a problem. By incorporating password approval, our method improves security by ensuring the predicted patterns and results are accessed only by the authorized users.

[2]. The technical approach integrated the remote stress detector and heart rate sensors to measure the stress patterns by sending the collected data to the server for further processing. This method works well but mainly depends on the change in the pulse levels of the user. In contrast, by personalizing stress assessments by including daily routine activity's parameters, our implementation ensures more relevant and precise predictions, thus improving user participation and customized stress reduction techniques.

[3]. The main concern was with the detection of mental stress among university students through machine learning on survey data, with evidence of success in the analysis of structured text responses. This research aims at the detection of mental stress among university students with emphasis on examination and internet use-related stress. It seeks to analyze the effects of these on students' cognition and investigate the correlation between stress and online time. This work advocates for the application of machine learning on text data for stress detection, as our work does, but in the context of students and formal surveys. Our work builds on this to open-ended user queries, providing a more flexible input mechanism.

[4]. The research primarily focused on using the traditional ML models by totally relying on the WESAD dataset for classification. While achieving better accuracy, these methods are limited in terms of scalability and interoperability. But our approach intensifies the stress trend observation by using real-time user input and deployment in web-based and mobile applications, making it more compliant and resilient with different environments.

[5]. This framework presented an approach that categorizes stress based on limited input parameters such as temperature, humidity, step count and stress levels. These approaches, while effective, generalize user data by clubbing multiple samples together, potentially overlooking individual variations. Our approach

enhances stress detection by incorporating additional parameters, leading to a more comprehensive analysis. Unlike prior methods, we generate individualized plots for each user rather than aggregating data into fixed categories, improving practical usability.

[6]. This system that recognizes stress in IT employees using machine learning and visual processing, including live detection and personal counselling. The paper highlights the importance of real-time stress detection and personalized counselling in IT workplaces. It suggests that stress detection can be complemented by real- time, personalized assistance, which our web application aims to provide through text-based inputs.

[7]. This approach used NLP and machine learning algorithms to detect stress via social media messages, where random forest provided 97.78 per cent accuracy for sentiment classification. This work is most relevant, as it employs text data and random forest, which is our suggested methodology. It is, however, applied to social media posts, while our work is applied to user- input questions, which could be different in context and purpose. It also does not have an advice-giving component, which is effectively provided by the proposed system.

[8]. The focus on systems for tech- nology aided stress management which consist of automatic stress measurement, detection, and control systems. Although these techniques incorporate advanced biomedical and AI technologies, issues remain with flexibility and personalization for different end users. Our approach works by providing machine learning-based personalized recommendations, which improves stress management interventions by being responsive to different patterns of stress in users.

[9]. The study attempted an automated web-based stress management system and its relation to mental health in terms of well-being from a biological perspective. The intervention group had substantially better results for stress management, sleep, and hormone levels, but the study had no long-term results. Our monitoring and AI-powered adaptive feedback solves problems of sustaining personalized intervention and stress reduction over time.

[10]. The application of machine learning for stress management in workplace and educational environments wide-ranging due to AI-enabled stress detection and proactive intervention. These strategies, however accurate some are with stress predicting, can only be as good as the datasets provided because they are often predefined. Our approach improves real-time stress monitoring by integrating dynamic data inputs and personalized AI models, ensuring a more responsive and effective stress management system.

III. Proposed Methodology

This section covers the methodology, algorithms, and the-oretical models employed in this research. The study focuses on forecasting stress levels based on lifestyle and work- related characteristics using machine learning techniques.

The procedure includes feature encoding, data preparation, model selection, training, and deployment through an intuitive user interface.

A. Methods/Algorithms Used

a. **Data Collection**: Users provide information on stress indicators such as work, sleep habits, water intake, and stress related to financial burden. Information provided by users is collected and stored by the system for analysis. [15]

b. **Data Processing (Library Used: Pandas)**

- The collected information is cleaned and pre-processed.
- Handling of the missing values.
- Convert categorical values in standardized numerical format for numerical data conversion by using Label Encoder. [15]
- Stress level trends and patterns can be found through statistical analysis.[11]

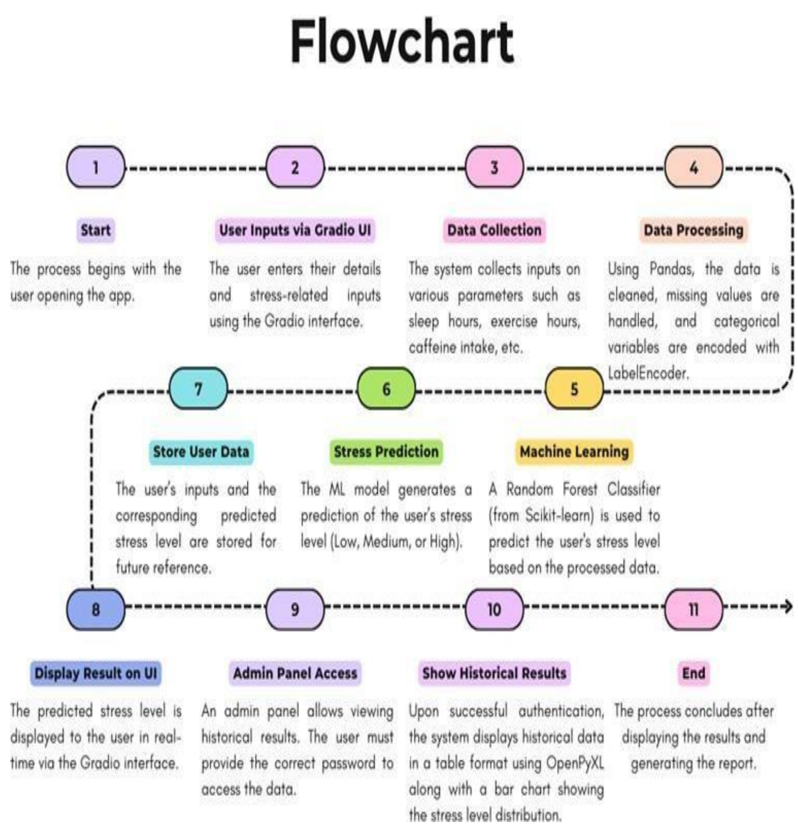

Figure 2 Implementation Procedure

c. **Machine Learning Model for Stress Prediction** (Algorithm Used: Random Forest Classifier) [12]

- The X independent features were separated from the dependent target variable, i.e. Stress Level.
- The whole data was split into training (80 percent) and testing (20 percent) sets.

d. **Web-Based User Interface (Library Used: Gradio**) Users can enter stress-related data using an intuitive web-based interface. This includes real-time feedback based on predictions from machine learning models. [13]

e. **Report Generation**: Upon entering the correct password, the access is granted to the authorized users to view the trends and patterns in the form of a table and stress level distribution bar plot. [14]

B. Justification for Methods Chosen

a. Random Forest Classifier was used because it effectively manages the numerical and categorical data and uses random feature selection and bagging to lessen overfitting. [15]

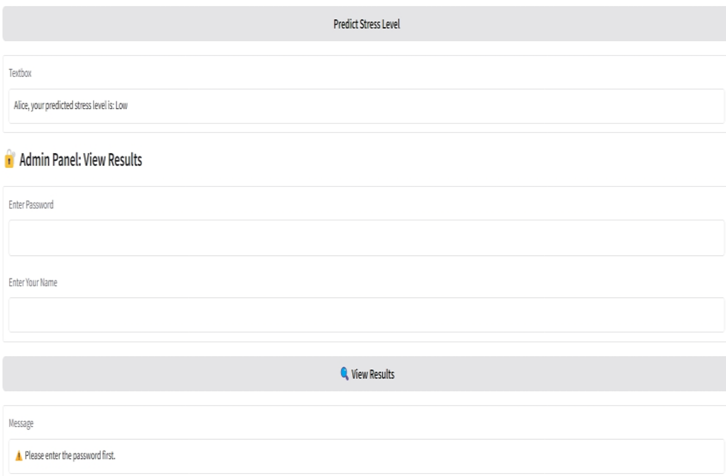

Figure 3: Stress Prediction and Admin Panel

a. Gradio Framework was opted for the user interface because it's easy to use and provide real-time interaction [16].

C. Assumptions and Limitations

a. Assumptions: Randomly generated data identifies accurate stress patterns. User enters precise levels that indicate their daily life routines [17].

b. Limitations: The synthetic data do not completely represent actual stress factors. • Limited interpretability of random forest models compared to simpler models, such as decision trees.

D. Theoretical Framework

i. Stress Prediction: Based on behavioral and lifestyle factors, this study requires a non-linear relationship between these factors and stress levels.[18]

ii. Machine learning paradigm: Supervised learning through numerical feature processing.

iii. Feature Impact: Parameters such as sleep hours, water intake, financial stress, and social interaction contribute to stress levels.

iv. Classified Output: The model predicts three levels of stress-low, medium, and high along with stress reduction techniques

II. Performance and System Evaluation

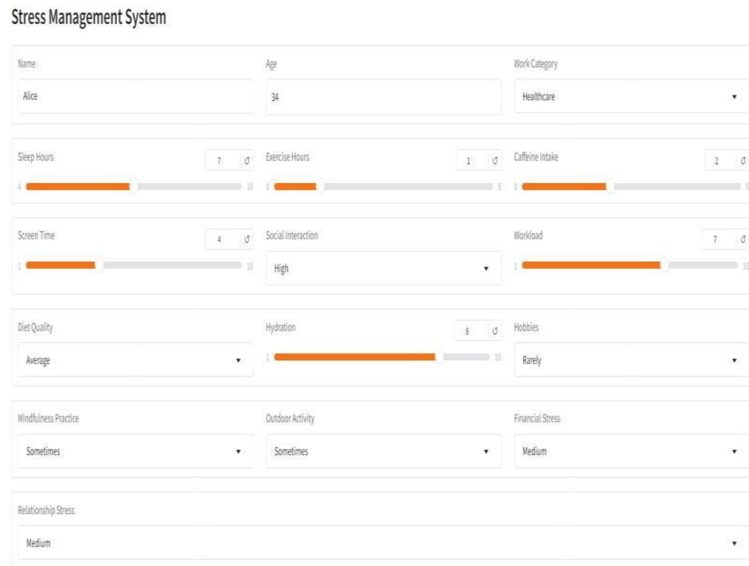

Figure 4 Interface of Stress Management System

It is the interface of the Stress Management System that helps users assess their stress levels by tracking lifestyle factors like sleep, exercise, caffeine intake, screen time, workload, diet, hydration, and mindfulness practices. It also considers stress influences like financial and relationship stress. Users input their details through sliders and dropdowns, enabling the system to analyze and provide insights for better stress management.

The table lists various lifestyle factors (sleep, exercise, diet, stress sources) alongside predicted stress levels (Low, Medium, High). The bar chart visually represents the frequency of each stress level, with Low stress being the most common. This helps analyze how different factors impact the individual's stress. [17]

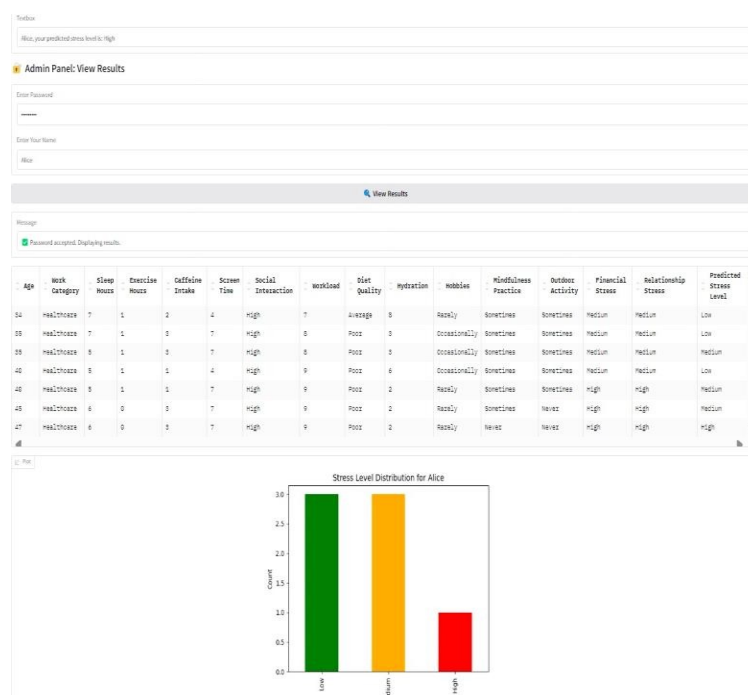

Figure 5: Trend analysis plot of existing user data

This is the Prediction Interface of the Stress Management System displays the user's predicted stress level (e.g.," Low"," High). It includes a locked admin panel requiring a password and name to access detailed results. Users must enter credentials to view their stress analysis, ensuring secure access. An error message appears if the password is missing.

IV. FUTURE SCOPE

The future potential of this project encompasses the integration of wearable devices to enhance stress analysis by utilizing real- time physiological data obtained from smartwatches. Progress in artificial intelligence and deep learning will improve stress prediction through the application of neural networks. Furthermore, personalized AI interventions facilitated by NLP-driven chatbots will deliver customized stress management strategies. The expansion into mobile and cloud-based solutions will allow for effortless tracking, AI-enhanced analytics, and comprehensive long-term reporting. Collaboration with healthcare professionals will enable the review of stress reports and facilitate direct consultations.[20] Additionally, the inclusion of multilingual and voice-activated support will enhance accessibility, while an AI-driven virtual therapist employing cognitive behavioral therapy techniques will provide immediate stress counseling. Finally, the implementation of blockchain technology will guarantee the privacy, transparency, and secure storage of user stress data.

V. CONCLUSION

In conclusion, the study developed a web-based stress management system that incorporates machine learning, accessibility to trained professionals prevalent with traditional systems. In addition, it incorporates real-time text entry, making it an adaptable solution for people in need of urgent care. The most important contribution of machine learning to stress level monitoring has been demonstrated to aid in neural network algorithms for stitch segmentation, making the difference between detection and treatment more seamless. Although researchers and scientists have primarily focused on physiological signals and surveys, this study broadens the scope to incorporate real-time input along with personalized suggestions. The study reveals results from its implementation, which, along with other similar works, pose systematic doubts, indicating a lack of comprehensive and in-depth research in the matter.

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