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(57) Abstract :

The present invention put forward a system and method for predicting psychological and other diseases using fitness activity. The system (100) includes a data collection module collecting fitness activity data, a ML module applying KNN and RF algorithms, and a web interface offering secure access to prediction outcomes. The system (100) analyses gathered information via trained ML models to provide DP results with their corresponding confidence measures without compromising the privacy of the user and the safety of data. The invention supports early prediction of diseases via an analysis of trends in fitness activity data for facilitating preventive care interventions.

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