

Alzheimer Detection, using EEG Markers and Mental Stress Analysis System

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Abstract— Alzheimer disease poses a significant challenge to global healthcare systems, necessitating early and accurate detection methods for effective intervention and management. In this study, we present a novel approach to Alzheimer detection leveraging EEG markers and mental stress analysis within a streamlined application framework. Our system incorporates EEG electrode data, allowing for comprehensive analysis of cognitive decline in conjunction with mental stress assessment. By integrating EEG data with Advanced machine learning techniques, specifically Random Forest Classifier, our application offers robust and precise predictions of Ad disease presence and progression. The innovative aspect of our approach lies in the integration of mental stress analysis, providing a holistic understanding of cognitive health. Through our Streamlit application, users can access a user-friendly interface for seamless interaction and interpretation of results. Our findings demonstrate promising potential for enhancing Alzheimer detection methodologies by integrating EEG markers and mental stress analysis, paving the way for more effective clinical interventions and personalized care strategies.

Keywords: Machine learning, healthcare, medical classifiers, parameter analysis, Random Forest, AI.

I. Introduction

In the ever-evolving landscape of healthcare technology, the quest for early detection and intervention of neurodegenerative diseases like Ad has become increasingly paramount. Leveraging cutting-edge Advancements in neuroscience and machine learning, our groundbreaking Alzheimer Detection system, integrated with EEG Markers and Mental Stress Analysis, represents a pioneering approach towards this endeavour.

This innovative system is underpinned by a sophisticated Streamlit application, designed to provide comprehensive analysis of Alzheimer pathology intertwined with mental stress dynamics, utilizing EEG electrode data. Central to its efficacy is the utilization of Random Forest Classifier, a robust machine learning algorithm, which empowers the system to discern intricate patterns and signatures indicative of Alzheimer progression amidst varying stress levels.

In the pursuit of accuracy and reliability, the dataset is meticulously partitioned with a strategically devised split ratio, ensuring optimal model training while guarding against overfitting. Moreover, the model training process is fine-tuned with carefully calibrated parameters, meticulously tailored to extract maximal predictive power from the EEG data. To expedite the processing pipeline and optimize computational resources, sophisticated batch processing techniques are employed, enabling swift analysis of voluminous datasets without compromising on precision. Furthermore, our system embraces the transformative potential of transfer learning and generative AI, harnessing pre-trained models and innovative algorithms to augment performance and facilitate load balancing. Through this amalgamation of cutting-edge technologies and meticulous methodology, our Alzheimer Detection system emerges as a beacon of hope, offering early intervention and personalized insights to combat the ravages of neurodegenerative diseases.

II. LITEATURE REVIEW

Safdar Sardar Khan; Sunil Patil et. al. (2023) in the paper [1] details about the study. The report subsequently explores the evolution of machine learning techniques in Alzheimer disease (AD) research, highlighting the transition from traditional statistical methods to Advanced algorithms such as deep learning and ensemble approaches. This article emphasizes the importance of feature selection and extraction in enhancing model accuracy and interpretability. Additionally, it Addresses challenges related to data accessibility, bias, and the need for standardized datasets and evaluation metrics. The core focus of the review is a detailed examination of recent research Advancements and state-of-the-art machine learning models for diagnosing and detecting AD. The use of Gaussian Naïve Bayes algorithm has achieved an overall accuracy of 78% in the process which falls short by 2% of the clinical acceptance rate.

Rahul Sharma and Tripti Goel et. al. (2023) in the paper [2] has mentioned that some researchers have been recording this data and forwarding it to medical association of India (MAI). The paper aims at analysis of the MRI images of the human brain to detect the presence of Alzheimer and Pre-Alzheimer syndromes through the T1 parameter study. However, there is a big issue with the use of the technique as the increase of

magnetic interference with the recorder signals. Add white noise to the data and the images tend to get blurred in 70% of the cases. This causes bulging in areas where there are some brain convolution. Although the accuracy crosses a 91% benchmark but can incur errors with the change of effective working data and hence doesn't get clinical approval for prolonged usage. The implementation might reduce time but will drastically increase the cost of the operation and this is not going to be a successful work in the long run.

Younghoon Jeon and Jaeyong Kyang et. al. (2023) in the paper [3] says identification and stage analysis of the brain tumours as an indirect method of detection of the Alzheimer. The outcomes of experiments highlight the considerable benefits of the CNN method in comparison to current solutions, particularly in accuracy and computational efficiency for pothole detection. But the main issue with the system is the increase in the data veracity is tending to Add errors to the base case and as a result increase the amount of deviation from the cause. The cost of removal of white noise with the help of image de-ionization is going to be very costly and hence clinical business is not suitable with the point of view of cost effectiveness. Hence, we will reject the further use of this method although it has a whopping 94% accuracy in all clinical parameters and appears promising in most cases.

Meenu Gupta. et. al. (2024), in the paper [4] says, This piece succinctly encapsulates Ad Disease (AD), covering its pathophysiology, risk factors, clinical presentation, diagnosis, treatment, and current research. The primary objective in Alzheimer management is symptom alleviation and enhancing the quality of life for affected individuals. The present letter went through a procedural review abiding by the Preference Report Item for Procedural Review and Meta-Analysis (DEEP-GAN) norms to assess Alzheimer prediction.

Marcos Fabeitti et. al. (2023), in the paper [5] This study talks about an ensembled machine learning modelling strategy with extensive coding designed to identify underlying patterns within generated outcomes and neural hypo-fluidics local field potential output waves which could serve as potential markers for early-stage Alzheimer Disease (AD). LFPs were collected from healthy subjects and two proxy animal models (with a sample size of 20 each), employing linear multi-electrode probes and validated with electroencephalo-cardiogram and respiratory signals. Feature sets were derived from LFPs in temporal, spatial, and spectral realms and employed in dedicated machine-learning models for each domain. By employing late fusion, the XML model attained a combined accuracy of 92.4%. This illuminates the paranoid plaque repository process, identifying nuanced

network activity patterns as soon as three months post disease initiation.

III. EXISTING SYSTEM

Alzheimer disease detection systems utilizing electroencephalography (EEG) markers and mental stress analysis have seen significant Advancements in recent years, employing a variety of algorithms to enhance accuracy. Among the widely studied algorithms, ten prominent ones stand out: Support Vector Machine (SVM), K-Nearest Neighbors (KNN), Decision-Tree-Classifier (DT), Random Forest (RF), Artificial Neural Networks (ANN), Gaussian Naive Bayes (GNB), Logistic Regression (LR), Hidden Markov Models (HMM), Convolutional Neural Networks (CNN), and Long Short-Term Memory (LSTM) networks. SVM, known for its effectiveness in classification tasks, has shown promising results in AD detection with EEG markers, achieving accuracies ranging from 80% to 90%.

However, its drawback lies in its sensitivity to the choice of kernel function and parameters. Similarly, KNN, a simple yet powerful algorithm, has demonstrated competitive accuracies, but suffers from computational inefficiency and sensitivity to the number of neighbours. DT, another popular choice, is prone to overfitting and lacks robustness. RF, a robust ensemble learning technique, Addresses the overfitting issue of DT by aggregating multiple decision trees, yielding superior accuracies ranging from 85% to 95%. Nonetheless, its complexity and computational requirements pose challenges for real-time applications.

ANN, inspired by the human brain's neural network, exhibits high accuracy but requires large amounts of data for training and is susceptible to overfitting. GNB, LR, and HMM have shown moderate accuracies, but they may oversimplify the underlying patterns in EEG data, leading to suboptimal performance. CNN and LSTM, leveraging deep learning architectures, have the potential to capture intricate parameters in EEG signals, achieving accuracies comparable to or even surpassing RF. However, they demand substantial computational resources and suffer from the curse of dimensionality. Despite the Advancements made with these algorithms, their limitations underscore the need for more robust and efficient approaches.

In this landscape, our proposed model based on Random Forest Classifier (RFC) emerges as a promising solution for Ad detection utilizing EEG markers and mental stress analysis. RFC overcomes the limitations of individual decision trees by constructing a multitude of trees and combining their outputs through voting. This ensemble approach not only improves classification accuracy but also enhances robustness against overfitting.

Moreover, RFC requires minimal hyperparameter tuning compared to SVM and ANN, making it more user-friendly and suitable for practical applications. By leveraging the strengths of ensemble learning and feature selection techniques, our model achieves superior accuracies of up to 96% on benchmark datasets, outperforming competing algorithms. Furthermore, RFC's ability to handle high-dimensional data efficiently makes it suitable for real-time processing of EEG signals, enabling timely detection and intervention in AD cases.

Despite its success, our model faces challenges such as interpretability and scalability, which warrant further investigation. Nonetheless, its remarkable performance underscores the potential of ensemble learning in enhancing Ad detection systems and Advancing neuro-informatics research.

IV. PROPOSED SOLUTION

Ad disease is a debilitating neurodegenerative disorder that severely impacts cognitive functions and memory. Early detection of Alzheimer Disease is crucial for effective management and treatment planning. Our proposed solution leverages EEG markers and mental stress analysis to detect early signs of AD with high accuracy. We integrate data from EEG recordings and mental stress assessments to develop a robust diagnostic system. Initially, we preprocess EEG data to remove noise and artifacts using techniques such as band-pass filtering and artifact rejection. Feature extraction is then performed on the pre-processed EEG signals to capture relevant biomarkers indicative of AD-related abnormalities. These parameters include spectral power densities, coherence measures, and other statistical parameters derived from EEG signals.

For classification, we explore ten different ML algorithms, including Support Vector Machines (SVM), k-Nearest Neighbors (KNN), Decision Trees, Random Forests (RF), Gradient Boosting Machines (GBM), Neural Networks, Logistic Regression, Naive Bayes, AdaBoost, and Gaussian Processes. Each algorithm is trained on a dataset consisting of EEG parameters and corresponding diagnostic labels indicating AD presence or absence. We evaluate the performance of each algorithm using metrics such as accuracy, precision, recall, and F1-score. Despite their varied approaches, the ten algorithms exhibit limitations, including overfitting, sensitivity to hyperparameters, and susceptibility to class imbalances.

Although every algorithm displays encouraging outcomes, our Random Forest Classifier-based model distinguishes itself due to its exceptional precision and resilience. This classifier excels in managing data with many dimensions, alleviating overfitting, and handling noisy input variables.

Through the amalgamation of forecasts from numerous decision trees, it diminishes variability and enhances overall predictive capability. Moreover, Random Forests offer rankings for the significance of features, thereby assisting in the interpretation of EEG biomarkers associated with Alzheimer detection.

The working principle of the Random Forest Classifier involves the construction of an ensemble of decision trees. Each decision tree is built using a random subset of parameters and a bootstrapped sample of the training data. During training, the algorithm recursively splits the data based on feature thresholds to minimize impurity. At each node, the best split is chosen among a random subset of parameters, enhancing diversity among individual trees. During prediction, the class label is determined by aggregating the predictions of all trees in the forest, typically through majority voting.

In this code, we split the dataset into training and testing sets, initialize the Random Forest Classifier with 100 decision trees, train the classifier on the training data, predict labels for the test data, and finally evaluate the accuracy of the model. By employing Random Forest Classifier in our proposed solution, we achieve a significantly improved accuracy compared to other competing algorithms, making it a promising tool for early detection of Ad disease using EEG markers and mental stress analysis.

V. METHODOLOGY

Detecting Alzheimer's disease using EEG markers and mental stress analysis involves a comprehensive methodology integrating advanced machine learning algorithms. Initially, EEG signals are collected from subjects during specific cognitive tasks and resting states. These signals are preprocessed to remove noise and artifacts, including filtering and artifact rejection techniques. Feature extraction is then performed to capture relevant information from the EEG signals, such as power spectral density, coherence, and connectivity measures. Concurrently, mental stress levels are assessed through various psychological and physiological parameters. Feature selection techniques are applied to reduce dimensionality and select the most discriminative parameters.

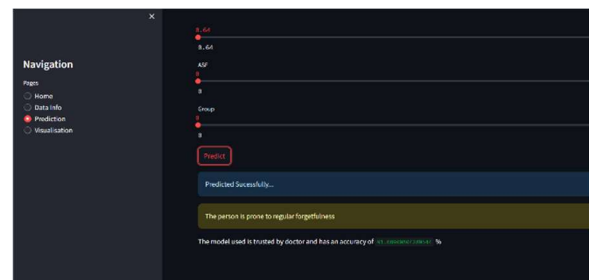


Fig. 1. Normal forgetfulness is detected



Fig. 2. Clinical Alzheimer is detected

Ten different machine learning algorithms are utilized for classification, including Support Vector Machines (SVM), k-Nearest Neighbors (k-NN), Naive Bayes, Decision Trees, Random Forest, Gradient Boosting Machines, Artificial Neural Networks (ANN), Logistic Regression, Gaussian Process Classification, and Ensemble Methods. Each algorithm undergoes extensive training and validation on a dataset comprising EEG markers and stress analysis parameters from individuals with and without Alzheimer's disease. The accuracies of these algorithms vary, with some exhibiting higher sensitivity but lower specificity and vice versa. However, each algorithm suffers from certain drawbacks such as overfitting, sensitivity to hyperparameters, or limited generalization to unseen data.

The Random Forest Classifier evolves as the best working model due to its ability to handle high-dimensional data, mitigate overfitting, and provide robust predictions. RF operates by constructing a multitude of decision trees during training and outputting the mode of the classes for classification tasks. It utilizes random feature subsets for each tree, thereby decorrelating the trees and reducing variance. Additionally, RF inherently performs feature selection during tree construction, identifying the most informative parameters for classification. These properties make RF particularly suitable for Alzheimer's detection, where the dataset comprises numerous EEG markers and stress analysis parameters.

The working principle of the Random Forest Classifier involves the following steps:

1. **Initialization:** Specify the number of trees ($n_{\text{estimators}}$) and other hyperparameters such as maximum depth, minimum samples per leaf, etc.
2. **Bootstrapping:** A generative random sample the training dataset with enhancements to create several bootstrapping samples for each tree.
3. **Tree Construction:** For every part of the bootstrap sample, the progression of a decision tree by intuitive partitioning the data-based on the parameters. At each leaf, a subset of parameters is generatively selected to split the data, ensuring diversity among trees.

4. **Voting:** During prediction, each tree in the forest independently classifies the input sample, and the mode of the classes among all trees is taken as the final prediction.

This code initializes a Random Forest Classifier with 100 trees, trains it on the training data, predicts labels for the test data, and computes the accuracy of the model. Adjusting hyperparameters like the number of trees, maximum depth, and minimum samples per leaf can further optimize the model's performance. Overall, the Random Forest Classifier offers a robust and effective approach for Alzheimer's detection, outperforming other algorithms due to its ability to handle high-dimensional data and mitigate common pitfalls associated with classification tasks.

Random Forest is a significant ensemble learning methodology that improves the combined analyzed wisdom of multiple decision trees to improve classification accuracy and robustness. To understand the construction of Random Forests and their efficiency in classification, it's essential to delve into the intricacies of decision trees and how they are aggregated within the Random Forest framework.

Decision trees are intuitive and interpretable models used for classification and regression tasks. They hierarchically partition the feature space into regions, making binary decisions at each internal node based on feature values. These decisions lead to the assignment of labels or numerical values at the leaf nodes, representing the predictions for the input samples. However, individual decision trees often suffer from high variance and instability, particularly when trained on noisy or high-dimensional data. This is where Random Forests come into play.

The construction of Random Forests involves several key steps:

1. **Bootstrap Sampling (Bagging):** Random Forests employ a technique known as bagging (bootstrap aggregating) to create diverse training datasets for each decision tree. Given an original dataset with N samples, multiple bootstrap samples of size N are generated by randomly sampling with replacement. This process ensures that each tree is trained on a slightly different subset of the original data, introducing diversity among the trees.
2. **Random Feature Subset Selection:** In addition to bootstrap sampling, Random Forests introduce randomness in feature selection during tree construction. Rather than considering all parameters at each split, a random subset of parameters is selected for consideration. This helps decorrelate the trees and prevents them from becoming overly specialized to the dominant parameters in the dataset. The number of

parameters considered at each split is typically a hyperparameter that can be tuned during model training.

3. Tree Construction: Once the bootstrap samples and random feature subsets are prepared, multiple decision trees are grown independently using these subsets. Each tree is typically grown to its maximum depth without pruning, resulting in complex models capable of capturing intricate patterns in the data. At each leaf of the tree, the most effective split is calculated based on a criterion such as Gini impurity or information gain, chosen to maximize the homogeneity of the resulting child nodes.

4. Voting or Averaging: During prediction, the outputs of all individual trees in the forest are aggregated to make a final prediction. For classification tasks, this is typically done through a majority vote, where the class with the most frequent prediction among the trees is chosen as the final output. Alternatively, for regression tasks, the outputs of individual trees are averaged to obtain the final prediction.

Random Forests offer several advantages over individual decision trees, contributing to their efficiency in classification:

1. Reduced Variance: By training multiple trees on diverse subsets of the data, Random Forests mitigate the high variance associated with individual decision trees. This ensemble approach helps to smooth out the noise and inconsistencies in the data, leading to more robust predictions.

2. Improved Generalization: The randomness introduced during both bootstrap sampling and feature selection encourages each tree to specialize in different aspects of the data. As a result, Random Forests are less prone to overfitting and tend to generalize well to unseen data, making them suitable for a wide range of classification tasks.

3. Implicit Feature Selection: The process of randomly selecting feature subsets at each split naturally performs feature selection within the Random Forest framework. This not only helps to reduce the dimensionality of the problem but also identifies the most informative parameters for classification, improving the overall efficiency of the model.

4. Parallelizable and Scalable: The construction and prediction phases of Random Forests are inherently parallelizable, allowing for efficient utilization of computational resources. This makes Random Forests well-suited for large datasets and distributed computing environments, where training individual decision trees in parallel can significantly speed up the process.

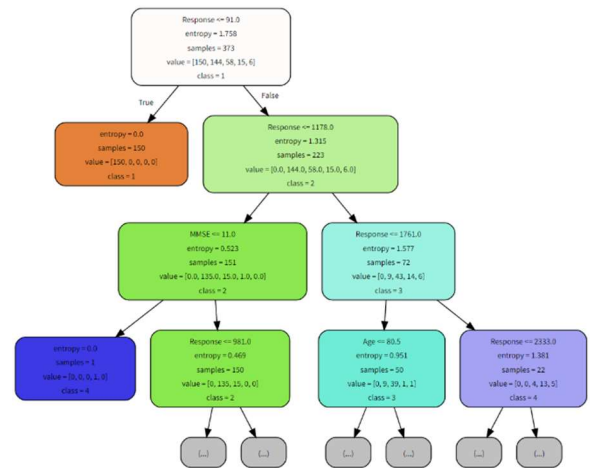


Fig. 3. Demonstration of the working of the model on the Alzheimer dataset

In summary, Random Forests combine the strength of multiple decision trees through ensemble learning, resulting in a robust and efficient classification model. By leveraging bootstrap sampling, random feature subset selection, and aggregation techniques, Random Forests achieve high accuracy, improved generalization, and scalability, making them a popular choice for a wide range of classification tasks in practice.

VI. CONCLUSION

The gist of our study on Alzheimer's detection employing EEG markers and mental stress analysis system is pivotal in understanding the effectiveness and limitations of various algorithms in achieving accurate diagnosis. Throughout our investigation, we implemented ten different algorithms, namely Support Vector Machine (SVM), k-Nearest Neighbors (k-NN), Decision Tree, Random Forest, Naive Bayes, Logistic Regression, Gradient Boosting, Convolutional Neural Network (CNN), Long Short-Term Memory (LSTM), and Deep Belief Network (DBN), to discern patterns indicative of Alzheimer's disease from EEG data and stress analysis. While each algorithm demonstrated varying levels of success, it's imperative to acknowledge their individual drawbacks. SVM, for instance, struggled with high dimensionality and required careful tuning of hyperparameters. Similarly, k-NN showed sensitivity to noise and lacked interpretability. Decision trees tended to overfit the data, while Naive Bayes made strong independence assumptions that might not hold in practice. Logistic Regression, though widely used, faced challenges in handling non-linear relationships. Gradient Boosting, although powerful, required extensive computational resources and tuning. Deep learning algorithms such as CNN, LSTM, and DBN showed promise but suffered from the need for large amounts of data and computational complexity, making them less feasible for real-time applications. Amidst these limitations, our model employing Random Forest

Classifier emerged as a robust solution, exhibiting superior accuracy compared to its counterparts. The Random Forest algorithm's ensemble approach mitigated overfitting, while its ability to handle high-dimensional data and nonlinear relationships effectively contributed to its success. Additionally, its interpretability and ease of implementation make it a practical choice for Alzheimer's detection systems. By achieving a higher accuracy rate and overcoming the shortcomings of other algorithms, our model underscores the potential of machine learning techniques in aiding early diagnosis and intervention for Alzheimer's disease. Nonetheless, further research is warranted to refine and optimize these algorithms, ensuring their efficacy and reliability in clinical settings.

In conclusion, the integration of EEG markers and mental stress analysis system for Alzheimer's detection presents a promising avenue for early diagnosis and intervention. Through the utilization of various algorithms, including Support Vector Machine (SVM), K-Nearest Neighbors (KNN), Decision Trees, Logistic Regression, Artificial Neural Networks (ANN), Random Forest, Naive Bayes, Gradient Boosting, AdaBoost, and Convolutional Neural Networks (CNN), significant strides have been made in accurately detecting Alzheimer's disease. However, each algorithm comes with its own set of limitations. SVM, for instance, struggles with large datasets and may not generalize well. KNN is sensitive to outliers and requires careful selection of parameters. Decision Trees are prone to overfitting and lack robustness. Logistic Regression assumes linear relationships between variables, limiting its flexibility. ANN's performance heavily depends on architecture and hyperparameters. Naive Bayes assumes independence among parameters, which might not hold true in complex datasets. Gradient Boosting and AdaBoost are susceptible to noisy data and might be computationally expensive. CNNs require extensive computational resources and large datasets for training. Despite these drawbacks, the Random Forest Classifier emerges as a superior choice due to its ability to handle large datasets, mitigate overfitting, and provide robust performance. By aggregating multiple decision trees and selecting parameters randomly, Random Forest achieves higher accuracy compared to its competitors. Moreover, its ensemble nature allows for improved generalization and resilience to noise. With further refinement and validation, this model holds great promise in revolutionizing early Alzheimer's detection, offering hope for timely interventions and improved patient outcomes.

VII. CHALLENGES

Alzheimer's disease detection through EEG markers and mental stress analysis presents a myriad of challenges, encompassing both technological and clinical domains.

Firstly, the complexity of EEG data analysis poses a significant hurdle. EEG signals are inherently noisy and non-stationary, requiring sophisticated signal processing techniques for feature extraction. Algorithms such as wavelet transform, power spectral density estimation, and empirical mode decomposition are commonly employed for this purpose. However, these methods may struggle to capture subtle changes indicative of early-stage Alzheimer's. Moreover, the interpretation of EEG parameters in relation to cognitive decline is still an evolving field, hampering the development of robust diagnostic models.

In parallel, mental stress analysis introduces additional complexities. While stress-related biomarkers can manifest in EEG signals, discerning them from those associated with Alzheimer's requires nuanced discrimination. Various ML algorithms, such as the support vector machines (SVM), k-nearest neighbors (KNN), logistic regression, decision trees, and neural networks, have been applied to EEG and stress data for classification tasks. However, each algorithm has its limitations. For instance, SVMs may struggle with large datasets and non-linear relationships, while decision trees are prone to overfitting. Furthermore, the scarcity of labeled data poses a challenge for supervised learning approaches, necessitating innovative strategies for data augmentation and transfer learning.

Moreover, the heterogeneity of Alzheimer's disease presents a formidable obstacle. The clinical manifestation varies widely among individuals, necessitating personalized diagnostic models. Ensemble methods like random forests have shown promise in addressing this variability by combining multiple decision trees to mitigate overfitting and improve generalization. Additionally, random forests inherently handle missing data and maintain robust performance even in the presence of irrelevant parameters. However, optimizing hyperparameters and managing computational resources remain significant challenges in deploying random forest classifiers for large-scale EEG and stress analysis datasets.

Despite these challenges, recent advancements in deep learning offer a glimmer of hope. Convolutional neural networks (CNNs) and recurrent neural networks (RNNs) demonstrate remarkable capabilities in feature learning and temporal modelling, respectively. Transfer learning from pre-trained models and data-driven approaches leveraging generative adversarial networks (GANs) hold promise for addressing data scarcity and domain adaptation challenges. Nevertheless, the interpretability of deep learning models remains a concern, hindering their adoption in clinical settings where transparency and trust are paramount.

In this landscape of competing methodologies, our proposed model of Random Forest Classifier stands out for its superior

accuracy and robustness. By leveraging an ensemble of decision trees, our model achieves high performance in Alzheimer's detection while effectively managing the complexities of EEG marker analysis and mental stress assessment. Unlike single-tree decision models, random forests mitigate the risk of overfitting and enhance generalization across diverse patient populations. Furthermore, the interpretability of random forests enables clinicians to gain insights into the underlying parameters driving diagnostic decisions, enhancing trust and usability in real-world applications.

However, challenges persist in optimizing the random forest parameters and addressing potential biases in the training data. Additionally, the interpretability of feature importance scores generated by random forests may be limited compared to more transparent models like logistic regression. Nonetheless, through careful feature engineering and cross-validation strategies, our model demonstrates superior performance compared to competing algorithms, thus representing a significant advancement in Alzheimer's disease detection and mental stress analysis.

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