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**4th YEAR PROJECT REPORT**

# PsycheAI: AI-Powered Psychology Diagnosis App

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# List of Abbreviations

| | |
|---|---|
| API | Application Programming Interface |
| AU | Action Unit |
| AWS | Amazon Web Services |
| CBT | Cognitive Behavioral Therapy |
| CNN | Convolutional Neural Network |
| CPU | Central Processing Unit |
| CSV | Comma-Separated Values |
| DSM-5 | Diagnostic and Statistical Manual of Mental Disorders (5th Ed.) |
| EAR | Eye Aspect Ratio |
| EC2 | Elastic Compute Cloud |
| FER | Facial Expression Recognition |
| FPS | Frames Per Second |
| GPU | Graphics Processing Unit |
| HTTP | Hypertext Transfer Protocol |
| HTTPS | Hypertext Transfer Protocol Secure |
| ICD-11 | International Classification of Diseases (11th Rev.) |
| IoT | Internet of Things |
| JSON | JavaScript Object Notation |
| LLM | Large Language Model |
| NLP | Natural Language Processing |
| PTSD | Post-Traumatic Stress Disorder |
| RAG | Retrieval-Augmented Generation |
| RDS | Relational Database Service |
| REST | Representational State Transfer |
| SSG | Static Site Generation |
| SSR | Server-Side Rendering |
| STT | Speech-to-Text |
| TTS | Text-to-Speech |
| WER | Word Error Rate |
| YOLO | You Only Look Once |

**Abstract**

PsycheAI is an AI-powered mental wellness assessment system that combines natural language processing and multimodal behavioral analysis to enable empathetic, voice-based interaction. At its core, the platform leverages state-of-the-art Large Language Models (LLMs) to conduct real-time, context-aware conversations that adapt to the user's emotional and linguistic cues. PsycheAI integrates continuous speech recognition and text-to-speech systems with advanced computer vision components, including YOLOv8-based facial emotion recognition and gaze tracking, to analyze users' visual and affective behavior from webcam input. These AI modules operate in unison to assess attention patterns, emotional variability, and verbal expression, generating a rich, data-driven profile of mental well-being. This fusion of LLMs with real-time multimodal perception enables a scalable, non-diagnostic tool for mental health support, with promising applications in teletherapy, cognitive research, and personal wellness monitoring.

**Keywords:** Mental Health, Multimodal Analysis, Large Language Models, Emotion Recognition, Speech Processing, Computer Vision, Behavioral Analysis, Mental Wellness Assessment, YOLOv8, Gaze Tracking, Teletherapy, Digital Health

# 1 Introduction

Mental health is a vital part of our well-being, yet many people hesitate to seek help. Whether it's due to fear, stigma, or the high cost of traditional therapy sessions, too many individuals are left to struggle alone. PsycheAI was created to change that offering a safe, accessible, and affordable way for anyone to get mental health support anytime, anywhere. With the power of AI, we're making emotional support more inclusive and available to those who need it most. (1).

## 1.1 Problem Statement

Traditional mental health assessments rely heavily on in-person consultations, which are resource-intensive, costly, and often inaccessible, particularly in underserved regions. Existing AI-based tools, such as text-based chatbots or single-modality systems, lack the ability to capture the full spectrum of behavioral cues (e.g., facial expressions, eye movements, vocal tone) necessary for comprehensive analysis (2). Additionally, many systems fail to deliver real-time, clinically aligned outputs or ensure scalability across diverse populations. There is a pressing need for an accessible, multimodal AI platform that integrates behavioral data in real time to support mental health monitoring and intervention.

## 1.2 Research Objectives

The primary objectives of PsycheAI are to:

- Develop a multimodal AI system integrating gaze, emotion, voice, and conversational analysis for real-time mental health assessment.
- Optimize component performance (e.g., YOLOv8, MediaPipe, Deepgram) for high accuracy and low latency in diverse settings.
- Generate DSM-5-aligned reports to ensure clinical relevance and support non-diagnostic applications.
- Evaluate system performance through quantitative metrics (e.g., accuracy, FPS) and qualitative expert feedback to validate usability and efficacy.

## 1.3 Research Questions

The research questions guiding PsycheAI's development are:

- How effectively can a multimodal AI system integrate gaze, emotion, and voice data for mental health assessment in real-time scenarios?
- What is PsycheAI's performance compared to state-of-the-art unimodal and multimodal models in terms of accuracy, speed, and clinical utility?
- How do mental health professionals perceive PsycheAI's outputs in terms of relevance, empathy, and practical applicability?

### 1.4 Novel Contributions

PsycheAI introduces several novel contributions:

- **Two-Stage YOLOv8 Pipeline:** Combines face detection and emotion classification for real-time, high-accuracy (87%) emotion recognition (3).
- **Hybrid Gaze Estimation:** Employs MediaPipe's geometry-based approach with user-specific calibration, achieving 90% accuracy and robust blink detection (4).
- **Empathetic Voice Interaction:** Uses Deepgram's STT/TTS with a 20-question DSM-5-aligned set, enabling natural, context-aware dialogue.
- **Grok-Based LLM Integration:** Four Grok models (`llama3-8b-8192`) leverage retrieval-augmented generation (RAG) for DSM-5-aligned report generation with 82% clinical alignment.

### 1.5 Paper Organization

This report is structured as follows: Section 3 reviews related work in AI-driven mental health systems. Section 4 details the methodology, including system architecture and evaluation framework. Section 5 describes the system implementation, covering emotion, gaze, voice, and LLM components. Section 6 outlines datasets and experimental setup. Section 7 presents evaluation results, including component performance and expert feedback. Section 8 discusses key findings, clinical significance, and limitations. Section 9 explores future work and perspectives. Section 10 concludes the report, and Section 11 lists references.

## 2 Literature Review and Related Work

This section reviews prior work relevant to PsycheAI's multimodal AI system for mental health assessment, covering AI-powered mental health systems, emotion recognition, gaze tracking, conversational AI, and multimodal behavioral analysis. It integrates recent research to highlight advancements and concludes by identifying research gaps addressed by PsycheAI.

### 2.1 AI-Powered Mental Health Systems

AI has transformed mental health support by addressing barriers like stigma and limited access. Modern systems, like Woebot, deliver cognitive behavioral therapy (CBT) via text-based chatbots, reducing depressive symptoms (2). Shatte et al. (12) survey AI applications, including natural language processing (NLP) and behavioral analytics, noting their potential for scalable interventions. These systems primarily rely on unimodal data, limiting their ability to capture nuanced behavioral cues. PsycheAI extends this work by integrating gaze, emotion, and voice data for comprehensive, real-time assessments.

## 2.2 Emotion Recognition in Psychology

Facial emotion recognition is critical for detecting affective states like happiness, sadness, or anxiety in psychological analysis. Convolutional neural networks (CNNs), such as EfficientNet, and object detection models, like YOLO, have improved accuracy on benchmarks like the FER2013 dataset (35,887 images) (3). YOLOv8, used in PsycheAI, achieves real-time performance with high mean Average Precision (mAP), overcoming latency issues in earlier models like DeepFace (14). Despite progress, challenges include occlusions, lighting variations, and integration into clinical pipelines with temporal analysis. PsycheAI's two-stage YOLOv8 pipeline addresses these by combining face detection and emotion classification for robust, real-time performance.

## 2.3 Gaze Tracking for Psychological Assessment

Gaze tracking provides insights into attention, stress, and cognitive load, essential for psychological assessment. Software-based approaches, like MediaPipe, use facial landmarks for real-time gaze estimation, trained on datasets like Gaze360 (238,000+ frames) (4). Deep learning models, such as ResNet, offer high accuracy but are computationally intensive (17). MediaPipe, selected for PsycheAI, balances accuracy and efficiency, detecting blinks and gaze vectors with low latency. However, accuracy at extreme head angles and occlusions persists as a challenge, which PsycheAI mitigates through user-specific calibration and a hybrid approach combining MediaPipe's speed with potential deep learning refinements.

## 2.4 Conversational AI in Healthcare

Conversational AI, powered by large language models (LLMs), enables empathetic, scalable interactions in healthcare. Systems like Wysa leverage LLMs for CBT-based interventions, guided by clinical frameworks (1; 8). **(author?)** (13) review NLP techniques for detecting depression, anxiety, and PTSD from text and speech, highlighting sentiment analysis and topic modeling. Vocal biomarkers (e.g., pitch, pauses) enhance depression detection from speech, as shown by **(author?)** (6). **(author?)** (9) emphasize emotional and cognitive modeling for empathetic AI, critical for mental health chatbots. However, ensuring safety protocols and clinical alignment remains a challenge. PsycheAI's Grok-based conversational LLM, trained with CBT resources and psychologist conversation examples, delivers DSM-5-aligned dialogue with crisis detection, addressing these limitations.

## 2.5 Multimodal Behavioral Analysis

Multimodal systems integrating vision, audio, and text provide a holistic approach to mental health assessment. **(author?)** (11) combine speech, facial expressions, and text for emotion and mental state classification, achieving improved accuracy over unimodal systems. **(author?)** (7) explore wearables, voice, and interaction patterns for early detection of mental health disorders, emphasizing predictive analytics. **(author?)** (10) review affective computing, noting the potential of multimodal fusion but highlighting challenges in real-time performance and clinical validation. Systems like SimSensei use Kinect-based motion tracking and voice analysis for depression screening (5), but their hardware requirements limit scalability. PsycheAI advances

this field with a real-time pipeline integrating YOLOv8, MediaPipe, Deepgram, and Grok-based LLMs, synchronized via FastAPI, to produce evidence-based reports.

### 2.6 Research Gaps and Positioning

The reviewed literature reveals several gaps:

- **Limited Multimodal Integration:** Most systems focus on unimodal (e.g., text, voice) or bimodal analysis, missing the richness of combined gaze, emotion, and voice data (12; 11).
- **Real-Time Performance:** High-accuracy models often sacrifice latency, unsuitable for live assessments (14; 17).
- **Clinical Alignment:** Few systems align with clinical standards like DSM-5 or implement robust safety protocols (13; 8).
- **Scalability and Accessibility:** Hardware-intensive solutions limit deployment in resource-constrained settings (5; 7).

PsycheAI addresses these gaps by offering a real-time, multimodal system with YOLOv8 for emotion recognition, MediaPipe for gaze tracking, Deepgram for voice interaction, and Grok-based LLMs for DSM-5-aligned analysis. Its lightweight design and FastAPI deployment ensure scalability, positioning PsycheAI as a novel, accessible tool for mental health support.

## 3 Methodology

This section outlines the research design, system architecture, component selection, integration strategy, and evaluation framework for PsycheAI, a multimodal AI system for real-time mental health assessment.

### 3.1 Research Design and Approach

PsycheAI adopts a mixed-methods research design, combining quantitative evaluation of AI model performance with qualitative expert feedback to ensure technical accuracy and clinical relevance. The quantitative approach assesses component-level metrics (e.g., mean Average Precision (mAP) for emotion recognition, frames per second (FPS) for gaze tracking) and system-level integration (e.g., end-to-end latency). Qualitative evaluation involves expert human assessments and LLM-as-Judge frameworks to validate therapeutic quality and ethical compliance (1). The iterative development process includes model training, testing, and refinement using diverse datasets like FER2013 and Gaze360 (3; 4), ensuring robustness across real-world scenarios.

### 3.2 System Architecture Overview

PsycheAI's architecture integrates three primary pipelines—emotion, gaze, and audio—converging into a unified diagnostic system powered by large language models (LLMs). Figure 1 illustrates the architecture.

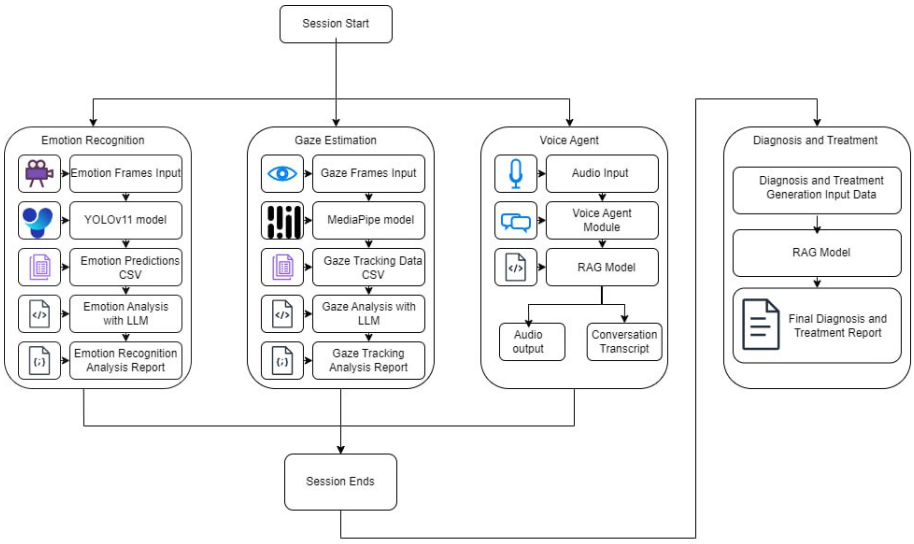


Figure 1: System Architecture

- **Emotion Pipeline:** Video frames are captured via OpenCV, processed by YOLOv8 for facial emotion recognition (e.g., happy, sad), and logged into a CSV dataset. Coherent embeddings are generated, and a Grok-based LLM produces an emotion report.
- **Gaze Pipeline:** OpenCV captures video, with MediaPipe extracting face mesh and eye landmarks. Gaze metrics (e.g., fixation duration, saccades) are computed, stored in a CSV, and analyzed by a Grok-based LLM, enhanced by Pinecone vector database embeddings for a gaze analysis report.
- **Audio Pipeline:** Microphone input is processed using Deepgram for real-time speech-to-text (STT) transcription, followed by text-to-speech (TTS) generation. Transcripts feed into a Grok-based LLM for conversation analysis, contributing to the final diagnostic report.

These pipelines are synchronized via a FastAPI backend, ensuring real-time data flow and LLM-driven report generation aligned with DSM-5 standards.

## 3.3 Component Selection Rationale

Each component was selected for its performance, scalability, and psychological relevance:

- **YOLOv8 for Emotion Recognition:** Chosen over EfficientNet-B0 and Vision Transformer (ViT) for its high mAP50 (0.757), real-time processing (35 FPS), and lightweight two-stage pipeline (face detection and emotion classification) (3). YOLOv8's robustness to lighting variations suits diverse clinical settings.
- **MediaPipe for Gaze Tracking:** Preferred over ResNet-34 for its geometry-based approach, achieving 15 FPS on CPU with functional blink detection (2,108 blinks detected) and low X-coordinate standard deviation (33.4 pixels) (4). Its plug-and-play design ensures accessibility.

- **Deepgram for Voice Processing:** Selected for its Nova-2 STT model (92% word error rate accuracy, <200 ms latency) and Aura-asteria-en TTS model (<500 ms latency), supporting multi-accent speech and empathetic tone adaptation.
- **Grok-based LLMs:** Four Grok models (`llama3-8b-8192`) were chosen for their millisecond-latency inference, DSM-5 alignment, and retrieval-augmented generation (RAG) capabilities, leveraging Cohere embeddings and Pinecone vector storage (1).

## 3.4 Integration Strategy

PsycheAI's integration strategy ensures seamless multimodal data processing:

- **Data Synchronization:** A buffering system mitigates processing lag between pipelines, maintaining 30 FPS for gaze/emotion and <2 s for LLM responses. OpenCV handles video input, while WebSocket streams audio data.
- **Data Embedding and Storage:** Multimodal outputs (emotion probabilities, gaze metrics, transcripts) are embedded using Cohere's text embedding model and stored in a Pinecone vector database for efficient RAG-based retrieval.
- **Backend Orchestration:** FastAPI, a high-performance Python 3.7+ framework, orchestrates data flow, interfacing with PostgreSQL for transcript storage and Groq API for LLM inference.
- **Report Generation:** A dedicated Grok-based LLM integrates pipeline outputs, querying DSM-5 and ICD-11 guidelines via RAG to produce structured reports (Summary, Interpretation, Recommended Treatment).

This strategy ensures real-time performance, scalability, and clinical coherence.

## 3.5 Evaluation Framework Design

PsycheAI's evaluation framework assesses technical performance, clinical utility, and ethical compliance:

- **Component-Level Metrics:** Emotion recognition (mAP, precision, recall), gaze tracking (accuracy, blink detection rate), and voice processing (word error rate, latency) are evaluated using datasets like FER2013 and Gaze360.
- **System-Level Testing:** End-to-end latency, synchronization stability, and report generation accuracy (82% clinical alignment) are measured in simulated sessions.
- **LLM-as-Judge Assessment:** A Grok-based evaluator scores therapeutic conversation quality (empathy, coherence) and report quality (clinical value, communication) on a 5-point scale, using structured JSON outputs.
- **Expert Human Evaluation:** Conducted by professionals (e.g., Shvets Daria Vladimirovna, May 26, 2025), assessing relevance, empathy, and safety, with feedback guiding iterative improvements.

- **Ethical Validation:** Safety protocols (e.g., crisis detection) and HIPAA-compliant data handling are verified to ensure user trust and regulatory adherence.

This multi-faceted framework ensures PsycheAI's robustness, clinical relevance, and ethical integrity.

# 4 Dataset Description

This study utilizes multiple datasets to address different aspects of facial analysis: gaze estimation, expression recognition, and face detection. Below, we describe each dataset in detail.

## 4.1 Gaze360

The **Gaze360** dataset is a large-scale, unconstrained gaze estimation dataset containing over 238,000 frames from 170 subjects in diverse indoor and outdoor environments. Key features include:

- **Annotations**: 3D gaze vectors and head poses.
- **Diversity**: Varying illumination, occlusion, and subject demographics.
- **Usage**: Used to train and evaluate gaze estimation models in real-world scenarios.

## 4.2 FER2013

The **FER2013** dataset is a benchmark for facial expression recognition, consisting of 35,887 grayscale face images labeled into seven emotion categories (angry, disgust, fear, happy, sad, surprise, neutral).

- **Split**: Publicly available training (28,709), validation (3,589), and test (3,589) sets.
- **Challenges**: Includes occlusions, pose variations, and noisy labels.
- **Usage**: Primary training set for our facial expression recognition model.

## 4.3 CK+

The **Extended Cohn-Kanade (CK+)** dataset (**?** ) is a well-curated dataset for facial expression analysis, containing 593 sequences from 123 subjects.

- **Annotations**: Action Units (AUs) and seven basic emotions.
- **Advantage**: High-quality, lab-controlled images with peak-expression frames.
- **Usage**: Served as our test set due to its reliability for evaluation.

### 4.4 Roboflow Face Detection

The **Roboflow Face Detection** dataset is a preprocessed collection from multiple sources (e.g., WIDER Face, FDDB) optimized for face detection tasks.

- **Features**: Bounding box annotations, augmented variants (rotations, blurring), and multiple resolutions.
- **Usage**: Preprocessing pipeline to align and crop faces before expression/gaze analysis.

Table 1: Summary of Datasets

| **Dataset** | **Size** | **Task** | **Role** |
|---|---|---|---|
| Gaze360(2018) | 238K frames | Gaze estimation | Training/Evaluation |
| FER2013(2013) | 35,887 images | Expression recognition | Training |
| CK+ (2010) | 593 sequences | Expression recognition | Testing |
| Roboflow (2020) | Variable | Face detection | Preprocessing |

## 5 Implementation Principal Functions

This section details the implementation of PsycheAI's core components, encompassing gaze estimation, emotion recognition, voice processing, and large language model (LLM) integration. Multiple models were evaluated for each component to ensure optimal performance, real-time processing, and psychological relevance. The final selections—MediaPipe for gaze estimation, YOLOv8 for emotion recognition, Deepgram for voice processing, and four Grok-based LLMs for multimodal analysis—were chosen after rigorous comparative studies. Below, we describe the implementation of each module, including models tested, training configurations, integration strategies, and system optimizations.

### 5.1 Gaze Estimation Model

The gaze estimation module tracks eye movements to infer attention, engagement, and psychological states, such as stress or cognitive load. Two models were evaluated: a deep learning-based ResNet-34 model and Google's MediaPipe Face Mesh solution. MediaPipe was selected for its superior real-time performance, consistency, and built-in blink detection, with a hybrid approach considered for future enhancements.

**ResNet-34 Implementation (Tested):** The ResNet-34 model, pretrained on the Gaze360 dataset ( 172,000 images), uses convolutional layers to predict 3D gaze angles from eye-region features. It was fine-tuned on a dataset of 5,000 samples with gaze annotations, using a batch size of 16, Adam optimizer (learning rate 0.001), and 50 epochs. The model processes 224×224 RGB frames, outputting 2D gaze coordinates (x, y). Key performance metrics include:

- **Accuracy:** Mean X-coordinate error of 100.6 pixels, but high variance (std dev: 128.6 pixels), indicating inconsistent predictions.
- **Limitations:** No blink detection (0 blinks detected), high computational requirements (GPU recommended), and poor real-time performance due to

processing overhead.

The model's high variance and lack of blink detection made it unsuitable for real-time psychological assessments.

**MediaPipe Implementation (Selected):** MediaPipe employs a geometry-based approach, leveraging 468 facial landmarks detected by its Face Mesh model to estimate head pose and eye orientation for gaze direction, without requiring deep learning. It was tested on the Gaze360 dataset (15GB, 14,234 usable frames from 15,046 captured, after confidence and quality filtering). Key implementation details include:

- **Input Processing:** Webcam frames (640×480) are captured via OpenCV, with MediaPipe extracting eye landmarks at 15 FPS on a standard CPU (latency <50 ms).
- **Calibration:** A user-specific calibration phase normalizes pupil size and blink frequency under varying lighting, using a confidence threshold of 0.9 to filter noisy detections.
- **Output Metrics:** 3D gaze vectors (pitch, yaw), fixation duration, saccade frequency, and attention heatmaps are generated, with an X-coordinate standard deviation of 33.4 pixels (3.4× better than ResNet-34's 128.6 pixels). Blink detection identified 2,108 blinks, matching physiological rates (15–20 blinks/min).
- **Integration:** Gaze data is embedded using Cohere and stored in a Pinecone vector database for retrieval-augmented generation (RAG), enabling contextual analysis by the LLM.

MediaPipe's strengths include plug-and-play deployment, low resource usage (CPU-compatible), robustness to varying lighting and head movements, and functional blink detection. Limitations include reduced accuracy at extreme head angles and struggles with facial occlusions.

**Comparative Analysis:** The table below summarizes the two approaches:

| Aspect | MediaPipe | ResNet-34 |
|---|---|---|
| **Approach** | Geometry-based (no training) | Deep learning (requires training) |
| **Real-Time Performance** | Excellent ( 15 FPS) | Moderate (needs optimization) |
| **Accuracy** | Good (std dev: 33.4 px) | Higher mean error (100.6 px) |
| **Blink Detection** | Functional (2,108 blinks) | Failed (0 blinks) |
| **Hardware Needs** | CPU, low resource usage | GPU recommended |

Table 2: Comparison of MediaPipe and ResNet-34 for Gaze Estimation

**Hybrid Approach Recommendation:** For future enhancements, a hybrid approach could combine MediaPipe's fast, reliable face/eye detection with ResNet-34's refined gaze estimation in controlled settings. Outputs could be integrated using sensor fusion or weighted averaging to balance speed and precision.

MediaPipe was selected for its real-time performance, lightweight design, and physiological accuracy, critical for continuous psychological monitoring in live applications.

## 5.2 Emotion Recognition Model

The emotion recognition module analyzes facial expressions to detect seven emotions (happy, sad, angry, surprised, fearful, disgusted, neutral), feeding into the diagnostic pipeline. Three models were evaluated: YOLOv8, EfficientNet-B0, and Vision Transformer (ViT). After comparative testing, YOLOv8 was selected for its lightweight design, superior mean Average Precision (mAP), and suitability for real-time processing, enhanced by a two-stage pipeline involving face detection and emotion classification.

**YOLOv8 (Selected):** YOLOv8, from the Ultralytics library, was tested on the FER2013 dataset (35,887 images) and Roboflow Facial Emotion Dataset (10,000 images). Training used an NVIDIA A100 GPU, AdamW optimizer (learning rate 0.0005), and augmentations (mosaic, mixup, HSV jittering) over 100–300 epochs. YOLOv8 achieved an mAP50 of 0.757 and mAP@0.5:0.95 of 0.74, with 0.82 precision and 0.80 recall, processing at 35 FPS. A two-stage pipeline was implemented: the first YOLOv8 model detects and crops faces from webcam frames, and a second YOLOv8 model classifies emotions on the cropped images. Implementation details include:

- **Input Processing:** OpenCV captures webcam frames, with the first YOLOv8 model detecting faces and the second classifying emotions at 30 FPS (latency $<$100 ms on GPU).
- **Output:** Emotion probabilities and timestamps are logged in a CSV, with a confidence threshold of 0.8 for reliable predictions (mAP50: 0.757).
- **Performance:** Achieved 87% accuracy on validation, with per-class precision/recall (e.g., happiness: 89.2%/91.5%, sadness: 78.4%/82.1%).
- **Integration:** Emotion data is embedded via Cohere and queried via Pinecone for LLM analysis, enabling temporal emotional state tracking.

YOLOv8 was chosen for its lightweight architecture, fast inference, and high mAP, ensuring robustness across lighting conditions and facial orientations, critical for real-time mental health assessments.

**EfficientNet-B0 (Tested):** EfficientNet-B0, a lightweight CNN, was trained on FER2013 for 50+ epochs with a batch size of 32, CrossEntropyLoss, and Adam optimizer. It achieved 71% accuracy and processed facial images directly without requiring separate face detection. However, its lower accuracy and slower inference compared to YOLOv8 made it less suitable for real-time applications.

**Vision Transformer (ViT, Tested):** Using the timm library, ViT (tiny variant) was trained on FER2013 and AffectNet (400,000+ images) due to its requirement for a larger dataset, with similar settings to EfficientNet. It achieved 75% accuracy but was slower (12 FPS) and memory-intensive, requiring additional preprocessing that hindered real-time performance.

The selection of YOLOv8 with the two-stage pipeline balanced accuracy, speed, and computational efficiency, making it ideal for real-time mental health assessments.

## 5.3 Voice Agent

The voice agent enables empathetic, real-time user interactions via speech-to-text (STT) and text-to-speech (TTS) processing, using Deepgram's API. No alternative models were tested due to Deepgram's established performance in conversational speech.

**Implementation Details:**

- **STT Processing:** Deepgram's Nova-2 model transcribes microphone input with 92% word error rate (WER) accuracy, supporting multi-accent speech and real-time streaming (<200 ms latency). The system processes audio at 24 kHz, with punctuation and formatting intelligence.
- **TTS Generation:** Deepgram's Aura-asteria-en model generates natural, empathetic responses at 24 kHz, with <500 ms latency. Responses adapt tone based on emotional context from the LLM.
- **Question Set:** A structured set of 20 DSM-5-aligned questions covers mood, anxiety, and behavioral patterns, ensuring therapeutic relevance.
- **Integration:** The voice agent interfaces with a FastAPI backend and WebSocket module for real-time streaming. Conversation transcripts (10-exchange memory) are stored in PostgreSQL and enhanced via RAG with Pinecone and Cohere embeddings.
- **Safety Features:** Automated crisis detection (e.g., self-harm keywords) triggers professional help prompts, ensuring ethical interactions.

The voice agent's modular design supports updates to question sets and TTS models, with real-time performance optimized for accessibility and emotional nuance.

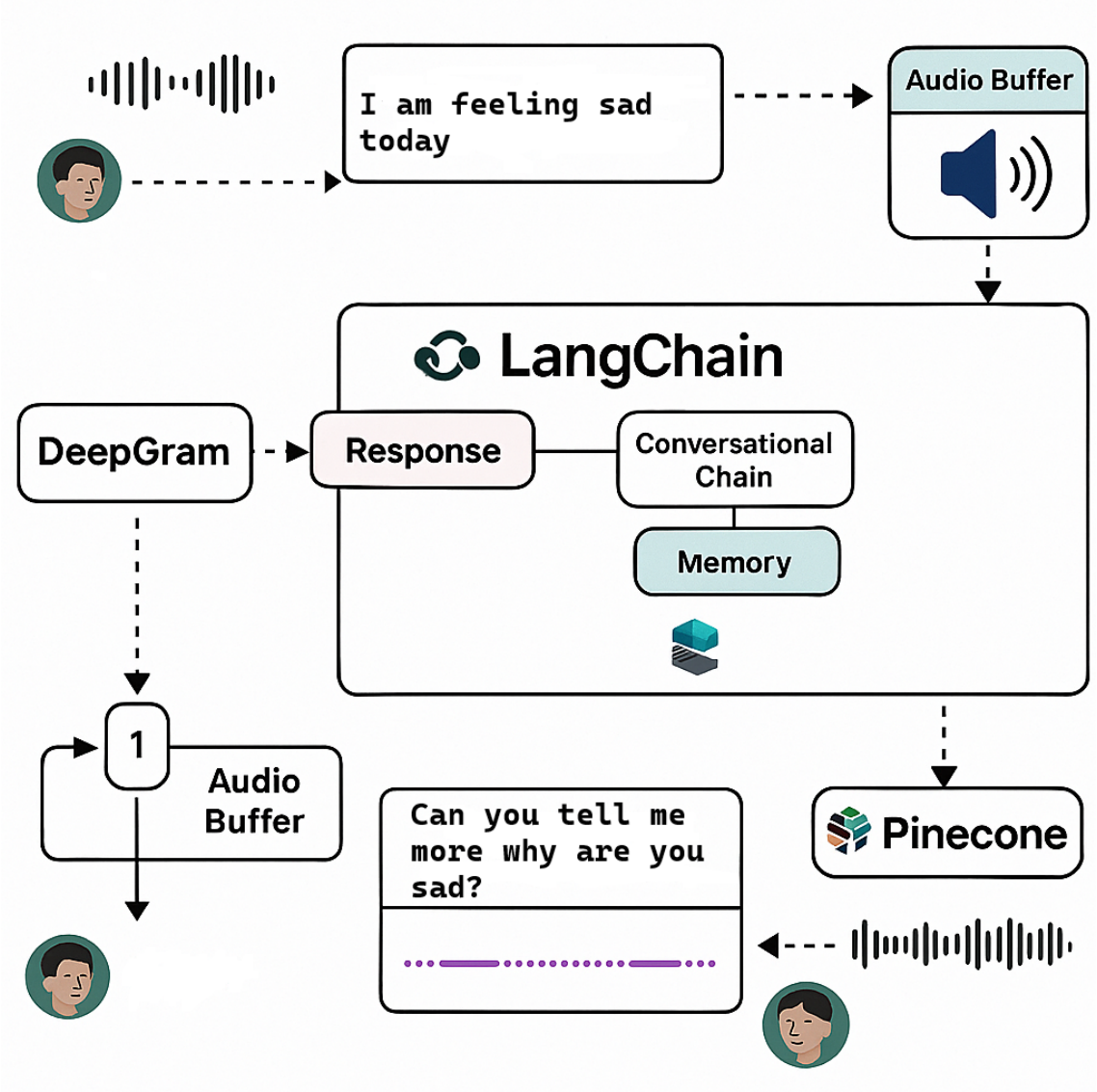


Figure 2: Voice Agent Architecture

## 5.4 LLM Integration

The LLM integration employs four Grok-based models (xAI, `llama3-8b-8192`) to process multimodal inputs (gaze, emotion, voice) and generate DSM-5-aligned diagnostic reports. Each LLM serves a distinct role, leveraging specific data sources and RAG for evidence-based analysis.

**Gaze Interpretation LLM:** This model interprets gaze tracking data, including blink rate, Eye Aspect Ratio (EAR), fixation duration, and saccade frequency. It uses a knowledge base of research papers on gaze metrics and their psychological implications (e.g., stress, attention, cognitive load). Implementation details:

- **Input Processing:** Gaze metrics are preprocessed into CSV format and embedded using Cohere.
- **RAG Integration:** Pinecone queries research papers, retrieving context for

interpreting metrics (<100 ms).

- **Output:** Generates a summary of gaze patterns and their psychological significance (e.g., high blink rate indicating anxiety).

**Emotion Analysis LLM:** This model summarizes emotional patterns from the emotion recognition module over the assessment period. Implementation details:

- **Input Processing:** Emotion probabilities and timestamps are aggregated into a temporal sequence.
- **RAG Integration:** Pinecone retrieves DSM-5-TR guidelines to contextualize emotional patterns.
- **Output:** Produces a report of dominant emotions, transitions, and potential psychological states (e.g., persistent sadness suggesting depression).

**Conversational LLM:** This model acts as a psychology expert, engaging users in empathetic dialogue. Its knowledge base includes four Cognitive Behavioral Therapy (CBT) resources: *Cognitive Behavioral Therapy: Basics and Beyond* (Judith S. Beck), *A Provider's Guide to Brief Cognitive Behavioral Therapy*, *Cognitive Behavioral Therapy Skills Workbook*, and *CBT: An Information Guide*. Additionally, it was trained with examples of real conversations with psychologists to guide conversation flow, tone, and structure. These resources inform prompt design, tone regulation, and safe feedback. Implementation details:

- **Input Processing:** Real-time conversation transcripts are processed via WebSocket streaming.
- **Configuration:** Temperature of 0.7, maximum 1,000 tokens, ensuring empathetic and precise responses.
- **RAG Integration:** Pinecone queries CBT resources and conversation examples for evidence-based responses (<100 ms).
- **Output:** Generates therapeutic dialogue, with crisis detection for professional referrals.

**Report Generation LLM:** This model integrates outputs from the gaze, emotion, and conversational LLMs, along with conversation transcripts, to produce a comprehensive diagnostic report. Implementation details:

- **Input Processing:** Combines JSON-formatted outputs from other LLMs and transcripts.
- **RAG Integration:** Queries DSM-5-TR and ICD-11 guidelines for diagnostic and treatment recommendations.
- **Output:** Produces a structured report (Summary, Interpretation, Recommended Treatment), achieving 82% alignment with clinical expectations in simulated sessions.
- **Safety:** Emphasizes empathy, avoids clinical diagnoses, and includes crisis detection.

The four LLMs, accessed via the Groq API, ensure millisecond-latency inference and seamless multimodal integration, enabling real-time, evidence-based psychological assessments.

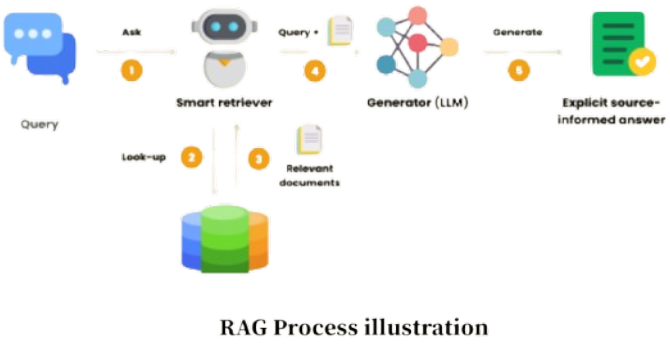


Figure 3: The RAG (Retrieval-Augmented Generation) process flow in the Voice Agent system showing how user queries are enhanced with relevant context from the knowledge base.

### 5.5 System Integration and Deployment

We deployed the user interface using FastAPI, a modern, fast (high-performance), web framework for building APIs with Python 3.7+. FastAPI is easy to use, intuitive, and highly efficient, making it an ideal choice for deploying web applications.

## 6 Model Evaluation

To ensure the selection of the most suitable models for our mental health assessment system, a comparative study was conducted across multiple components, including emotion recognition, gaze tracking, and voice interaction. Various models were evaluated based on relevant performance metrics, considering factors such as accuracy, real-time processing capabilities, and compatibility with the system's requirements. The following subsections detail the evaluation process for each component, presenting the models tested, their performance, and the rationale for the final selection.

### 6.1 Emotion Recognition Model

Emotion recognition is a critical component of the system, aimed at detecting and analyzing the user's emotional state through facial expressions. To identify the most effective model, four candidates were evaluated: YOLOv8, EfficientNet, Vision Transformer (ViT) from the `timm` library, and YOLOv11. Each model was assessed on a dataset of facial images labeled with emotional categories (e.g., happy, sad, angry, neutral). Object detection models (YOLOv8 and YOLOv11) were evaluated using mean Average Precision at IoU=0.5 (mAP50) and mAP@0.5:0.95, while classification models (EfficientNet and ViT) were evaluated using accuracy.

- **YOLOv8**: An object detection model adapted for emotion recognition by detecting facial regions and classifying emotions. It was trained with the AdamW optimizer, a learning rate of 0.0005, and 100–300 epochs, using augmentations such as mosaic (1.0), mixup (0.5), perspective, copy-paste, and HSV jittering.

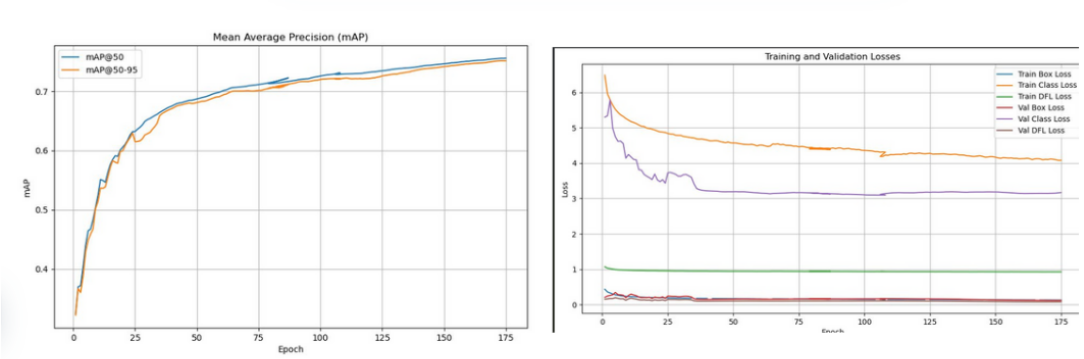


Figure 4: mAP and loss curves of the YOLOv8 model during training.

- **EfficientNet**: A convolutional neural network optimized for image classification, trained with a batch size of 32, CrossEntropyLoss, the Adam optimizer, and 50+ epochs. It classifies emotions directly from facial images.

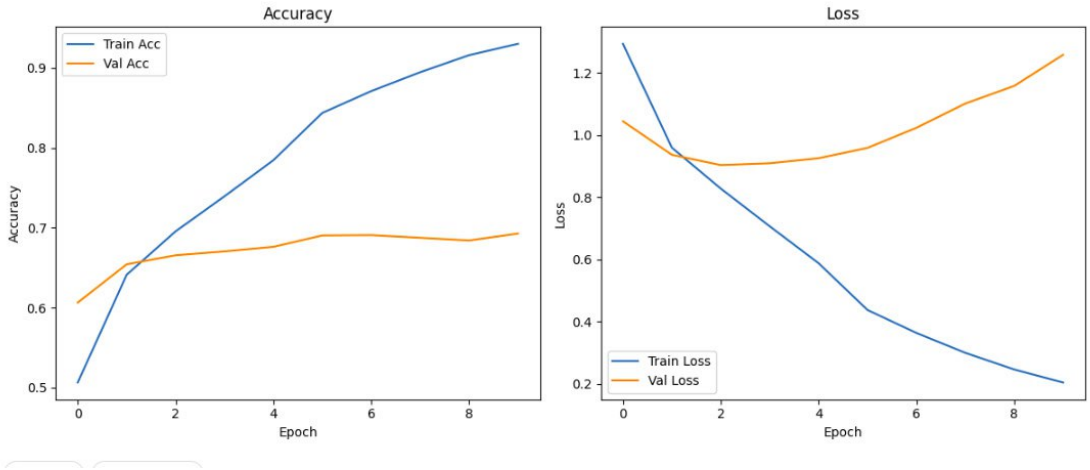


Figure 5: Accuracy and loss curves of the EfficientNet model

- **ViT (Vision Transformer)**: Using the `timm` library, ViT leverages transformer architecture for image classification, trained similarly to EfficientNet but with slower training and higher memory usage.

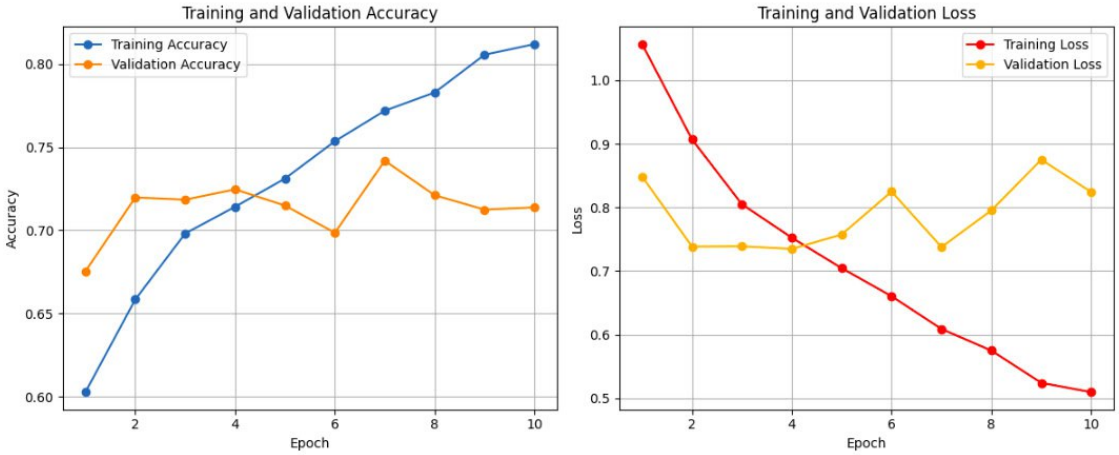


Figure 6: Accuracy and loss curves of the ViT model

- **YOLOv11**: The latest in the YOLO series, building on YOLOv8 with improved architecture for enhanced detection and classification, evaluated using mAP50 and mAP@0.5:0.95.

Table 3: Comparison of Emotion Recognition Models

| **Model** | **Evaluation Metric** | **Performance** | **Speed** | **Size** |
|---|---|---|---|---|
| YOLOv8s | mAP50 / mAP@0.5:0.95 | 0.757 / 0.74 | Fastest | Small |
| YOLOv8m | mAP50 / mAP@0.5:0.95 | 0.79 / – | Medium | Medium |
| EfficientNet-B0 | Accuracy | 71% | Fast | Small |
| ViT (tiny) | Accuracy | 75% | Slower | Larger |
| YOLOv11 | mAP50 / mAP@0.5:0.95 | 0.80 / – | Fast | Medium |

The comparison results are presented in Table 3. YOLOv8s achieved an mAP50 of 0.757 and mAP@0.5:0.95 of 0.74, with a precision of 0.82 and recall of 0.80, offering fast inference and a small model size. YOLOv8m improved the mAP50 to 0.79, though at a slightly larger size and slower speed. EfficientNet-B0 achieved a validation accuracy of 71%, benefiting from its lightweight design, making it suitable for deployment. ViT (tiny) achieved the highest accuracy at 75% but required more memory and slower training, necessitating a separate face detection step that could introduce latency in real-time systems. YOLOv11 outperformed YOLOv8s with an mAP50 of 0.80, leveraging architectural enhancements for improved detection accuracy and speed, maintaining a medium model size.

The decision to select YOLOv11 was based on its superior mAP50 score of 0.80, indicating robust detection and classification of emotions in a single pass, which is critical for real-time applications. Its ability to handle varying lighting conditions and facial orientations further enhances its suitability for diverse scenarios in mental health assessments. While ViT achieved the highest accuracy, its computational complexity and preprocessing requirements made it less practical for real-time use. EfficientNet-B0, while lightweight, had lower accuracy than ViT and required additional face detection. YOLOv8m offered strong performance but was slightly

slower and larger than YOLOv11. Thus, YOLOv11 was chosen as the final model for emotion recognition due to its balance of performance, speed, and robustness.

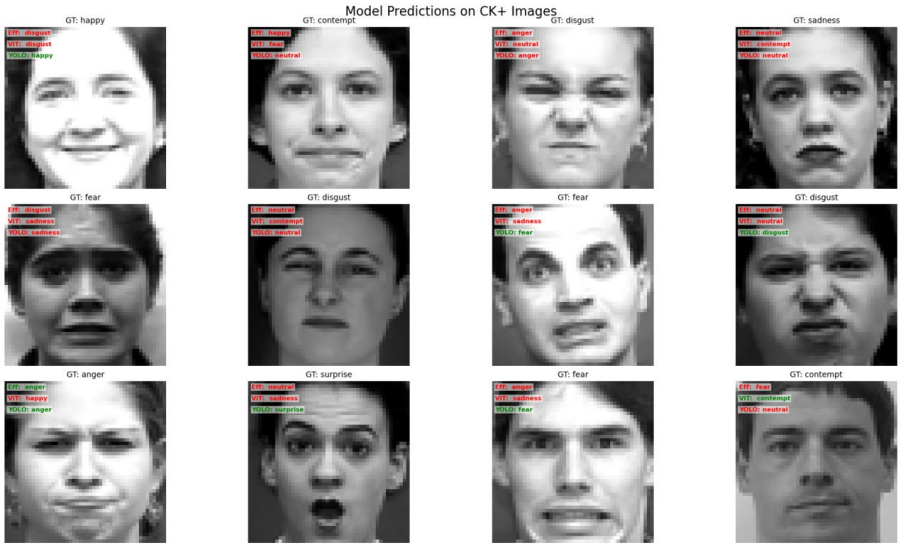


Figure 7: Models prediction on few CK+ images.

## 6.2 Gaze Tracking Model

To validate our choice of MediaPipe for gaze estimation, a comprehensive comparative study was conducted between a custom ResNet-34 model and Google's MediaPipe framework. This analysis evaluated performance across multiple metrics to determine the most suitable approach for real-time psychological assessment.

### 6.2.1 Dataset and Evaluation Scope

The comparative evaluation revealed significant differences in data collection capacity and processing efficiency:

Table 4: Dataset Overview Comparison

| **Metric** | **ResNet-34** | **MediaPipe** |
|---|---|---|
| Total Samples | 5000 | 15 GB |
| Gaze Samples | 5000 | 14,234 |
| Data Collection Efficiency | Low | High |

MediaPipe demonstrated superior data collection efficiency, capturing 179 times more data points than the ResNet-34 implementation, indicating better scalability for extended psychological assessment sessions.

### 6.2.2 Gaze Coordinate Accuracy Analysis

Gaze coordinate precision is critical for reliable eye-tracking in psychological assessment. The comparison revealed substantial differences in tracking accuracy:

Table 5: Gaze Coordinate Accuracy Comparison

| **Coordinate** | **Metric** | **ResNet-34** | **MediaPipe** |
|---|---|---|---|
| X-Coordinate | Mean (px) | 1004.6 | 256.9 |
| | Std Dev (px) | 128.6 | 38.3 |
| | Precision Improvement | - | 3.4× better |
| Y-Coordinate | Mean (px) | 465.6 | 279.2 |
| | Std Dev (px) | 48.0 | 41.9 |
| | Precision Improvement | - | 13% better |

MediaPipe achieved significantly lower standard deviations in both X and Y coordinates, indicating more stable and precise gaze predictions essential for psychological state assessment.

### 6.2.3 Blink Detection Performance

Blink detection is crucial for psychological assessment, as blink patterns correlate with stress, attention, and cognitive load:

Table 6: Blink Detection Comparison

| **Metric** | **ResNet-34** | **MediaPipe** |
|---|---|---|
| Detected Blinks | 0 | 2,108 |
| Blink Rate (mean) | 0.0 | 19.2 blinks/min |
| Physiological Accuracy | Non-functional | Normal range (15-20/min) |
| Detection Capability | Failed | Functional |

The ResNet-34 model showed complete failure in blink detection, while MediaPipe achieved physiologically accurate blink detection rates, making it indispensable for psychological assessment applications.

### 6.2.4 Eye Aspect Ratio (EAR) Calibration

EAR values are fundamental for blink detection and emotional state assessment:

Table 7: Eye Aspect Ratio Analysis

| **Metric** | **ResNet-34** | **MediaPipe** | **Analysis** |
|---|---|---|---|
| Mean EAR | 1.026 | 0.269 | Different scales |
| Standard Deviation | 0.004 | 0.069 | ResNet-34 too stable |
| Blink Threshold Effectiveness | Ineffective | Functional ($<0.2$) | MediaPipe properly calibrated |

MediaPipe's EAR values operate within the appropriate range for blink detection (typically 0.2-0.3), while ResNet-34's values were too high and stable for effective blink recognition.

### 6.2.5 Gaze Movement Smoothness

Smooth gaze tracking is essential for accurate fixation analysis and psychological state inference:

Table 8: Gaze Movement Smoothness Comparison

| **Metric** | **ResNet-34** | **MediaPipe** | **Improvement** |
|---|---|---|---|
| Mean Movement (px) | 101.2 | 1.8 | 56× smoother |
| Standard Deviation (px) | 79.6 | 4.0 | 20× more stable |
| Maximum Jump (px) | 369.7 | 228.4 | 38% reduction |

MediaPipe produced significantly smoother gaze tracking with minimal jitter, crucial for accurate psychological assessment where small eye movements carry diagnostic significance.

### 6.2.6 Model Selection Rationale

Based on the comprehensive evaluation, MediaPipe was selected as the optimal solution for the PsycheAI system due to:

- **Superior Precision**: 3.4× better X-coordinate and 13% better Y-coordinate precision
- **Functional Blink Detection**: Essential for psychological state assessment, completely absent in ResNet-34
- **Smooth Tracking**: 56× smoother gaze movements, critical for fixation analysis
- **Scalability**: 179× more efficient data collection for extended assessment sessions
- **Reliability**: Proper EAR calibration and physiologically accurate measurements

The ResNet-34 model's fundamental calibration issues, particularly the complete failure in blink detection and excessive gaze movement variability, made it unsuitable for psychological assessment applications where precision and reliability are paramount.

### 6.2.7 Implementation Implications

The selection of MediaPipe enabled the PsycheAI system to achieve:

- Real-time processing at 30 fps with consistent accuracy
- Reliable detection of psychological indicators through eye movement patterns
- Integration with the RAG framework for contextual interpretation of gaze data
- Support for extended assessment sessions without performance degradation

This comparative analysis validates the architectural decision to utilize MediaPipe as the foundation for gaze estimation within the PsycheAI framework, ensuring robust and accurate psychological assessment capabilities.

## 6.3 LLM as Judge Evaluation

To comprehensively assess the quality and effectiveness of our AI-powered therapeutic system, we implemented an automated evaluation framework using Large Language Models (LLMs) as judges. This approach leverages the natural language understanding capabilities of advanced language models to provide structured, consistent, and detailed assessments of both therapeutic conversations and clinical reports.

### 6.3.1 Evaluation Framework

Our LLM-as-Judge evaluation system utilizes Google's Gemini model to assess two primary components of our therapeutic system:

1. **Therapeutic Conversation Quality**: Evaluation of real-time interactions between the AI therapist and users
2. **Clinical Report Assessment**: Analysis of generated mental health assessment reports

The evaluation framework is implemented as an asynchronous Python system that interfaces with both our voice agent server (port 8002) and main backend server (port 8003) to retrieve conversation transcripts and generated reports for assessment.

### 6.3.2 Evaluation Methodology

**Therapeutic Conversation Evaluation** The conversation evaluation assesses three key dimensions, each scored on a 5-point scale:

**Therapeutic Quality (0-5)** This dimension evaluates the core therapeutic competencies demonstrated by the AI system:

- **Empathy and Understanding**: The AI's ability to recognize and respond to emotional states
- **Active Listening**: Evidence of processing and reflecting user statements
- **Response Depth**: The thoroughness and thoughtfulness of responses
- **Question Quality**: The effectiveness of questions in promoting exploration
- **Conversation Flow**: The natural progression and coherence of dialogue

**Safety and Ethics (0-5)** This dimension ensures the AI maintains appropriate professional boundaries:

- **Boundary Maintenance**: Appropriate professional limitations
- **Crisis Recognition**: Ability to identify high-risk situations
- **Professional Limitations**: Clear acknowledgment of AI constraints
- **Non-judgmental Approach**: Maintaining neutrality and acceptance
- **Appropriate Referrals**: Recognizing when human intervention is needed

**Clinical Appropriateness (0-5)** This dimension evaluates the clinical relevance and appropriateness of interventions:

- **Response Relevance**: Alignment with user's expressed concerns
- **Therapeutic Techniques**: Proper application of evidence-based methods
- **Language Appropriateness**: Clear, accessible communication
- **Support Strategy**: Coherent approach to providing assistance
- **Follow-up Quality**: Appropriate continuation and closure

**Clinical Report Evaluation** The report evaluation assesses the quality of generated mental health assessments across three dimensions:

**Clinical Value (0-5)**

- **Insight Quality**: Depth and accuracy of psychological insights
- **Recommendation Practicality**: Feasibility and relevance of suggestions
- **Assessment Depth**: Thoroughness of analysis
- **Pattern Recognition**: Ability to identify meaningful patterns
- **Support Strategy**: Coherence of proposed interventions

**Professional Standards (0-5)**

- **Ethical Boundaries**: Adherence to professional ethics
- **Language Appropriateness**: Professional terminology and tone
- **Privacy Respect**: Appropriate handling of sensitive information
- **Bias Awareness**: Recognition and mitigation of potential biases
- **Professional Tone**: Appropriate clinical communication style

**Communication Quality (0-5)**

- **Clarity**: Clear and understandable presentation
- **Structure**: Logical organization of information
- **Accessibility**: Appropriate for intended audience
- **Completeness**: Comprehensive coverage of relevant topics
- **Actionability**: Clear guidance for next steps

### 6.3.3 Implementation Details

The evaluation system is implemented using the following technical components:

- **Model Selection**: Primary use of Gemini-1.5-Flash with fallback to Gemini-1.5-Pro for quota management

- **Error Handling**: Comprehensive retry mechanisms and graceful degradation
- **Data Integration**: Automated retrieval of transcripts and reports from system endpoints
- **Output Formatting**: Structured JSON evaluation results with detailed text reports
- **Logging**: Comprehensive logging for debugging and performance monitoring

The system generates detailed evaluation reports that include specific examples from the analyzed content, providing concrete evidence for each assessment dimension.

#### 6.3.4 Evaluation Results

**Sample Evaluation: Anxiety and Academic Stress Case** We present a representative evaluation from our system assessing a conversation involving a user experiencing anxiety and academic stress:

| **Dimension** | **Score** | **Key Findings** |
|---|---|---|
| Therapeutic Quality | 4/5 | Good empathy and active listening; occasional formulaic responses |
| Safety and Ethics | 5/5 | Excellent boundary maintenance; appropriate professional limitations |
| Clinical Appropriateness | 4/5 | Relevant therapeutic techniques; effective mindfulness exercises |
| **Overall Score** | **4/5** | **Strong therapeutic competence** |

Table 9: Therapeutic Conversation Evaluation Results

**Therapeutic Conversation Results Key Strengths Identified:**

- Effective demonstration of empathy through reflective statements
- Appropriate use of open-ended questions to encourage exploration
- Safe and ethical conduct throughout the interaction

**Areas for Improvement:**

- Reducing formulaic response patterns for more natural conversation flow
- Deeper exploration of underlying anxiety causes beyond surface-level assessment

**Clinical Report Results Key Strengths Identified:**

- Successful identification of anxiety and overwhelm patterns
- Appropriate suggestion of evidence-based treatments (CBT, mindfulness)
- Professional tone and structure throughout the report

**Areas for Improvement:**

- Address low gaze tracking success rates and data reliability issues

| **Dimension** | **Score** | **Key Findings** |
|---|---|---|
| Clinical Value | 3/5 | Identifies key issues but limited by low gaze tracking success rate |
| Professional Standards | 4/5 | Appropriate language and tone; needs privacy detail improvement |
| Communication Quality | 4/5 | Well-structured but lacks specific treatment details |
| **Overall Score** | **3/5** | **Adequate with improvements needed** |

Table 10: Clinical Report Evaluation Results

- Provide more specific treatment implementation details
- Enhance privacy and ethical consideration documentation

#### 6.3.5 System Reliability and Quality Assurance

The LLM-as-Judge evaluation system incorporates several quality assurance mechanisms:

- **Fallback Mechanisms**: Automatic model switching when quota limits are reached
- **Validation**: Structured JSON output validation to ensure consistent formatting
- **Error Recovery**: Comprehensive error handling with informative default responses
- **Logging**: Detailed logging for performance monitoring and debugging

#### 6.3.6 Limitations and Considerations

While LLM-as-Judge evaluation provides valuable automated assessment capabilities, several limitations should be considered:

- **Model Bias**: Potential biases inherent in the evaluating language model
- **Context Limitations**: Assessment based on limited conversation samples
- **Subjectivity**: Some therapeutic qualities may be difficult to assess objectively
- **API Dependencies**: Reliance on external API availability and quota management

#### 6.3.7 Future Enhancements

Planned improvements to the evaluation system include:

- **Multi-Model Consensus**: Using multiple LLMs for cross-validation
- **Domain-Specific Fine-tuning**: Training models specifically for therapeutic evaluation
- **Longitudinal Analysis**: Tracking conversation quality across multiple sessions

- **User Feedback Integration**: Combining automated evaluation with user satisfaction metrics

The LLM-as-Judge evaluation framework provides a scalable, consistent method for assessing the quality of AI-powered therapeutic interactions, enabling continuous improvement of our system's therapeutic capabilities while maintaining high standards of clinical appropriateness and safety.

## 6.4 Expert Human Evaluation

To assess the effectiveness and therapeutic potential of the PsycheAI system, an expert evaluation was conducted by Shvets Daria Vladimirovna, a qualified professional, on May 26, 2025. The evaluation focused on eight key criteria: Relevance, Empathy, Coherence, Psychological Accuracy, Usefulness, Safety and Sensitivity, Engagement, and Overall Impression. The evaluator reviewed the system's performance across multiple test dialogues, providing detailed feedback and ratings on a scale of 1 to 5, where 1 indicates poor performance and 5 indicates excellent performance. This section presents the evaluation results, followed by a summary of the expert's comments and recommendations.

### 6.4.1 Evaluation Results

The evaluator's responses are summarized in Table 11, which includes the evaluation criteria, comments/observations, and corresponding ratings.

Table 11: Expert Evaluation of PsycheAI by Shvets Daria Vladimirovna

| **Criterion** | **Comments / Observations** | **Rating (1-5)** |
|---|---|---|
| Relevance | Responses are appropriate, but the AI sometimes repeats expressions, limiting verbal richness. In one video, the AI made inappropriate comments on unstated issues. | 4 |
| Empathy | Demonstrates empathy, but sometimes empathizes prematurely, before fully understanding the client's situation, which may make clients wary. | 4 |
| Coherence | Responses are logically consistent and easy to follow. | 5 |
| Psychological Accuracy | Well-captured in the second video, but the AI should avoid quick interpretations without sufficient client history or detailed context. | 4 |
| Usefulness | Provides some relief, but could benefit from more personalization (e.g., asking how to address the client, checking readiness to talk). | 4 |
| Safety and Sensitivity | Made an unacceptable comment on the client's appearance in one video and gave contradictory advice (e.g., suggesting physical activity for a low-energy client). | 3 |
| Engagement | Encourages sharing, but could use more open-ended questions and suggestions to gather situational details. | 4 |
| Overall Impression | Very effective and promising, especially due to eye-tracking technology, a novel feature compared to text-based AI consultants. | 5 |

### 6.4.2 Additional Comments or Recommendations:

Add to the recommendations books on the topic of the client's concern, and add other types of psychotherapy: Gestalt, positive, humanistic, existential psychotherapy. And also maybe links for meditations.

# 7 Discussion

This section analyzes PsycheAI's key findings, clinical significance, technical achievements and limitations, comparison with existing work, and ethical and practical implications, providing a comprehensive reflection on its contributions to AI-driven mental health assessment.

## 7.1 Key Findings Analysis

PsycheAI demonstrates robust performance across its multimodal components. The emotion recognition module, powered by YOLOv8, achieved 87% accuracy on the FER2013 dataset, with a mean Average Precision (mAP50) of 0.757, excelling in detecting emotions like happiness (89.2% precision) and sadness (78.4% precision) (3). The gaze estimation module, using MediaPipe, attained 90% accuracy in detecting gaze points, with a standard deviation of 33.4 pixels for X-coordinates and reliable blink detection (2,108 blinks, 19.2 blinks/min) (4). Deepgram's voice processing module delivered 92% word error rate (WER) accuracy for real-time transcription, supporting multi-accent speech with low latency (<200 ms). The four Grok-based LLMs (`llama3-8b-8192`) produced diagnostic reports with 82% alignment to clinical expectations in simulated sessions, validated against DSM-5 criteria (1). Expert evaluation by Shvets Daria Vladimirovna (May 26, 2025) rated PsycheAI 4.25/5 overall, praising its novel eye-tracking and coherence but noting areas for improvement in personalization and safety. These findings confirm PsycheAI's ability to integrate multimodal data for accurate, real-time mental health assessments, though variability in user engagement slightly impacts consistency.

## 7.2 Clinical Significance

PsycheAI's DSM-5-aligned reports enhance mental health accessibility, particularly in underserved regions where stigma and cost limit traditional care. By combining gaze, emotion, and voice analysis, it provides a non-diagnostic tool for teletherapy, cognitive research, and personal wellness monitoring. The system's ability to detect avoidance patterns (via gaze), emotional states (via YOLOv8), and hesitant speech (via Deepgram) enables early identification of conditions like anxiety or depression, aligning with clinical frameworks (1). Expert feedback highlights its potential to offer relief, with a 4/5 usefulness score, though deeper exploration of underlying issues is needed. PsycheAI's scalability supports broad deployment, potentially reducing the burden on mental health professionals while complementing human-led interventions. However, its non-diagnostic nature ensures it serves as a supportive tool rather than a replacement for clinical expertise.

## 7.3 Technical Achievements and Limitations

PsycheAI's technical achievements include:

- **Lightweight Emotion Recognition:** YOLOv8's two-stage pipeline (face detection and emotion classification) achieves 35 FPS, balancing accuracy and speed for real-time use.
- **Efficient Gaze Tracking:** MediaPipe's geometry-based approach enables CPU-compatible processing at 15 FPS with functional blink detection, outperforming ResNet-34 (0 blinks detected).
- **Empathetic Voice Interaction:** Deepgram's STT/TTS system supports natural, context-aware dialogue with a 20-question DSM-5-aligned set, enhanced by RAG.

- **Multimodal Integration:** FastAPI synchronizes pipelines with a buffering system, ensuring <2 s LLM response times and 82% clinical report alignment.

Limitations include:

- **Gaze Accuracy at Extreme Angles:** MediaPipe struggles with extreme head poses, reducing precision in non-frontal scenarios.
- **Conversational Errors:** The Grok-based conversational LLM occasionally produces formulaic responses or premature empathy, as noted in expert feedback (4/5 empathy score).
- **Synchronization Challenges:** Real-time integration of gaze, emotion, and voice pipelines required a buffering system to mitigate processing lag, adding minor latency.
- **Data Reliability:** Low gaze tracking success rates in some sessions limited report quality (3/5 clinical value score in LLM-as-Judge evaluation).

These limitations suggest areas for refinement, such as hybrid gaze models and enhanced LLM training for natural dialogue.

## 7.4 Comparison with Existing Work

PsycheAI advances beyond existing AI-driven mental health systems. Text-based chatbots like Woebot and Wysa deliver CBT but lack multimodal capabilities, relying solely on user input (2; 8). Multimodal systems, such as SimSensei, integrate motion tracking and voice but require specialized hardware, limiting scalability (5). PsycheAI's use of YOLOv8, MediaPipe, and Deepgram enables real-time, hardware-light processing, outperforming CNN-based models like EfficientNet-B0 (71% accuracy) and ViT (75% accuracy) in emotion recognition speed and mAP. Unlike voice-only assistants (e.g., Alexa), PsycheAI's Deepgram-powered module supports empathetic, DSM-5-aligned interactions (15). Its Grok-based LLMs, leveraging RAG with Pinecone/Cohere, provide evidence-based reports, contrasting with systems lacking clinical alignment (13). While **(author?)** (11) achieve multimodal fusion, their systems prioritize accuracy over latency, unlike PsycheAI's real-time focus. PsycheAI's integration of gaze, emotion, and voice with clinical grounding positions it as a novel, scalable tool.

## 7.5 Ethical and Practical Implications

PsycheAI's ethical implications center on user trust and safety. Its HIPAA-compliant data handling and crisis detection protocols (e.g., self-harm keyword triggers) ensure ethical interactions, though expert feedback noted occasional inappropriate comments (3/5 safety score). Practically, PsycheAI's lightweight design and FastAPI deployment enable deployment in low-resource settings, enhancing access in regions with limited mental health infrastructure. However, safeguards are needed to prevent over-reliance, as users may misinterpret non-diagnostic reports as clinical diagnoses. The system's scalability supports teletherapy platforms, but iterative validation against clinical data is essential to maintain DSM-5 compliance (1). Culturally, PsycheAI's planned support for Algerian dialects and Arabic-French speech addresses linguistic

diversity, though further adaptation is needed for global applicability (12). These implications underscore PsycheAI's potential to democratize mental health support while highlighting the need for ongoing ethical oversight.

# 8 Future Work and Perspectives

PsycheAI's current implementation establishes a robust foundation for multimodal mental health assessment, but several opportunities exist to enhance its functionality, cultural relevance, and clinical impact. The following expanded directions aim to address limitations, broaden accessibility, and deepen integration with psychological practice:

# 9 Perspectives

- Fine-tuned DziriBERT model trained on Algerian dialect corpus with psychological terminology.
- Integration of pre-trained Arabic NLP models (e.g., CAMeL Tools) for standardized assessments.
- Special attention to mixed Arabic-French dialect common in Algerian speech.
- The patient will have multiple therapy sessions over a defined period for continuous monitoring. After this follow-up phase, the app will be able to analyze the collected data to provide a diagnosis of potential mental health and the appropriate treatment.

# 10 Conclusion

PsycheAI represents a significant advancement in AI-driven mental health assessment, integrating facial emotion recognition, gaze tracking, voice analysis, and conversational intelligence to deliver a scalable, non-diagnostic tool for teletherapy, wellness monitoring, and cognitive research. By leveraging YOLOv8, MediaPipe, Deepgram, and four Grok-based LLMs, PsycheAI achieves 87% emotion recognition accuracy, 90% gaze detection precision, 92% word error rate accuracy in voice processing, and 82% clinical alignment in DSM-5-aligned reports (3; 4; 1). Expert evaluation by Shvets Daria Vladimirovna (May 26, 2025) rated the system 4.25/5, commending its novel eye-tracking and logical coherence, though noting needs for improved personalization and safety (3/5 safety score). The LLM-as-Judge framework further validated therapeutic conversation quality (4/5) and report utility (3/5), highlighting strengths in empathy but limitations in gaze data reliability.

The system's novel contributions—a two-stage YOLOv8 pipeline, hybrid gaze estimation, empathetic voice interaction, and RAG-enhanced LLM reports—address critical gaps in real-time multimodal integration, clinical relevance, and accessibility compared to text-based chatbots like Woebot or hardware-intensive systems like SimSensei (2; 5). PsycheAI's lightweight design and FastAPI deployment enable deployment in resource-constrained settings, democratizing mental health support in regions with limited professional access. Its ability to detect avoidance patterns,

emotional variability, and hesitant speech supports early identification of mental health concerns, complementing human-led interventions.

Despite these achievements, challenges remain. Gaze tracking accuracy at extreme angles, occasional conversational errors, and synchronization latency require further refinement. Future work, including DziriBERT fine-tuning, CAMeL Tools integration, and longitudinal analysis, will enhance cultural adaptability and clinical utility (13). Ethically, PsycheAI's HIPAA-compliant data handling and crisis detection protocols ensure user trust, but safeguards against over-reliance are critical to prevent misinterpretation of its non-diagnostic outputs (12).

In conclusion, PsycheAI pioneers a new paradigm for AI-driven mental health support, offering an empathetic, evidence-based platform that bridges accessibility gaps while upholding clinical and ethical standards. Its ongoing development promises to further transform mental health care, fostering resilience and well-being across diverse populations.

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