

**A PROJECT REPORT**

On

**Data Mining Techniques to predict Depression for Mental Health Awareness**

BY

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## **ACKNOWLEDGMENTS**

We would like to thank Dr. Apurba Das for giving us the opportunity to apply our knowledge practically for a good cause. He has always been understanding and has motivated us to push our limits and expand our horizon in a field that we are so eager to learn more about. He provided valuable insight during the project and was always present to guide us on the way forward while helping us tackle issues that were very new to us. Lastly, we would like to thank each other, our team who worked tirelessly to make this project a success.

## ABSTRACT

A 2012 survey conducted by the World Health Organization (WHO) suggests that depression is a major public health issue that affects 350 million individuals globally. Depression when undiagnosed and untreated, is detrimental to physical health, social relations and quality of life and can also lead to self harm and suicide. Depression is a leading cause of disability around the world and contributes greatly to the global burden of disease. The effects of depression can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life. It is associated with disrupted biological rhythms caused by environmental disturbance like seasonal change in daylight, alteration of social rhythms due to for instance shift-work or longitude traveling; besides linked to lifestyles associated with diurnal rhythms inconsistent with the natural daylight cycle. Before depression can be effectively treated and it has to be rightfully recognised. Recognising depression in patients is an ongoing battle due to the complexity of several features used to correctly classify depression. Moreover, the research on identifying depression through motion sensing data is relatively new. In this project we seek to develop various classifiers on a dataset of user information collected through a general survey and motor activity data collected through a smartwatch to find the best algorithm that results in the most accurate classification. Our results will be really valuable in addressing key concerns in countering depression.

[ For the purpose of this project, we would rely on the following definition of Depression: *A mental health disorder characterized by persistent feelings of sadness or loss of interest in activities, causing significant impairment in daily life. Possible causes include a combination of biological, psychological and social sources of distress.* ]

## **PROBLEM DEFINITION**

Our aim is to utilize survey data regarding a patient's general details and also their motor-activity and sleep circadian schedule (tracked using an actigraph watch) to develop a system that is capable of automatically detecting depression states based on sensor data. In our experiments we'd like to explore this aspect and other analyses like MADRS score prediction based on motor activity data and sleep pattern analysis of depressed v.s. Non-depressed participants.

## **STATE OF THE ART**

The current progress made so far in mental health prediction (including but not limited to Depression) is credible through these citations of previous works in this field:

U. S. Reddy et al. have applied various algorithms to find the most accurate one and compared the relationship between various parameters in the dataset.

M. P. Dooshima et al. have used demographic, biological, psychological and environmental factors for prediction. Different mental health experts were consulted to validate the obtained parameters.

M. Srividya et al. have used a questionnaire to obtain values for different attributes that can be helpful for prediction of mental health. The motive of this paper was to analyze different algorithms and predict the most accurate one. Various classification algorithms such as Decision Tree, Naïve Bayes as well as SVM were used in this paper. The labels from the data collected were used to compute a MOS. The above algorithms were then applied to find the most accurate one. The paper concluded that Support Vector Machine, K-Nearest Neighbor and Random Forest are the most accurate algorithms with similar accuracy results.

D.Filip & C. Jesus. have used Neural Networks to predict the psychological conditions of humans such as depression, PTSD, anxiety etc. They also studied the effect of concussion or injuries on sportspersons.

S. G. Alonso et al. have conducted extensive review of different algorithms used for mental health prediction. Different techniques such as Association Rule Mining and Randomization were studied and their predictions were noted for our project. This paper also reviewed other algorithms such as SVM, Decision tree, KNN, ANN, Naïve Bayes.

## **NOVELTY**

- There had been little known research on the connection between human rest/activity cycles and their inclination to Depression states.
- A lot of current ongoing research on similar ideas is based on physiological data such as ecg and eeg data requiring a lot of pre-processing as well. However, we've used sensor data which is more accurate in gauging a person's states and sensitivity to factors compared to physiological data.
- In this project we aim to explore this aspect using a comparative study of several data mining techniques such as Support Vector Machines, Decision Trees and the Naïve Bayes Algorithm.
- We've also done a thorough analysis through exploratory data analysis and data visualization to show the correlations between the data and the important factors involved.

## DATASET DESCRIPTION

The dataset we'll use in this project contains two folders, where one contains the data for the controls and one for the condition group. For each patient a CSV file has been provided containing the actigraph data collected over time. The columns are:

- timestamp (one minute intervals)
- date (date of measurement)
- activity (activity measurement from the actigraph watch).

In addition, the MADRS scores are provided in the file "scores.csv".

It contains the following columns:

- number (patient identifier)
- days (number of days of measurements)
- gender (1 or 2 for female or male)
- age (age in age groups)
- afftype (1: bipolar II, 2: unipolar depressive, 3: bipolar I)
- melanch (1: melancholia, 2: no melancholia)
- inpatient (1: inpatient, 2: outpatient)
- edu (education grouped in years)
- marriage (1: married or cohabiting, 2: single)
- work (1: working or studying, 2: unemployed/sick leave/pension)
- mads1 (MADRS score when measurement started)
- mads2 (MADRS when measurement stopped).

This publicly available dataset can be found on Kaggle at:

<https://www.kaggle.com/arashnic/the-depression-dataset>

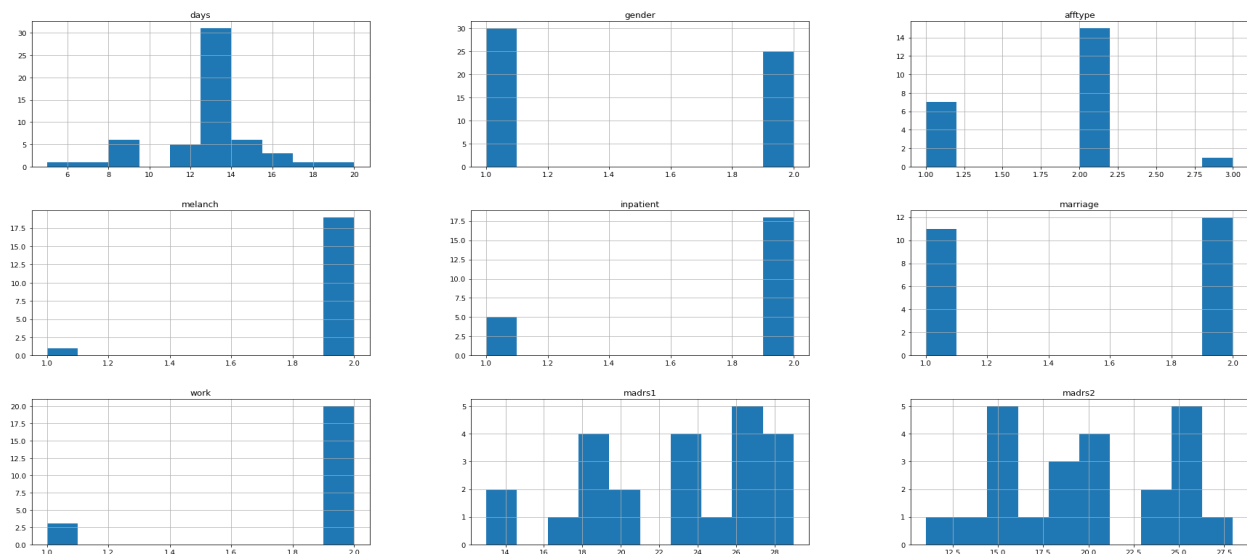
## CODE AND DETAILS OF TECHNIQUES USED

### EXPLORATORY DATA ANALYSIS and DATA VISUALIZATION

Exploratory Data Analysis refers to the critical process of performing initial investigations on data so as to discover patterns, to spot anomalies, to test hypotheses and to check assumptions with the help of summary statistics and graphical representations. Below is the comprehensive data exploration we performed on the depression dataset.

This is generally done through data visualization the act of arranging the data in a visual manner to make it easier to understanding conduct exploratory data analysis.

A box plot (or box-and-whisker plot) shows the distribution of quantitative data in a way that facilitates comparisons between variables.

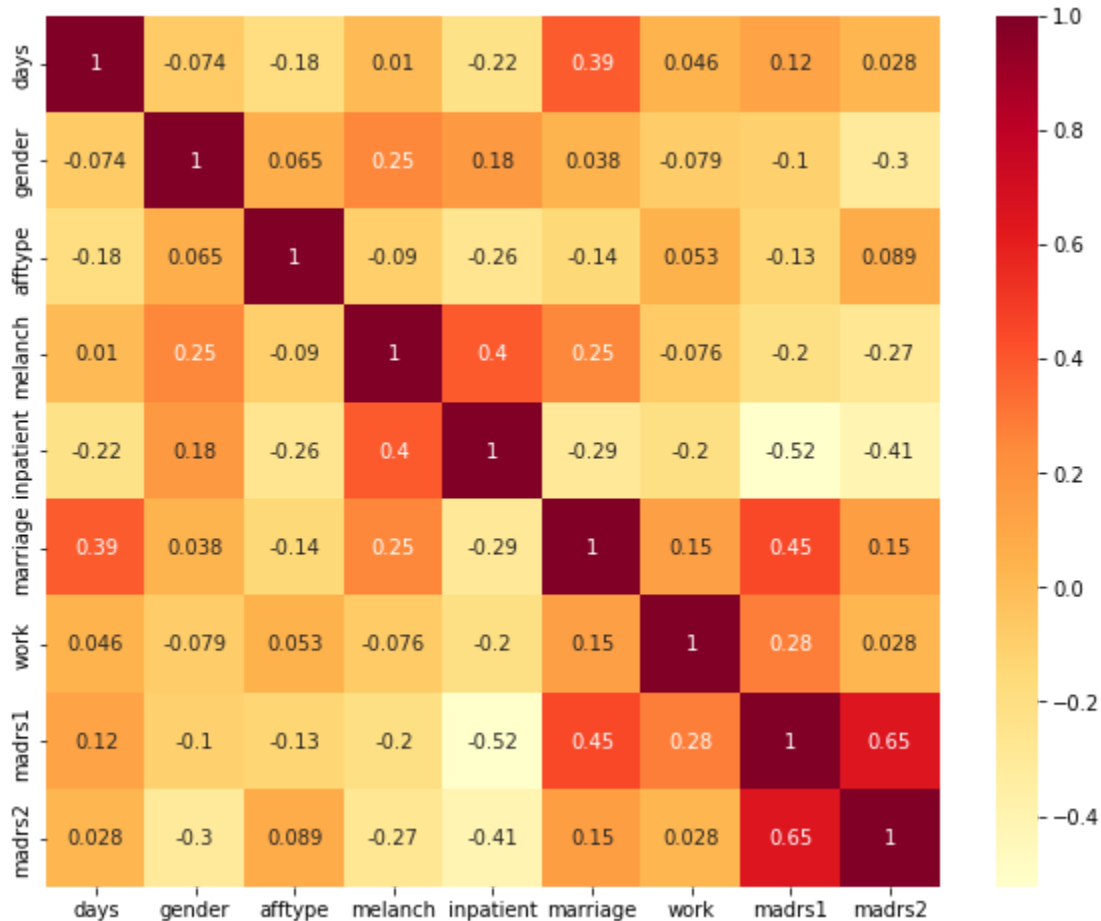


To use linear regression for modeling, it's necessary to remove correlated variables to improve your model. One can find correlations using pandas `“.corr()”` function and can visualize the correlation matrix using a heatmap in seaborn. Here we have done the same for the dataset.

From the heatmap there are a few major correlation points that can be deduced.



- While madsr 1 and 2 are highly related as expected, something of note is that marriage and madsr1 has a good amount of correlation meaning it's likely that the state of marriage can have an impact on the condition and indicators of depression.
- Similarly while work is less correlated it's the second highest correlated factor for madsr 1 and hence the workplace environment has an effect on the condition and indicators of depression.



## TIME SERIES ANALYSIS:

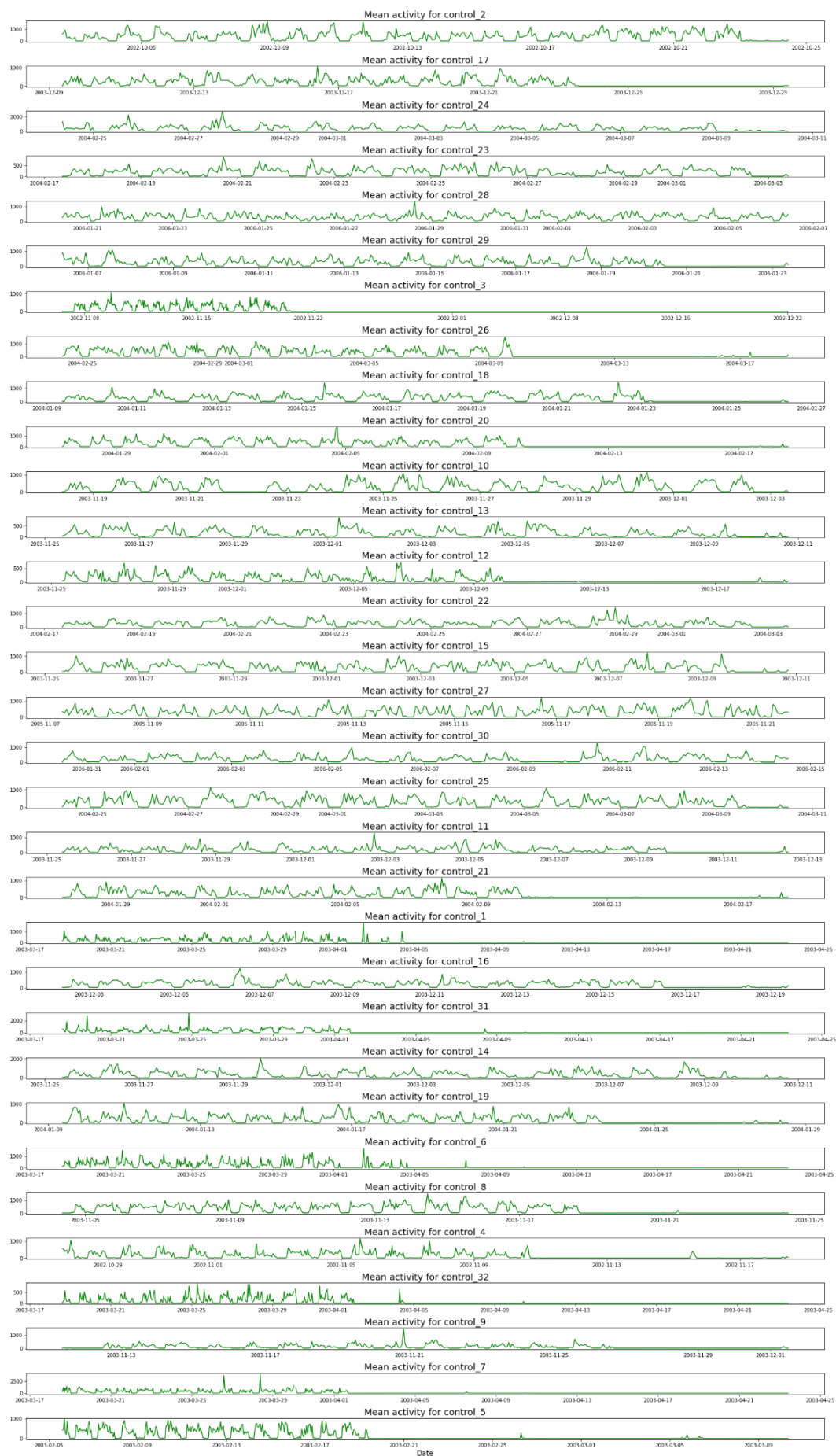
Time series analysis is a specific way of analyzing a sequence of data points collected over an interval of time. In time series analysis, analysts record data points at consistent intervals over a set period of time rather than just recording

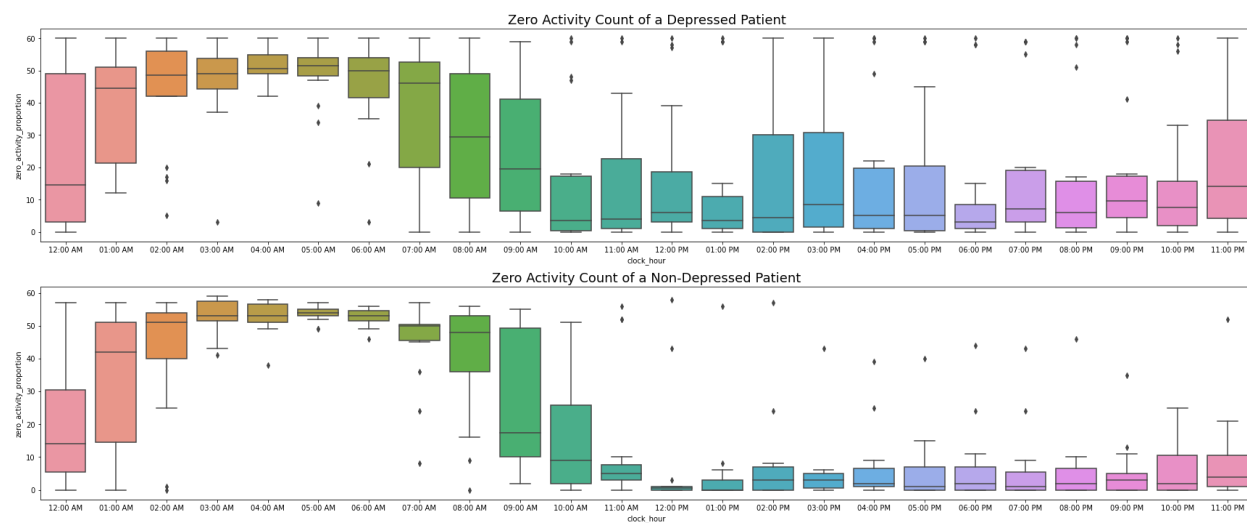
the data points intermittently or randomly. However, this type of analysis is not merely the act of collecting data over time.

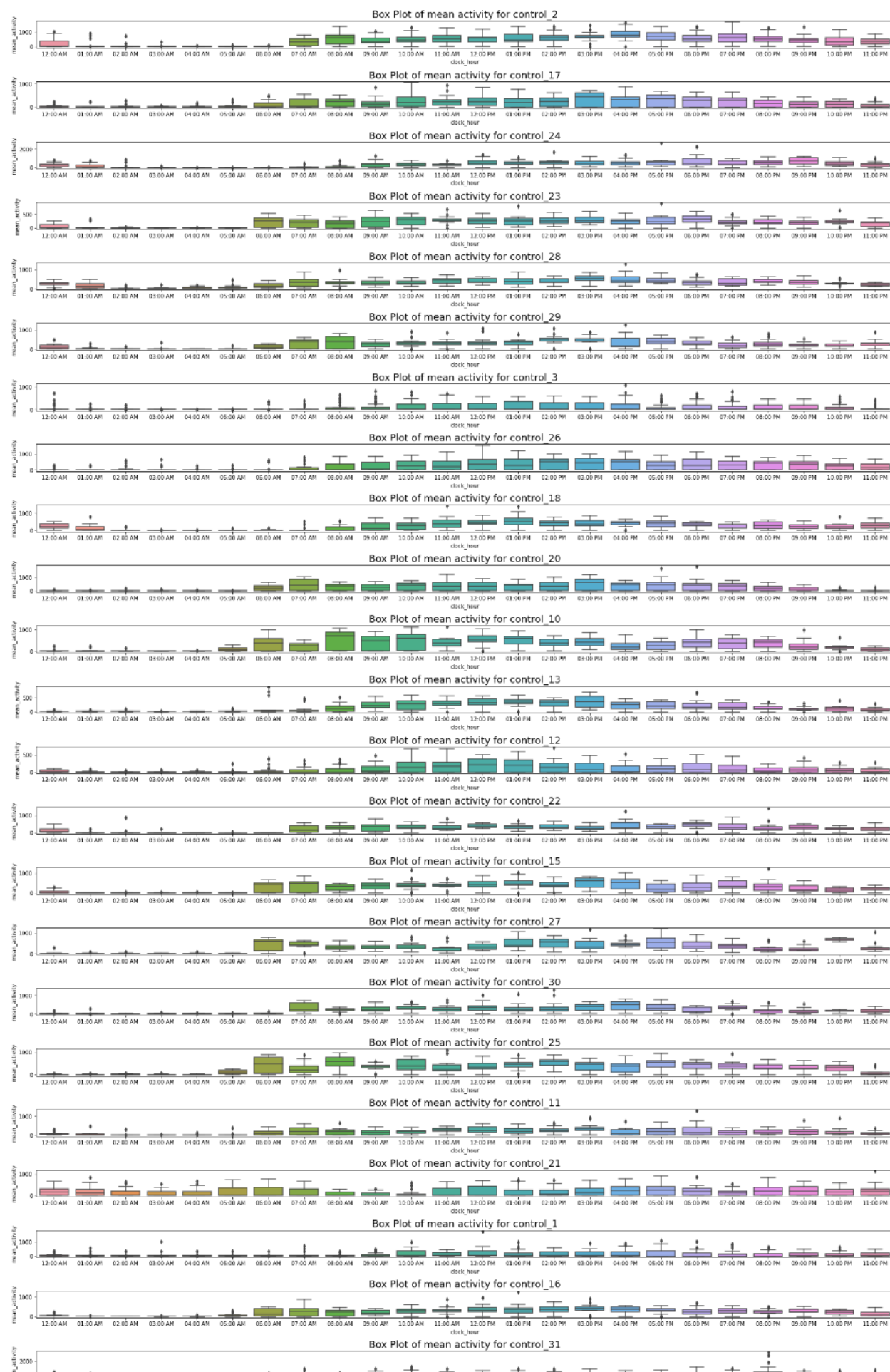
What sets time series data apart from other data is that the analysis can show how variables change over time.

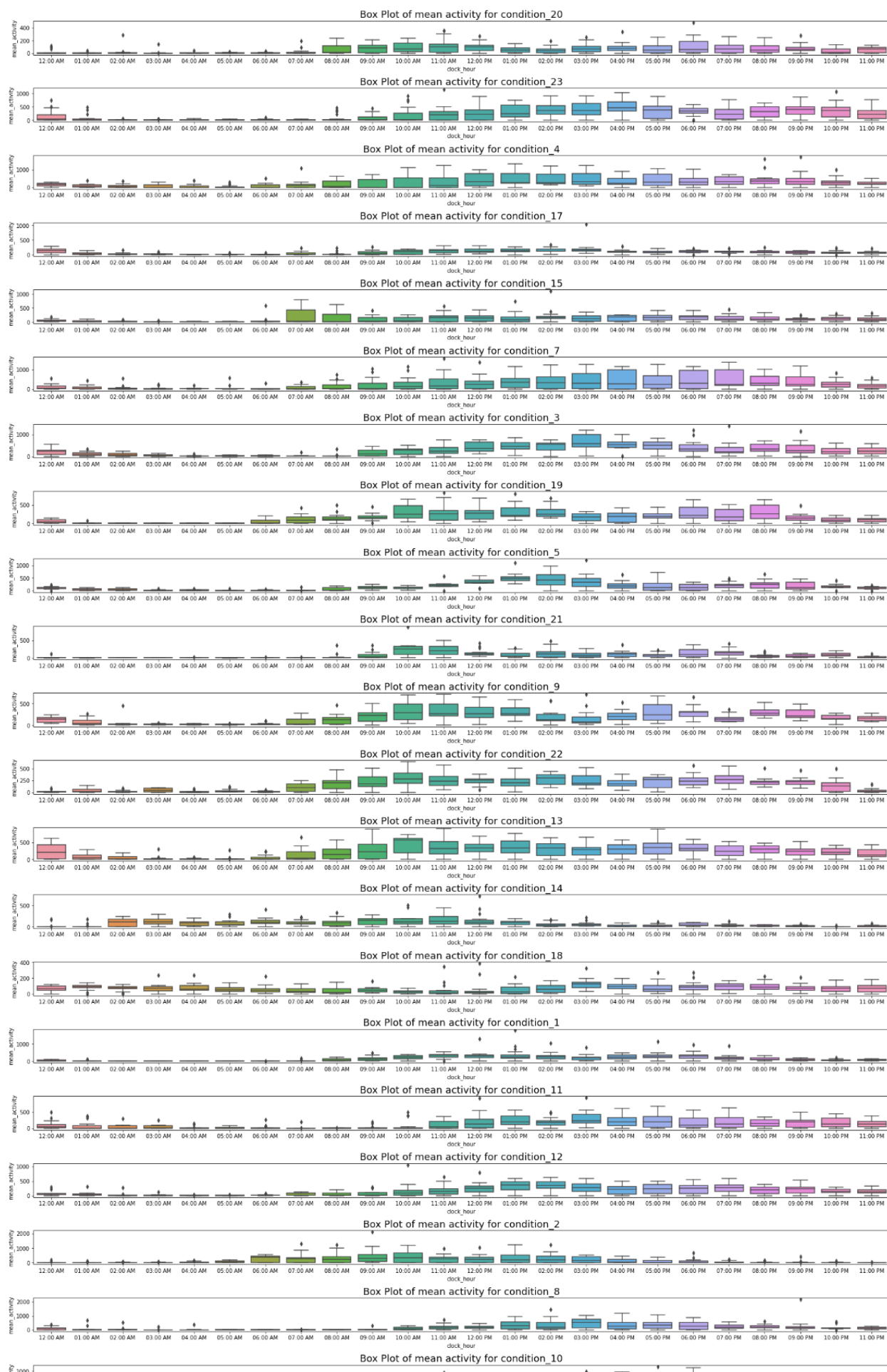
A very useful tool to help segregate and look at time and date based data, we looked at this through multiple different graphs. One can see the mean activity control in the form of a line graph in terms of the date and time of the data collected for each entry. Similarly the box plots all provide an outlook into comparison of zero activity.











## **NAIVE BAYES CLASSIFIER:**

Naive Bayes Classifier is a statistical classifier that predicts class membership probabilities such as the probability that a given tuple belongs to a particular class. It is based on Bayes theorem. The naive assumption of class-conditional independencies made. This presumes that the attributes' values are conditionally independent of one another, given the class label of the tuple. It is observed that accuracy improves as the size of the dataset increases. The naive bayes classifier we've used here has been written completely from scratch.

The work on this classifier has been divided into 2 parts:

1. Where we use only sensor data to predict depressed or healthy patients.
2. Here we use the scores file to predict MADRS score after the measurements.

After the time series analysis it's time to model the dataset. The ExtractData() function when called with a path of the Conditions files, extracts them all and returns a dataframe with features like mean\_log\_activity etc which have been calculated for each day of the experiment using functions nextday(), zero\_count(), extractfeatures(). The clinically depressed patients whose data had been recorded in the conditions file have been assigned a state of 1. The same code has been implemented on the control file data. The healthy patients whose data had been recorded in the conditions file have been assigned a state of 0.

```
1 full_df = controls.append(conditions, ignore_index=True)
2 full_df.head()
```

	mean_log_activity	std_log_activity	min_log_activity	max_log_activity	zero_proportion_activity	source	state
0	5.234330	1.777446	0.0	8.879472	52	control_24	0
1	3.854702	2.940283	0.0	8.987322	465	control_24	0
2	3.761496	2.903166	0.0	8.848653	481	control_24	0
3	4.145333	2.933503	0.0	8.987322	427	control_24	0
4	3.719044	2.906945	0.0	8.353733	498	control_24	0

```
1 full_df.shape
```

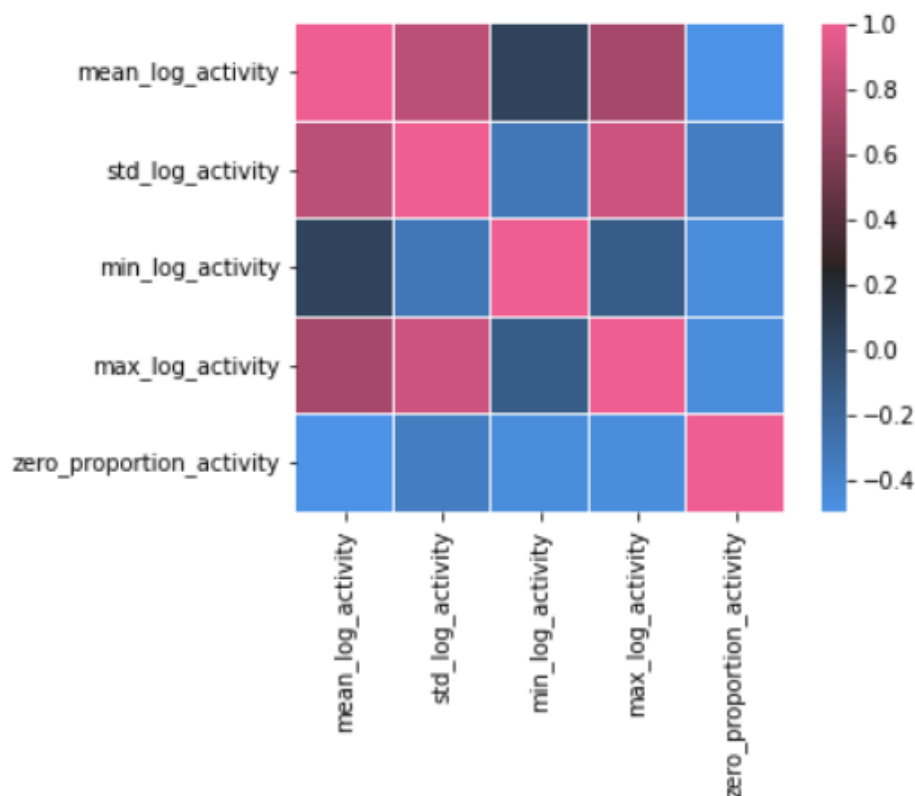
```
(1144, 7)
```

```
1 full_df = full_df.sample(frac=1) # reshuffle the dataset
```



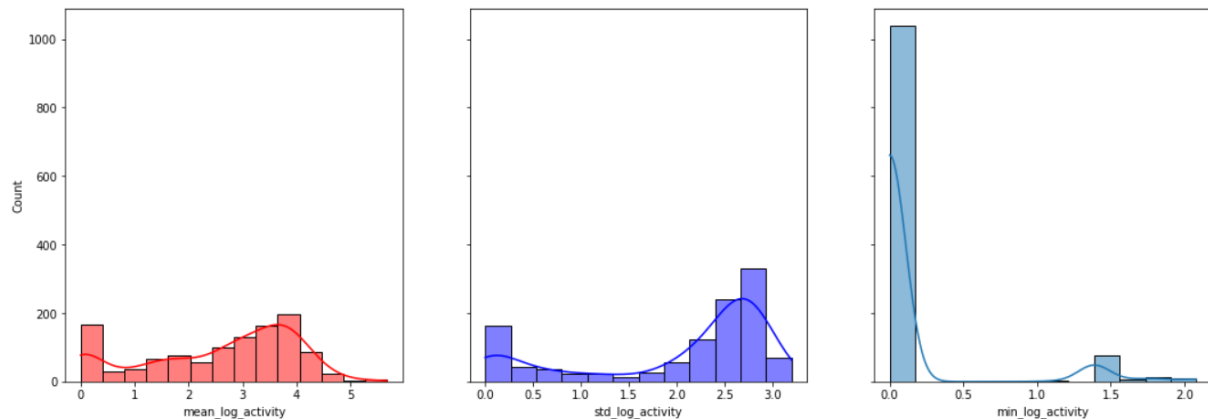
A generated heat map shown below reveals to us that dropping other features except standard, mean and minimum log activity due to high correlation can satisfy our assumption that features are linearly independent.

<matplotlib.axes.\_subplots.AxesSubplot at 0x7fe0797702d0>



Next, we've plotted individual histograms (as seen below) for features: mean\_log\_activity, std\_log\_activity, and min\_log\_activity to see how they fit under the Gaussian distribution. We can see that mean and standard deviation of log activity fills pretty well, but the minimum log activity doesn't. We will still use Gaussian distribution for it, for simplicity's sake.

<matplotlib.axes.\_subplots.AxesSubplot at 0x7fe06b63ba50>



In the dataframe `full_df`, the attributes are `mean_log_activity`, `std_log_activity`, `min_log_activity` of the collected sensor data. The value of `Y` to be predicted is in binary form i.e 2 options: state 0 for healthy patients and state 1 for depressed patients.

We calculate conditional probability  $P(x/y)$  using Gaussian distribution and the assumption that the features are independent of each other.

The performance measures of classifiers measure the decision making capability of the classifier. The measures used to determine the performance are: accuracy, precision, recall, F-score. The overall accuracy measure is rarely considered adequate for a classifier.

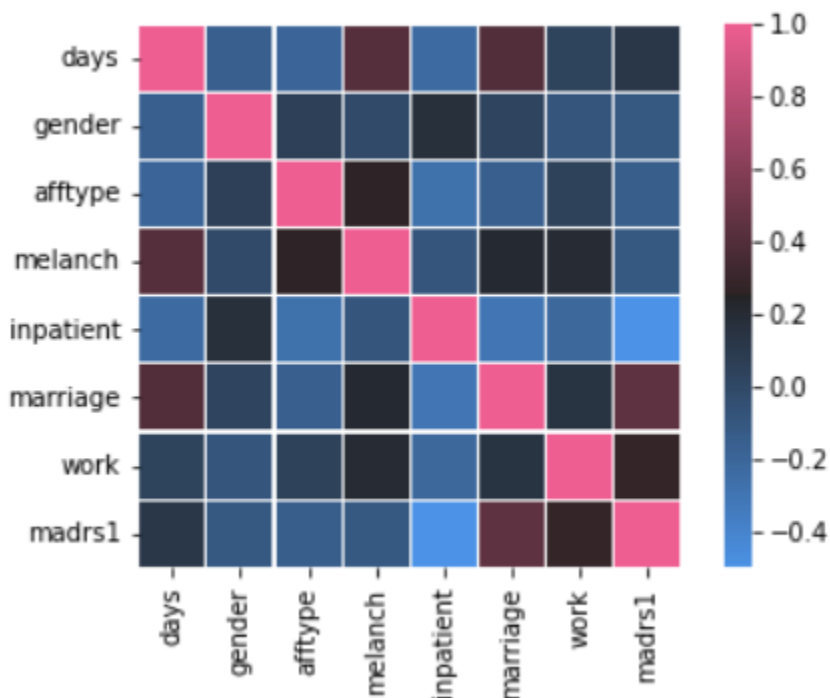
Precision is in simple words positive predictive value. Recall on the other hand is the true positive rate. A model could have perfect recall but low precision and accuracy hence why we need to look at both factors and not just any one. We've used f1 score as a metric of baseline performance of this classification task. It provides the harmonic mean of precision and recall.

The f1 score we've got from applying the sensor dataset on this classifier is 0.518.

Next, we use the scores file to predict MADRS scores after measurement. Before that, we implement some basic data preprocessing where we replace the range of age and the range of years of education with a mean value.

The generated heat map for this dataset is shown below.

<matplotlib.axes.\_subplots.AxesSubplot at 0x7f26ed38f190>



The final features we've selected are gender, age, afftype, melanch, edu, inpatient, marriage, work, madsr1 and the value to be predicted is madsr2.

Before we start applying the algorithm, we need to convert continuous integral data of age, education years and madsr1 and 2 columns to categorical data by dividing them into separate bins of 0, 1 and 2. We calculate the likelihood  $P(X=x/Y=y)$  categorically.

Finally applying the Naive Bayes algorithm to this dataset gives us an f1 score of 0.67.

Conclusion for naive bayes:

Naïve Bayes does not give a good performance as the assumption of class conditional independence will work only for a huge dataset.

The code for this algorithm is available on the ipynb file shared along with this report.

## **SVM CLASSIFIER:**

Support Vector Machine (SVM) is a supervised machine learning algorithm used for both classification and regression. Though we say regression problems as well, it's best suited for classification. The objective of the SVM algorithm is to find a hyperplane in an N-dimensional space that distinctly classifies the data points. The dimension of the hyperplane depends upon the number of features. If the number of input features is two, then the hyperplane is just a line. If the number of input features is three, then the hyperplane becomes a 2-D plane. It becomes difficult to imagine when the number of features exceeds three.

SVM solves the problem of binary classification using the convex optimization method.

The model takes into account the features:

- Gender
- Age
- Melanch
- Inpatient status
- Education level
- Relationship status
- Employment status

And uses the above to predict MADRS1 and MADRS2 scores

In order to make the predictions, there are two sets of dependent and independent variables made, namely  $y_1$ ,  $y_2$ ,  $X_1$  and  $X_2$  respectively. The independent variables in  $X_i$  use the other  $(3 - i)^{\text{th}}$  MADRS column as a feature.

The model makes use of sci-kit learn's implementation of the SVM via the support vector classifier sub-module. A 'linear' kernel function is used for the SVC.

The model achieves an accuracy of 50%. This can be improved by utilising a larger dataset or using k-fold cross validation with a high 'k'-value given the relatively small size of the dataset.

## **RANDOM FOREST CLASSIFIER**

Random forest is a supervised learning algorithm which is used for both classification as well as regression. But however, it is mainly used for classification problems. As we know that a forest is made up of trees and more trees means more robust forest. Similarly, a random forest algorithm creates decision trees on data samples and then gets the prediction from each of them and finally selects the best solution by means of voting. It is an ensemble method which is better than a single decision tree because it reduces the over-fitting by averaging the result.

It also helps give you an idea of precision and recall both which as explained earlier helps give a more accurate picture of the model's performance.

In this code, we have implemented random forest with the help of sklearn library. The steps included preprocessing the data using StandardScaler so that it fit the function. Using sklearn metrics we measured the stress factor.

```
from sklearn.metrics import r2_score  
r2_score(conditions.Stress, reg.predict(conditions.drop(columns = "Stress")))
```

```
0.8133107760733984
```

## **VALIDATING SCORES USING WEKA**

We tried exploring the data mining tool- WEKA  
Weka is a collection of machine learning algorithms for data mining tasks. It contains tools for data preparation, classification, regression, clustering, association rules mining, and visualization.  
Here we used Random Forest

**Weka Explorer**

Preprocess **Classify** Cluster Associate Select attributes Visualize

Classifier: Choose **RandomForest** P 100 -i 100 -num-slots 1 -K 0 -M 1.0 -V 0.001 -S 1

Test options:

- ☒ Use training set
- ☐ Supplied test set
- ☐ Cross-validation: Folds 10
- ☐ Percentage split: % 66

(Nom) attribute\_144

Result list (right-click for options): 23:48:39 - trees.RandomForest

Classifier output:

--- Detailed Accuracy By Class ---

	TP Rate	FP Rate	Precision	Recall	F-Measure	MCC	ROC Area	PRC Area	Class
0.999	0.008	0.997	0.999	0.998	0.998	0.992	1.000	1.000	0
0.973	0.002	0.978	0.973	0.975	0.973	1.000	1.000	0.993	1
0.947	0.001	0.966	0.947	0.957	0.955	1.000	1.000	0.987	2
0.963	0.001	0.963	0.963	0.963	0.962	1.000	1.000	0.996	3
0.949	0.000	0.974	0.949	0.962	0.961	1.000	1.000	0.994	4
0.966	0.000	0.988	0.966	0.977	0.976	1.000	1.000	0.996	5
0.971	0.000	0.985	0.971	0.978	0.978	1.000	1.000	0.998	6
0.967	0.001	0.951	0.967	0.959	0.958	1.000	1.000	0.990	7
0.924	0.002	0.859	0.924	0.891	0.890	1.000	1.000	0.985	8
0.939	0.001	0.920	0.939	0.929	0.929	1.000	1.000	0.983	9
0.955	0.000	1.000	0.955	0.977	0.977	1.000	1.000	0.996	10
0.905	0.001	0.927	0.905	0.916	0.915	1.000	1.000	0.979	11
0.933	0.000	1.000	0.933	0.966	0.966	1.000	1.000	0.997	12
0.902	0.001	0.925	0.902	0.914	0.913	1.000	1.000	0.977	13
0.917	0.001	0.917	0.917	0.917	0.916	1.000	1.000	0.982	14
0.902	0.001	0.920	0.902	0.911	0.910	1.000	1.000	0.979	15
1.000	0.001	0.852	1.000	0.920	0.923	1.000	1.000	0.981	16
1.000	0.000	0.963	1.000	0.981	0.981	1.000	1.000	0.999	17
1.000	0.000	0.963	1.000	0.981	0.981	1.000	1.000	0.999	18
0.963	0.000	0.963	0.963	0.963	0.963	1.000	1.000	0.992	19
0.967	0.001	0.879	0.967	0.921	0.921	1.000	1.000	0.989	20
0.968	0.000	1.000	0.968	0.984	0.984	1.000	1.000	0.996	21
0.960	0.000	0.960	0.960	0.960	0.960	1.000	1.000	0.992	22
0.867	0.000	1.000	0.867	0.929	0.931	1.000	1.000	0.974	23
1.000	0.000	1.000	1.000	1.000	1.000	1.000	1.000	1.000	24
0.900	0.000	1.000	0.900	0.947	0.949	1.000	1.000	0.991	25
0.923	0.000	1.000	0.923	0.960	0.961	1.000	1.000	0.982	26
1.000	0.000	1.000	1.000	1.000	1.000	1.000	1.000	1.000	27
0.800	0.000	1.000	0.800	0.889	0.894	1.000	1.000	0.967	28
1.000	0.000	1.000	1.000	1.000	1.000	1.000	1.000	1.000	29
1.000	0.000	1.000	1.000	1.000	1.000	1.000	1.000	1.000	30

Status: OK

## Naive Bayes

**Weka Explorer**

Preprocess **Classify** Cluster Associate Select attributes Visualize

Classifier: Choose **NaiveBayes**

Test options:

- ☐ Use training set
- ☐ Supplied test set
- ☒ Cross-validation: Folds 10
- ☐ Percentage split: % 66

(Nom) attribute\_7

Result list (right-click for options): 23:57:35 - bayes.NaiveBayes

Classifier output:

Std. dev.: 774.3306 393.7923 765.6861 724.1944 803.663 287.2341 385.1185 254.3565 731.208 298.5466 286.0144

Weight sum: 4199 406 151 80 79 87 69 60 66 49 44

Precision: 7.3334 7.3334 7.3334 7.3334 7.3334 7.3334 7.3334 7.3334 7.3334 7.3334

Time taken to build model: 0.07 seconds

Stratified cross-validation ==

Summary ==

Correctly Classified Instances 107 1.8544 %

Incorrectly Classified Instances 5663 98.1456 %

Kappa statistic 0.0024

Information absolute error 0.0502

Information mean squared error 0.1873

Information absolute error 208.6546 %

Information relative squared error 171.4371 %

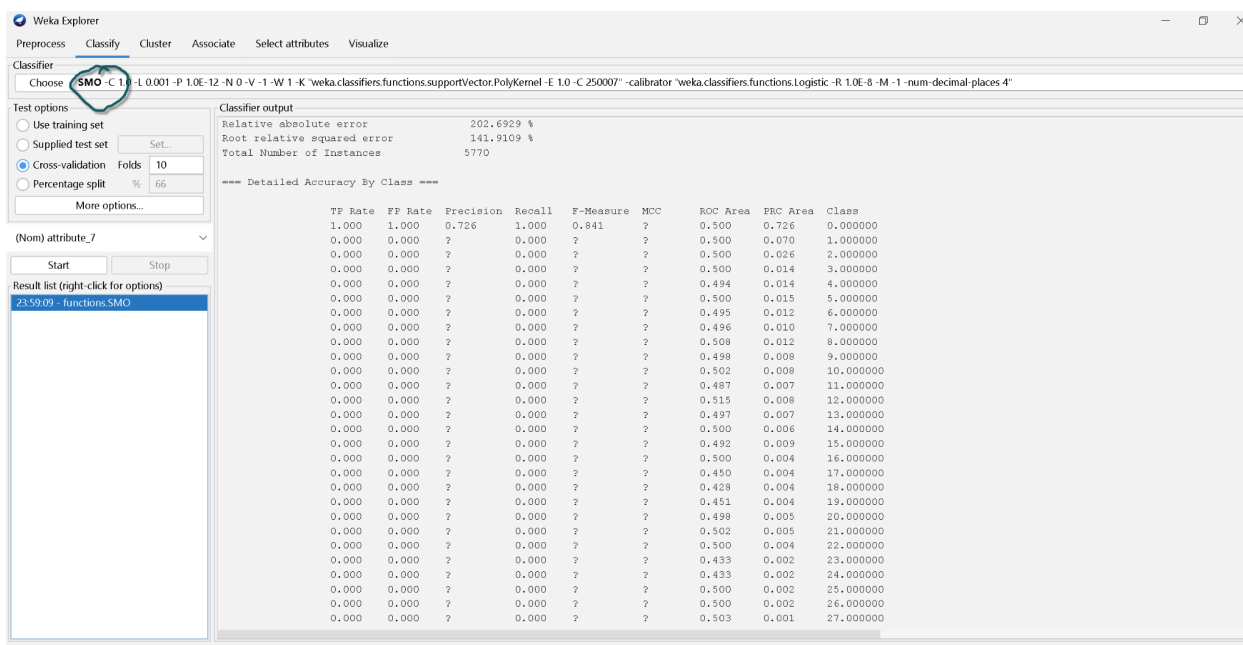
Total Number of Instances 5770

Detailed Accuracy By Class ==

	TP Rate	FP Rate	Precision	Recall	F-Measure	MCC	ROC Area	PRC Area	Class
0.013	0.008	0.812	0.013	0.026	0.021	0.566	0.751	0.000000	0
0.030	0.022	0.093	0.030	0.045	0.013	0.540	0.081	1.000000	1
0.106	0.040	0.067	0.106	0.082	0.053	0.562	0.046	2.000000	2
0.000	0.001	0.000	0.000	0.000	-0.004	0.483	0.015	3.000000	3
0.000	0.003	0.000	0.000	0.000	-0.006	0.487	0.015	4.000000	4
0.046	0.043	0.016	0.046	0.024	0.002	0.491	0.015	5.000000	5
0.014	0.006	0.027	0.014	0.019	0.011	0.482	0.012	6.000000	6
0.017	0.074	0.002	0.017	0.004	-0.022	0.430	0.009	7.000000	7
0.000	0.006	0.000	0.000	0.000	-0.008	0.421	0.010	8.000000	8
0.041	0.037	0.009	0.041	0.015	0.002	0.444	0.007	9.000000	9
0.000	0.000	0.000	0.000	0.000	-0.002	0.383	0.006	10.000000	10
0.024	0.004	0.043	0.024	0.031	0.027	0.345	0.008	11.000000	11

Status: OK

## SVM using SMOTE function



## Conclusion and Future Work:

As the world begins to understand the importance of mental health and its effect on the various aspects of our lives, we hope more data will be gathered regarding the same in the coming years, with more unique attributes combined with a non-restricting sample size. Our models were able to make predictions with what little data was given to them with a satisfactory level of accuracy.

We chose this niche field because although there was not much data available on the same, the drive to bring awareness to this issue more than outweighed the lack of sufficient data.

We successfully managed to apply three data mining techniques to the same which have been explained in detail above. Of the three techniques, the decision tree classifier could not overcome some of the inconsistencies in the data even after having analyzed it carefully. It would be interesting to know the results of the decision tree classifier, as it seems that the particular method might render better results given a larger and more viable dataset.

We also did a comparison of data mining techniques using WEKA which confirmed that SVM had the most accuracy.

Finally, we hope our work motivates others to take a closer look into this niche field and find new information that might have evaded us, by applying the latest techniques of the future.

## **References:**

Research on student mental health based on data mining algorithms by Mengjun Luo:

<https://www.hindawi.com/journals/jhe/2021/1382559/>

[https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=3561661](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3561661)

<https://link.springer.com/article/10.1007/s10916-018-1018-2>

## **TEAM CONTRIBUTIONS:**

### **Rya Sanovar -**

- Implementation of Naive Bayes Algorithm
- Coding the Time Series Analysis and Dataset analysis
- Data preprocessing of both datasets
- Dataset modeling
- Abstract, Problem Definition, Dataset description, Naive Bayes algorithm in the Project report

### **Kushal Mishra -**

- Implementation of SVM algorithm
- SVM Algorithm description,
- Conclusion and Future Work in the project report
- Debugging

### **Shreya Senapaty -**

- Data Visualization
- Data Pre-processing
- Implementation of Random Forest Classifier
- Novelty, Conclusion and Future Work, EDA analysis, Data Visualization, Time Series Analysis and Random Forest Classifier in Project Report
- Debugging

### **Muskaan Kumar -**

- Data Preprocessing
- EDA Analysis
- Implementation of Decision trees/ random forest classifier.



- Explanation of EDA, random forest and WEKA in project report
- Debugging
- Used WEKA to cross check accuracy between different models implemented.