

# ***AI ML ENABLED WEARABLE SMART SENSORS DETECTING PSYCHOLOGICAL DISORDERS***

## *B.Types of Sensors*

### *Biopotential electrodes*

Bioelectric signals in living tissues are captured by electrophysiological sensors, another term for them. The ability of electrophysiological sensors to continuously monitor electrophysiological processes will be very helpful for applications in diagnostics, rehabilitation, sports performance tracking, and human-machine interfaces.

### *Electrochemical electrodes*

In the fields of fitness, healthcare, sports, security surveillance, forensics, and wearable electrochemical sensors are becoming more popular. For continuous measurement of electrolytes, metabolites, pH, and significant biochemicals in bodily fluids (such as glucose and lactate), skin-mounted devices have been developed. These devices can warn users of dehydration, weariness, and early illness symptoms. Applications for a wide range of wearable and electrochemical technologies are made possible by combining their best features.

### *Wearable environmental sensors*

Keep an eye on things like gas concentration, light intensity, and humidity. Such knowledge can assist in defending humans from hazardous surroundings by revealing how the environment influences healthcare and allowing interactions between people, robotics, and the environment.[3]

### *Micromechanics, microelectronics,*

Acute sensors that are quicker and produce adequate data returns while consuming less power have been developed via other technologies. Here, one of the critical indicators of a user's health is their body temperature. This is regarded as the primary parameter since any changes in the body's internal environment immediately impact and modify body temperature. The cause of body temperature fluctuation could be an infection or a heart attack. The body's temperature changes when a patient experiences any unexpected mental shocks. This can be monitored with a thermometer, a long-used instrument, but today temperature sensors with electrical and electronic components can take its place.

An accelerometer sensor is used to track the patient's movement, and the frequency range is increased to lower some form of hypertension if any type of mental illness in the human body needs to be accelerated. Based on capacity, there are many sorts of accelerometers for various types of mental diseases. Finding heart rate changes brought on by stress, exercise, or other factors is another wearable technology that is increasingly commonly employed. Heart attacks can be prevented and monitored using these devices.

## *C.Introduction to AI*

The benefits of AI technology are more significant for patients who oversee their medical care. In situations like this, mobile devices are used to perform a question-and-answer survey to find out the health state of the patients. Since no medical care is offered there, any patient found there can be treated quickly and easily. AI devices are more useful in the area of healthcare for people. In comparison to humans, current robots and other intelligent equipment help with more complicated tasks,

which results in higher efficiency and more precise values. Additionally, sensors can be incorporated into various additional devices, and these particular gadgets can be worn on the skin.

#### *D.Limitations of AI*

Doctors' assessments of psychiatric problems are based on their emotional values since computational technology treatment is dependent on AI technology.

- Patients who entirely rely on AI technology run the risk of falling behind and worrying clinicians if they rely on the outcomes of AI devices.
- AI can be developed and tested on real humans; if it initially functions flawlessly, that is great, but if it later develops a bug or ceases functioning, users may experience problems. A gadget made for all patients may not be beneficial for all patients because each person's disease pattern is unique, which is a major drawback of developing AI technology too quickly.
- Mistaken negative or positive results are not considered by artificial intelligence, and training data might lead to X-ray analysis flaws that AI cannot fix.
- Using the values that AI tools supply, doctors may easily approve all the criteria because they have no reason to doubt the accuracy of these data.
- While AI systems may complete multiple jobs at once, it might be not easy to keep track of everything they accomplish

#### *E. Wearable Technology and Artificial Intelligence in Psychological Disorder*

Wearable equipment can be used to communicate with other systems. Integration is done on other systems to assess value. Wearable smart gadgets may be used by patients with mental health issues, such as those who have trouble handling sudden shocks in the world of investments, to predict which investments would perform better and to decrease any mental shock that may arise from a negative outcome. The term "wearable technology" describes gadgets that keep track of a person's daily routine and personal habits. Electronic instruments like ECG, ballistocardiograph (BCG), and other valuable tools can all be used to capture measurements for heart rate, body temperature, mental state, and other parameters. Our hand watches, ankles, clothing, and lenses, among other devices we use every day, all have wearable electronics attached to them. Additionally, sensors can be incorporated into various additional devices, and these particular gadgets can be worn on the skin.

Some devices are used to keep track of all recorded values so that we can use mobile phones to preserve them. The issue at hand was difficulties with wearable technology in the healthcare industry. It was people's worries about their privacy when using wearable technology. The primary topic of discussion turned into a worst-case scenario regarding privacy. [4]

#### *F. How AI and wearable technology are interlinked*

The advancement of AI in medicine has been gradual, particularly in the fields of psychiatry and adolescent psychiatry. In order to categorise some problems, including heart issues, epilepsy, and different types of cancer,

the majority of prior research in psychiatry has either focused on NLP [5]. Additionally, due to the sustained regulated collaboration between engineers, mental health professionals,

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and data scientists, the adoption of these approaches in psychiatric practice has lagged behind that of psychiatry and other medical fields. Wearables are frequently used in the healthcare sector to collect, analyse, and stay in touch with patient health data [6]. By keeping health records, people and the required medical personnel can be informed about changing health indicators—a few illustrations of those mentioned above. A study by Ilias Tachmazidis [7] analysed records of an adult who had diagnoses over the previous few years and created a hybrid approach made up of two dissimilar models: a machine-learning model trained on information from previous cases and a knowledge model that used knowledge engineering to capture the expertise of medical experts. The final method with a 95% accuracy rate for the data that is currently available.

#### *G How algorithms of AI applications used in detecting the psychiatric Disorders*

Machine learning is a subset of AI applications that learns and alters parameters independently to do a specific task with steadily increasing accuracy. Machine learning approaches can be divided into two categories: supervised learning and unsupervised learning. Gray matter structure qualities with cortical volume, thickness, and area surface, as well as white matter diffusion properties, are MR features that have been assessed using machine learning methods.

**Logistic regression:** Logit models, often called logistic models, are frequently employed statistical models in statistics, and the LR algorithm is a critical AI approach. In recent studies, LR models have been widely employed to pinpoint psychiatric issues. For instance, Hagen et al. scrutinize the relationships between two cognitive screening tests and psychological balance [8] using an LR approach. The findings showed that performance-based evaluation could lessen the negative impacts of mental stress on cognitive screening. Additionally, Barker et al. used multivariable LR models to predict one-month psychiatric readmission. [9]. Their data have improved readmission prediction and are regarded as key predictors for psychiatric readmission. Shen et al. created a classification and regression tree-based risk stratification model to calculate the odds ratio (OR) of mental comorbidities.

Fig 3- Histogram of predicted probability of treatment

**Bayesian model:** The term "naive Bayes classifier" in AI refers to a classification algorithm in general. A classification technique called the naive Bayesian approach is based on the Bayes theorem and the characteristic condition-independent hypothesis.

Bayesian models have frequently been used in recent studies to diagnose the psychiatric disorder. For instance, the Strüngmann Forum on Computational Psychiatry suggested utilizing Bayesian inference to link symptoms, latent theoretical notions, and underlying causes (genetic and societal processes). Additionally, Grove et al.

investigated the connection between visual integration and general cognition using a Bayesian model comparison approach. The findings demonstrated that a Bayesian model might compare disease classification schemes and have shared psychopathological data from diagnostic categories. The Bayes Theorem is stated as follows: Let  $E_1, E_2, E_3, \dots, E_n$  be a collection of events connected to a sample space  $S$ , where all  $E_1, E_2, E_3, \dots, E_n$  events have a probability of occurrence greater than zero and together they constitute a partition of  $S$ . If  $A$  is any event and  $E_1$  or  $E_2$  or  $E_3$ ...or  $E_n$  occurs, then the Bayes Theorem states that

$$P(E_i|A) = \frac{P(E_i)P(A|E_i)}{\sum_{k=1}^n P(E_k)P(A|E_k)}, i=1,2,3,\dots,n$$

Here,  $E_i \cap E_j = \emptyset$ , where  $i \neq j$ . (i.e.) They are mutually exhaustive events.

$$P(E_i|A) = \frac{P(E_i)P(A|E_i)}{\sum_{k=1}^n P(E_k)P(A|E_k)}, i=1,2,3,\dots,n$$

The sample space should be equal to the union of all the partition's occurrences.

**A decision tree** is a flow diagram that resembles a flowchart and displays the many results of a set of decisions, including utility and chance event outcomes. One of the popular and commonly applied algorithms for supervised categorization learning is the usage of decision trees. A tree in AI is a predictive model that shows the relationship between object values and object characteristics. A purity-based heuristic is used by the majority of contemporary decision tree learning algorithms [10]. They used a decision tree to identify children who were at risk of developing an anxiety disorder, and their research found that it can reliably predict GAD and SAD cases up to 96% of the time. Sattler et al. Using information from the Spence Children's Anxiety Scale (SCAS) and SCAS-P obsessive-compulsive disorder subscales, two screening algorithms were developed to detect OCD in a combined clinical and community sample of kids and families.[11].

The findings demonstrated that the algorithms could diagnose obsessive-compulsive disorder with as little as 67%–83% fewer SCAS-P items while maintaining the character of the entire subscales

Fig4 - Histogram of predicted probability of treatment

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#### *E. Psychological disorder symptoms*

Consequently, progress in psychiatry is modest despite AI's innovations and the reshaping of medicine.

**ASD(Autism spectrum disorder):** Therapists would be able to monitor a child's engagement using an AI device in order to tailor therapy to the unique needs of each child. Another study used an accelerometer wrist strap along with an app for smartphones called MyMedia and MySchedule to assess EEG and ECG. Six main emotions—joy, unhappiness, fear, disgust, surprise, and rage—were what the app was designed to record. The sensors and facial recognition system measured variables like pupil dilation, heart rate, skin conductance, HR variability, concentration, blood pressure, and attention levels through a watch, headset, and chest strap. This approach might give autistic children and their carers a personalized way to comprehend and control their

emotions. Wearable ankle sensors were utilized by Wilson et al. [12-15] to identify ASD in young patients. Since many believe that motor impairment may be predictive of ASD, the research used wearable ankle sensors to track full-day motor activity in newborns with a high familial risk for the disorder. A 3D gyroscope, 3D magnetometer, and 3D accelerometer were all used.

**ADHD (Attention-deficit/hyperactivity disorder):** This study of ADHD focused solely on the hyperactivity aspect of ADHD and employed an application to gather movement data using an accelerometer. In separate research, scholars used data from the accelerometer and gyroscope of a smartwatch to analyze the behavior of kids with ADHD [20–23]. A study [24–28] investigated whether activity, circadian rhythm, and sleep data could be used to distinguish between children with bipolar disorder and children with ADHD. They employed an Actigraphy belt (acute myocardial infarction motion logger). The results showed that youngsters with ADHD and those who had bipolar disorder had various sleep schedules and estimates of their circadian strength.

According to this study, wearable technology and artificial intelligence may help in the diagnosis of many overlapping paediatric diseases.

**ID (Intellectual disability):** Redd et al. [29] investigated the possibility of using physiological signals like skin temperature, skin electrodermal activity, and heart rate to predict meltdowns and enabled earlier and much more efficient intervention. These predictions were made with the aid of a wrist-worn biosensor that also measured the blood volume passivity, the 5-electrodermal activity of the skin, the overall motion and activity, a 3-axis accelerometer, and the temperature of the periphery of the skin.

#### *F. Limitations of Algorithms*

**Tree:** A minor change in the raw data might result in a significant variation in the decision tree's structure, which can

convey results that differ from what users would typically receive in a given situation. For instance, because accuracy varies with flaws, a change in heart rate frequency when capturing the data of an ASD patient may result in a false negative. Decision trees don't perform well when predicting the outcome of a continuous variable.

**Logistic regression** shouldn't be utilised if there are fewer data points than features since overfitting could happen. The assumption that the connection between the dependent variables and the independent variables is linear is the main problem with L.R. Only discrete functions may be predicted using it successfully. As a result, the logarithmic regression's dependent variable is the only part of the discrete number set that may be used. [30-32].

### III. CONCLUSION AND RESULT

The information about the application of wearable AI in patients with ID, ASD, and ADHD has been thoroughly examined in this scoping review. We discovered significant methodological and performance variability in our scoping assessment of AI studies in psychiatry. Nevertheless, our scoping examination identified several significant advantages for each of the diseases covered by this study. First, a variety of wearable technology sensors, including heart rate, accelerometers, and sleep, have shown promise in the diagnosis and prognostication of adult psychiatric diseases. This paper concluded with some results regarding Psychological disorders like changes in sleep patterns high heart rate fluctuations, abnormal hyperactivity, motion restrictions, and skin conduction levels increase were observed. In addition, professional annotations of young children's behavior data-driven analytical solutions from wearables forecast when a child may develop mental illnesses. This sort of integration is essential for enabling remote monitoring, and Psychiatric services will probably help reduce inequities in the field of mental health. Large-scale research has not yet been conducted on the topic of psychiatric diseases (including genetics, environment, and exposures) in relation to diagnosis,

treatment, and management. In order to fully reap the rewards of AI techniques, the incorporation of wearables in patient psychiatry research needs goes beyond strictly regulated study environments.

#### IV. ANNEXURE

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#### Abbreviations

*aECG: Electrocardiogram*

*bHR : Heart Rate*

*cBP: Blood Pressure*

*dLD: Learning Disability*

*eEDA: Electrodermal activity*

*fHRV: Heart Rate Variability*

#### REFERENCES

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