## CHITTAGONG UNIVERSITY OF ENGINEERING & TECHNOLOGY



# DEPERTMENT OF COMPUTER SCIENCE & ENGINEERING

## A Study on the Depression Level of Undergraduate Students

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#### Abstract

Everyone experiences times when they feel a little bit gloomy. Being human, it is a very normal part of our life. Depression, however, is a medical condition that is quite different from everyday moodiness. Several different types of depression are dependent on how an individual's depression symptoms manifest themselves. Depression s a very complex subject and offers many possible topics to focus on. Depression symptoms may vary in severity or in what is causing them. Since depression affects the mental state, the patient will find it difficult to communicate his/her condition to the doctor. Nowadays, a vast proportion of undergraduate students in various universities all over the world are observed to be depressed in various ways. In this report, We focused on the attributes that can make an academic undergraduate depressed. So we built a corpus containing the attributes and corresponding feeling/mood made by those attributes. Doctors must generally rely upon the patient's set of symptoms and what they can observe about him during their examination to make a diagnosis. But, they realize that it is not only a matter of medical tests but various factors that may lead him/her to Depression. So, our corpus was decorated considering factors that may affect someone's mood. This report also reviews several depression detection systems that were applied on the corpus to recognize one's state of mood.

### 1 Introduction

We applied several Machine Learning techniques to our built dataset. The Algorithms are:

- 1. Apriori Algorithm
- 2. Decision Tree Algorithm
- 3. K Means Clustering Algorithm
- 4. Linear Regression
- 5. Artificial Neural Network

## 1.1 Apriori Algorithm

Apriori Algorithm is designed to work on the databases that contain transactions. This algorithm was given by R. Agrawal and Srikant in the year 1994. and is designed to work on the databases that contain transactions. The algorithm uses frequent itemsets to generate association rules. Frequent itemsets are those items whose support is greater than the threshold value or user-specified minimum support. It

means if A & B are the frequent itemsets together, then individually A and B should also be the frequent itemset. Suppose there are the two transactions: A=1,2,3,4,5, and B=2,3,7, in these two transactions, 2 and 3 are the frequent itemsets. The association rule learning is one of the very important concepts of machine learning. For example, if a customer buys bread, he most likely can also buy butter, eggs, or milk, so these products are stored within a shelf or mostly nearby. So, to measure the associations between thousands of data items, there are several metrics. Some of them are given below:

1. **Support:** It is defined as the fraction of the transaction T that contains the itemset X. If there are X datasets, then for transactions T, it can be written as:

$$Support(X) = \frac{Frequency(X)}{T} \tag{1}$$

2. Confidence: It is the ratio of the transaction that contains X and Y itemsets to the number of records that contain X.

$$Confidence = \frac{Frequency(X,Y)}{Frequency(X)} \tag{2}$$

3. Lift: It is the strength of any rule, which can be defined as below formula:

$$Lift = \frac{Support(X, Y)}{Support(X).Support(Y)}$$
(3)

## 1.2 Decision Tree Algorithm

Decision Tree algorithm belongs to the family of supervised learning algorithms. Unlike other supervised learning algorithms, the decision tree algorithm can be used for solving regression and classification problems too. Decision trees classify the examples by sorting them down the tree from the root to some leaf/terminal node, with the leaf/terminal node providing the classification of the example. Each node in the tree acts as a test case for some attribute, and each edge descending from the node corresponds to the possible answers to the test case. This process is recursive in nature and is repeated for every subtree rooted at the new node.

## 1.3 K Means Clustering Algorithm

K Means Clustering is an unsupervied Learning approach. One of the most straightforward tasks we can perform on a data set without labels is to find groups of data

in our dataset which are similar to one another – what we call clusters. K-Means is one of the most popular "clustering" algorithms. K-means stores k centroids that it uses to define clusters. A point is considered to be in a particular cluster if it is closer to that cluster's centroid than any other centroid. K-Means finds the best centroids by alternating between assigning data points to clusters based on the current centroids chosing centroids (points which are the center of a cluster) based on the current assignment of data points to clusters.

### 1.4 Linear Regression

One of the most common and comprehensive statistical and machine learning algorithms are linear regression. Linear regression is used to find a linear relationship between one or more predictors. The linear regression has two types: simple regression and multiple regression (MLR). This paper discusses various works by different researchers on linear regression and polynomial regression and compares their performance using the best approach to optimize prediction and precision. Almost all of the articles analyzed in this review is focused on datasets; in order to determine a model's efficiency, it must be correlated with the actual values obtained for the explanatory variables. It is a supervised machine learning algorithm. It tries to find out the best linear relationship that describes the data you have. It assumes that there exists a linear relationship between a dependent variable and independent variable(s). The value of the dependent variable of a linear regression model is a continuous value i.e. real numbers.

#### 1.5 Artificial Neural Network

Artificial neural networks (ANN) are constructed to simulate processes of the central nervous system of higher creatures. An ANN consists of a set of processing units (nodes) that simulate neurons and are interconnected via a set of "weights" (analogous to synaptic connections in the nervous system) in a way that allows signals to travel through the network in parallel. The nodes (neurons) are simple computing elements. They accumulate input from other neurons employing a weighted sum. If a certain threshold is reached the neuron sends information to all other connected neurons otherwise it remains quiescent. One major difference compared with traditional statistical or rule-based systems is the learning aptitude of an ANN. At the very beginning of a training process, an ANN contains no explicit information. Then a large number of cases with a known outcome are presented to the system and the weights of the inter-neuronal connections are changed by a training algorithm designed to minimize the total error of the system. A trained network has extracted rules that are represented by the matrix of the weights between the neurons.

## 2 Dataset Description

We accumulated our data manually through a google form. We have five classed in our dataset. They are Very good, Good, Normal, Bad, and Very Bad. We included 22 factors that may affect the feeling of an undergraduate. It turns out that one can be depressed for many reasons. For example, some academic factors may lead one to depression or happiness. But one may have some family issues including the academic factors that are affecting him/her very much. Someone could be supportless while he is going through some tragedy. Someone may visit a place and that makes him/her happy. Considering all these scenarios we put 21 factors that are describing one's steps to feel very good/good/normal/bad/very bad. Overall 3000 samples are put to build the corpus. The samples were taken at various time and in various moods in various situations. The sample of our corpus is shown In figure 2

Pressure	RelationWithFamily	CopeWithInstitute	FinanceState	RelationshipStatus	Place	Age	Gender	Class	Level
No	Normal	4	Yes	Single	Home	22	Male	Normal	4th year
Yes	Good	3	Yes	Single	Home	22	Male	Normal	4th year
No	Good	3	Yes	Single	Home	22	Male	Very good	4th year
No	Normal	4	Yes	Single	Home	19	Male	Good	1st year
No	Normal	3	Yes	Single	Hall-Mess	19	Male	Very bad	1st year
No	Good	3	Yes	Single	Playground	21	Male	Very good	3rd year
Yes	Good	3	Yes	Single	Playground	21	Male	Very good	3rd year
No	Good	3	Yes	Single	Hall-Mess	21	Male	Normal	3rd year
No	Good	3	Yes	It's complicated	Hall-Mess	20	Male	Very good	2nd year
No	Good	3	Yes	Single	Department	19	Male	Good	1st year
Not applicable	Good	3	Yes	Single	Department	20	Male	Good	2nd year

Figure 1: Sample Dataset

AcademicResult	LivingPlace	SupportedBy	SocialMedialn6	InferiorityComplex	MealSatisfaction	Health	OtherPositiveActivity	SleepDuration
Yes	Yes	Family	Yes	No	Yes	No	Yes	5.5
Yes	Yes	Friends	Yes	No	Yes	No	No	7.5
Yes	Yes	Friends	Yes	No	Yes	No	Yes	7.0
Yes	Yes	Friends	No	No	Yes	No	Yes	5.0
Yes	Yes	Friends	No	No	Yes	No	No	6.0
Yes	Yes	Friends	Yes	No	Yes	No	Yes	7.0
Yes	Yes	Friends	Yes	No	Yes	No	Yes	5.5
Yes	Yes	Friends	Yes	No	No	Yes	No	6.0
Yes	Yes	Not applicable	Yes	No	Yes	No	Yes	7.0
Yes	Yes	Friends	Yes	Yes	Yes	No	Yes	5.0
Not applicable	Yes	Friends	Yes	No	Yes	No	Yes	4.0

Figure 2: Sample Dataset

## 3 Methodology & Implementation

## 3.1 Apriori Algorithm

This was done within three steps. At first, the dataset was preprocessed by avoiding NULL values. The attribute was the mixed type of string and float numbers. So, we encoded the data. Then we apply the Apriori model on our encoded data as shown in figure 3.

#### 3.1.1 Source Code

The overall source code is as follows:

#### 3.1.2 Outcome

The frequent itemsets was gained by running on our encoded dataset, as shown in figure 4 Figure 5 shows that, the association rules for the encoded dataset were found on the basis of the Confidence metric. The minimum threshold value was set at 0.60.

Figure 3: Apriori Model

## 3.2 Decision Tree Algorithm

Entropy is the main concept of this algorithm, which helps determine a feature or attribute that gives maximum information about a class is called Information gain or ID3 algorithm. By using this method, we can reduce the level of entropy from the root node to the leaf node. Mathematical Formula:

$$E(S) = \sum_{i=1}^{c} p_i \log_2 p_i$$

'p', denotes the probability of E(S), which denotes the entropy. The feature or attribute with the highest ID3 gain is used as the root for the splitting. It begins with the original set S as the root node. On each iteration of the algorithm, it iterates through the very unused attribute of the set S and calculates Entropy(H) and Information gain(IG) of this attribute. It then selects the attribute which has the smallest Entropy or Largest Information gain. The set S is then split by the selected attribute to produce a subset of the data. The algorithm continues to recur on each subset, considering only attributes never selected before.

```
In [23]: df1 = apriori(df, min_support=0.8, use_colnames = True, verbose=1)
    df1.head()
```

Processing 4 combinations | Sampling itemset size 43

#### Out[23]:

	support	itemsets
0	1.000000	(Male)
1	0.996248	(No)
2	0.999062	(Single)
3	0.997186	(Yes)
4	0.996248	(Male, No)

Figure 4: Frequent Itemsets

#### 3.2.1 Source Code

The Decision Tree Classifier was run as in figure 6

#### 3.2.2 Outcome

Here the confusion matrix is shown in figure 7. The Decision Tree Classifier gained an accuracy value of 71.03%.

## 3.3 K Means Clustering Algorithm

As shown in figure 8, We choose the number of clusters manually by plotting the graph using *seaborn* libraries. The cluster centroid was set randomly. After that, it began iterating until the centroid was fixed to its optimal position. Then all the data points were checked to be in the right cluster. And, finally, we applied(figure 10) the algorithm on our encoded data and predict(figure 9) which cluster the data points belong to.

	antecedents	consequents	antecedent support	consequent support	support	confidence	lift	leverage	convictio
0	(Male)	(No)	1.000000	0.996248	0.996248	0.996248	1.000000	0.000000	1.00000
1	(No)	(Male)	0.996248	1.000000	0.996248	1.000000	1.000000	0.000000	
2	(Single)	(Male)	0.999062	1.000000	0.999062	1.000000	1.000000	0.000000	
3	(Male)	(Single)	1.000000	0.999062	0.999062	0.999062	1.000000	0.000000	1.0000
4	(Yes)	(Male)	0.997186	1.000000	0.997186	1.000000	1.000000	0.000000	
5	(Male)	(Yes)	1.000000	0.997186	0.997186	0.997186	1.000000	0.000000	1.0000
6	(Single)	(No)	0.999062	0.996248	0.995310	0.996244	0.999996	-0.000004	0.9990
7	(No)	(Single)	0.996248	0.999062	0.995310	0.999058	0.999996	-0.000004	0.9962
8	(Yes)	(No)	0.997186	0.996248	0.993433	0.996237	0.999989	-0.000011	0.9971
9	(No)	(Yes)	0.996248	0.997186	0.993433	0.997175	0.999989	-0.000011	0.9962
10	(Yes)	(Single)	0.997186	0.999062	0.996248	0.999059	0.999997	-0.000003	0.9971
11	(Single)	(Yes)	0.999062	0.997186	0.996248	0.997183	0.999997	-0.000003	0.9990
12	(Single, Male)	(No)	0.999062	0.996248	0.995310	0.996244	0.999996	-0.000004	0.9990
13	(Single, No)	(Male)	0.995310	1.000000	0.995310	1.000000	1.000000	0.000000	
14	(Male, No)	(Single)	0.996248	0.999062	0.995310	0.999058	0.999996	-0.000004	0.9962
15	(Single)	(Male, No)	0.999062	0.996248	0.995310	0.996244	0.999996	-0.000004	0.9990
16	(Male)	(Single, No)	1.000000	0.995310	0.995310	0.995310	1.000000	0.000000	1.0000

Figure 5: Association Rules

## 3.4 Linear Regression

It is a classifier algorithm that which we can predict the label of data by following linear distance. We made the hypothesis mathematically and used the actual label of the data to check our accuracy.

#### 3.4.1 Source Code

The first part of the code contains the raw model of Linear Regression, shown in figure 11.

This part shows the backend process of predicting new sample of data, in figure 12. The performance measure is presented in figure 13.

#### 3.4.2 Outcome

#### 3.5 Artificial Neural Network

At first, the corpus was encoded and the dummy variables were created. We used Artificial Neural Network from 14 at Keras model. We got the accuracy of 61.68%. as shown in figure 15.

Figure 6: Decision Tree Classifier

## 4 Conclusion

This report presents a review of various approaches that have been developed with the aim of analyzing the depression. Though, on earth, people have different mindset. One may fell into depression based on some factors that could be normal to another. So the sample data may vary from person to person. Moreover, we only applied five model to analyze depression. But a topic such as Depression deserve more work that is our future target.

```
In [43]: y_predicted = dtf.predict(x_test)
In [44]: accuracy_score(y_test,y_predicted)*100
Out[44]: 71.02803738317756
         from sklearn.metrics import confusion_matrix
In [45]:
         cm = confusion_matrix(y_test, y_predicted)
         print('Confusion matrix\n\n', cm)
         Confusion matrix
          [[16 1
                   1
                       2
                          0]
                        0]
          [ 0 23
                  0
                     0
               3 17
                         0]
            3
               0
                  0 20
            0 21
                  0
                         0]]
```

Figure 7: Confusion Matrix & Accuracy

Figure 8: Clustering Process

```
def fit(self, data):
                  if not isinstance(data, pd.DataFrame):
    raise ValueError("Requires a Pandas DataFrame")
self.n_features = data.shape[1]
42
44
45
                   centers = self.random_cluster_centers(data)
                   data_origin=data.copy()
                  data_origin=data.copy()
data = data.to_numpy()
for i in range(self.n_iteration):
    clusters = self.assign_cluster(data, centers)
    new_centers = self.update_centers(centers, clusters)
    if (centers == new_centers).all():
47
48
50
51
                                 break
53
54
                          centers = new_centers
                  self.n_iteration = i + 1
self.centers = centers
           self.labels = self.predict(data_origin)
def predict(self, data):
    if isinstance(data, pd.Series):
        data = data.to_frame().T
    if isinstance(data, list):
56
57
59
60
                          data = pd.DataFrame(data)
                  if isinstance(data, np.ndarray):
    data = pd.DataFrame(data.reshape(-1, self.n_features))
62
63
                   elif not isinstance(data, pd.DataFrame):
65
                         raise ValueError(
    "Need a Pandas series or DataFrame or a List or a numpy array"
66
                  clusters = []
for row in data.iterrows():
68
                          row = row[1]
                          cluster_no = self.find_nearest_cluster(self.centers, row)
clusters.append(cluster_no)
                   return np.array(clusters)
```

Figure 9: Predicting Process

```
75 df = pd.read_csv("updated_Deppression_Dataset.csv")
76 columns = ["Level", "Gender", "Place", "RelationshipStatus", "FinanceState", "CopeWi
77 df_Enc = pd.get_dummies(df, columns=columns)
78 #df_Enc.head()
79
80 from KMeans import KMeans as KMn
81 X, y = make_blobs(n_samples=100, centers=5, n_features=20, random_state=0)
82 sample = pd.DataFrame(X)
83 \text{ kmn} = \text{KMn}(5)
84 kmn.fit(sample)
85 print(kmn.predict(X))
86 print("Number of iteration = {}".format(kmn.n_iteration))
88 kmn = KMn(n_clusters=5)
89 kmn.fit(df Enc)
90 print("Labels :{}".format(kmn.labels))
91 print("Centers :{}".format(kmn.centers))
92 print("Number of iteration = {}".format(kmn.n_iteration))
```

Figure 10: Applying K Means Clustering Algorithm

Figure 11: Linear Regression Model

```
44
       def check_for_break(self):
45
           if abs(self.mse[-1])<=self.max_mse:</pre>
46
                return True
           elif len(self.mse)<self.patience:</pre>
47
48
                return False
49
           else:
50
               mse0 = self.mse[-self.patience]
               mse1 = self.mse[-1]
51
               if abs(abs(mse0)-abs(mse1))<=self.threshold:</pre>
52
53
                   return True
54
               else:
                    return False
55
56
57
       def predict(self,X):
           if isinstance(X,list):
58
59
               X = [X]
           if isinstance(X,pd.Series):
60
61
               X = X.to_frame()
           if isinstance(X,pd.DataFrame):
62
               X = X.values
63
           n = len(X)
64
65
           return (np.sum(X*self.coeff,axis=1) + self.intercept).reshape(n,1)
66
67
68 lr = LinearRegression(max_iteration=10000,learning_rate=0.001)
69 lr.fit(x_train,y_train)
70
71 y_pred = lr.predict(x_train)
73
```

Figure 12: Linear Regression Predictor

Figure 13: Perfomance Measure for LR Model

```
In [3]: df=pd.read_csv("updated_Depression_Dataset.csv") columns=["Timestamp","Level","Class","Scale","Gender","Age","Place","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","CopeWithInstitute","RelationshipStatus","FinanceState","RelationshipStatus","FinanceState","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,","RelationshipStatus,",","RelationshipStatus,",",",",",",",",",",","
                        df.columns=columns
                        df = df.sample(frac=1).reset_index(drop=True)
                        Classes = df["Class"]
                        Scales = df["Scale"]
                        df.drop(["class", "Scale", "Timestamp"], axis=1, inplace=True)
columns=["tevel", "Gender", "Place", "RelationshipStatus", "FinanceState", "CopeWithInstitute", "RelationWithFamily", "Pressure", "Acader
                        df_Enc = pd.get_dummies(df,columns = columns)
                        Classes_enc=np.array(Classes)
                         Scales_enc=np.array(Scales)
                        Classes_enc = pd.get_dummies(Classes_enc)
                        x_train, x_test, y_train, y_test= train_test_split(df_Enc, Classes_enc, test_size= 0.2)
                        x_val, x_test, y_val, y_test= train_test_split(x_test, y_test, test_size= 0.5)
In [6]: model = Sequential()
                        model.add(Dense(42, input\_dim=x\_train.shape[1], activation='relu'))
                        model.add(Dense(32,activation='relu'))
                        model.add(BatchNormalization())
                        model.add(Dropout(0.25))
                        model.add(Dense(16,activation='relu'))
                        model.add(Dense(8,activation='relu'))
                         model.add(BatchNormalization())
                        model.add(Dropout(0.25))
                         model.add(Dense(y_train.shape[1], activation='sigmoid'))
```

Figure 14: ANN Model

```
In [5]: model.compile(loss='categorical_crossentropy', optimizer='adam', metrics=['accuracy'])
     # Train model
     \label{eq:history} \textbf{history = model.fit}(x\_train, y\_train, epochs=100, batch\_size=5, verbose=1, validation\_data=(x\_val,y\_val))
     # Print Accuracy
     scores = model.evaluate(x_test, y_test)
     print("%s: %.2f%%" % (model.metrics_names[1], scores[1]*100))
     852/852 [=============] - 2s 2ms/step - loss: 0.7669 - accuracy: 0.5904 - val loss: 0.7447 - val accuracy:
     Epoch 96/100
     0.5514
     Epoch 97/100
     0.5327
     Epoch 98/100
     0.5514
     Epoch 99/100
     852/852 [============] - 2s 2ms/step - loss: 0.7750 - accuracy: 0.5622 - val loss: 0.7635 - val accuracy:
     0.5514
     Epoch 100/100
     852/852 [=============] - 2s 2ms/step - loss: 0.7622 - accuracy: 0.5728 - val_loss: 0.7599 - val_accuracy:
     107/107 [======] - 0s 214us/step
     accuracy: 61.68%
```

Figure 15: Accuracy of ANN Model