

**Personalized Mobile Patient Guidance System for Early Detection and
Management of Metabolic Syndrome**

TMP-23-226

Status Document II

B M G Peiris

BSc (Hons) In Information Technology Specializing In Information Technology

Department of Information Technology

Sri Lanka Institute of Information Technology

Sri Lanka – **July 2023**

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Management of Metabolic Syndrome

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Declaration, copyright statement and the statement of the supervisor

We declare that this is our own work and this proposal does not incorporate without acknowledgement any material previously submitted for a degree or diploma in any other university or Institute of higher learning and to the best of our knowledge and belief it does not contain any material previously published or written by another person except where the acknowledgement is made in the text.

Name	Student ID	Signature
Peiris B.M.G	IT20147396	

The supervisor/s should certify the proposal report with the following declaration. The above candidates are carrying out research for the undergraduate Dissertation under my supervision.


.....

.....24/07/2023...

Signature of the supervisor

Date

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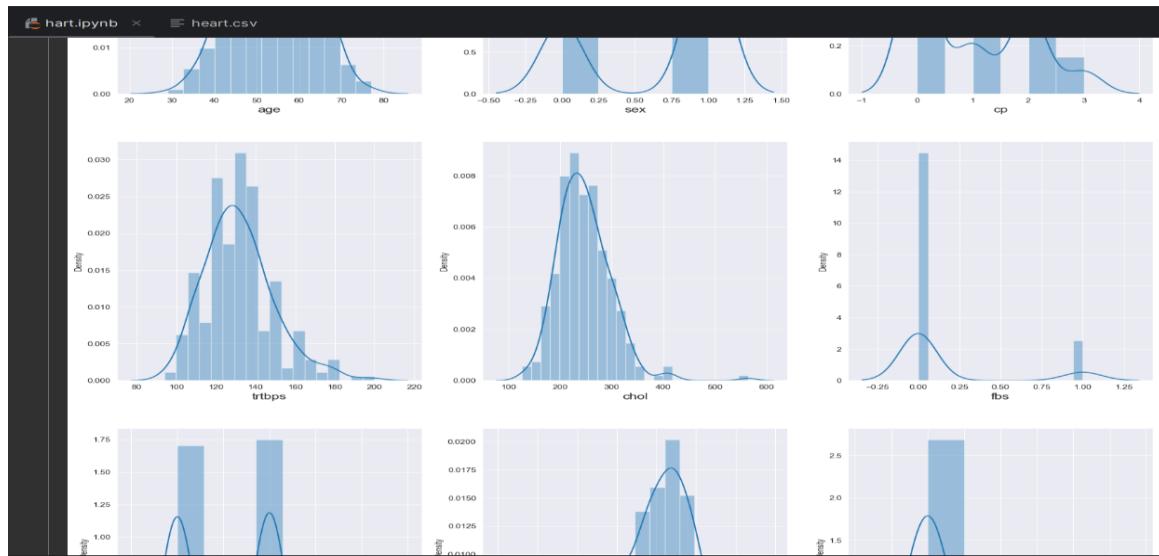
My Component Progress

Model Trainings

I have developed **Heart Attack Prediction** Model based on metabolic syndromes. I trained the data set to predict the Heart Attack. This heart attacks happens as a side effect of cholesterol and high blood pressure, that's why I selected to train this model.

The screenshot shows the PyCharm IDE interface. The left sidebar displays a project structure with files for cholesterol, diabetes, and heart datasets. The main area shows the contents of the 'heart.csv' file, which contains 19 rows of data with columns: age, sex, cp, trtbps, chol, fbs, restecg, thalach, exng, oldpeak, slp, caa, thall, output. The right sidebar shows the current file 'hart.ipynb'.

Index	age	sex	cp	trtbps	chol	fbs	restecg	thalach	exng	oldpeak	slp	caa	thall	output
1	63	1	3	145	233	1	0	150	0	2	3	0	1	1
2	37	1	2	139	258	0	1	187	0	3	5	0	2	1
3	41	0	1	130	204	0	0	172	0	1	4	2	0	2
4	56	1	1	120	236	0	1	178	0	0	8	2	0	2
5	57	0	0	120	354	0	1	163	1	0	6	2	0	2
6	57	1	0	140	192	0	1	148	0	0	4	1	0	1
7	56	0	1	140	294	0	0	153	0	1	3	1	0	2
8	44	1	1	120	263	0	1	173	0	0	2	0	3	1
9	52	1	2	172	199	1	1	162	0	0	5	2	0	3
10	57	1	2	150	168	0	1	174	0	1	6	2	0	2
11	54	1	0	140	239	0	1	160	0	1	2	2	0	2
12	48	0	2	130	275	0	1	159	0	0	2	2	0	2
13	49	1	1	130	266	0	1	171	0	0	6	2	0	2
14	64	1	3	110	211	0	0	144	1	1	8	1	0	2
15	58	0	3	150	283	1	0	162	0	1	2	0	2	1
16	50	0	2	120	219	0	1	158	0	1	6	1	0	2
17	58	0	2	120	340	0	1	172	0	0	2	0	2	1
18	66	0	3	150	226	0	1	114	0	2	6	0	2	1
19														



KNN

```
[319]
from sklearn.neighbors import KNeighborsClassifier
k_model = KNeighborsClassifier(n_neighbors=16)
kfitModel = k_model.fit(X_train, Y_train)

# accuracy score on training data
kX_train_prediction = kfitModel.predict(X_train)
training_data_accuracy = accuracy_score(kX_train_prediction, Y_train)
print('Accuracy on training data : ', training_data_accuracy)

# accuracy score on testing data
kX_test_prediction = kfitModel.predict(X_test)
kx_lgr_test_data_accuracy = accuracy_score(kX_test_prediction, Y_test)
print('Accuracy on test data : ', kx_lgr_test_data_accuracy)

Accuracy on training data :  0.8547717842323651
Accuracy on test data :  0.819672131147541
```

Logistic Regression

```
[304]
from sklearn.linear_model import LogisticRegression
from sklearn.metrics import accuracy_score, confusion_matrix, classification_report

lr = LogisticRegression()
lr.fit(X_train, Y_train)
y_pred = lr.predict(X_test)

lr_train_acc = accuracy_score(Y_train, lr.predict(X_train))
lr_test_acc = accuracy_score(Y_test, y_pred)

print(f"Training Accuracy of Logistic Regression Model is {lr_train_acc}")
print(f"Test Accuracy of Logistic Regression Model is {lr_test_acc}")

Training Accuracy of Logistic Regression Model is 0.8547717842323651
Test Accuracy of Logistic Regression Model is 0.7868852459016393

[305]
# confusion matrix
confusion_matrix(Y_test, y_pred)

array([[19,  9],
       [ 4, 29]], dtype=int64)

[306]
# classification report
print(classification_report(Y_test, y_pred))

precision    recall    f1-score   support
          
```

```

DecisionTreeClassifier

[310]
from sklearn.tree import DecisionTreeClassifier
dtc = DecisionTreeClassifier()
dtc.fit(X_train, Y_train)

y_pred = dtc.predict(X_test)

dtc_train_acc = accuracy_score(Y_train, dtc.predict(X_train))
dtc_test_acc = accuracy_score(Y_test, y_pred)

print(f"Training Accuracy of Decision Tree Model is {dtc_train_acc}")
print(f"Test Accuracy of Decision Tree Model is {dtc_test_acc}")

Training Accuracy of Decision Tree Model is 1.0
Test Accuracy of Decision Tree Model is 0.7049180327868853

[311]
# confusion matrix
confusion_matrix(Y_test, y_pred)

array([[17, 11],
       [ 7, 26]], dtype=int64)

[312]
# classification report
print(classification_report(Y_test, y_pred))

      precision    recall   f1-score   support

```

```

SVC

[307]
from sklearn.svm import SVC
svc = SVC()
svc.fit(X_train, Y_train)

y_pred = svc.predict(X_test)

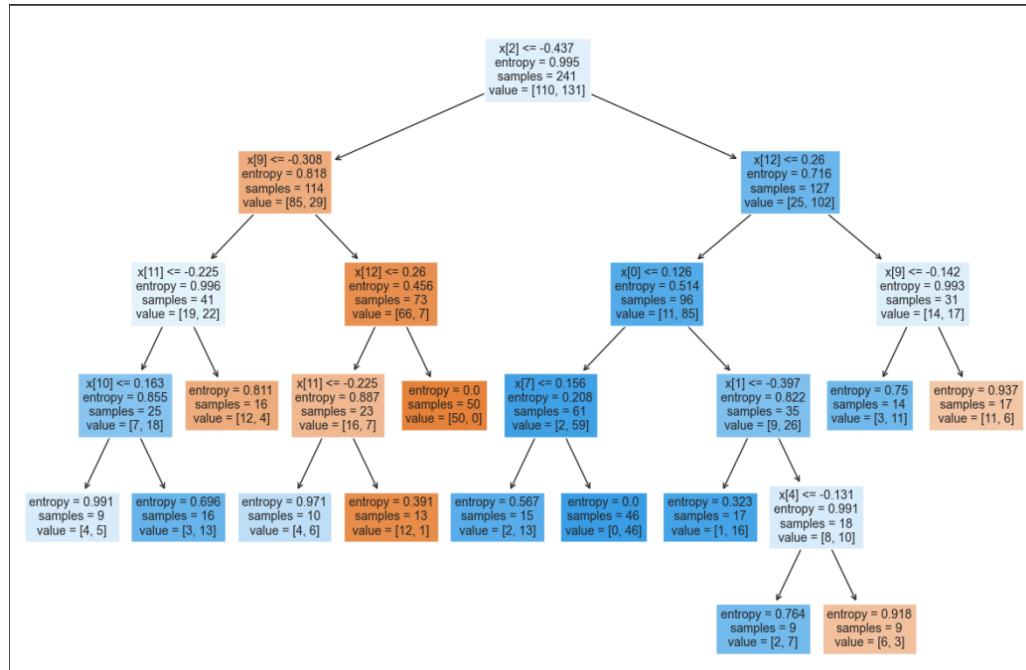
svc_train_acc = accuracy_score(Y_train, svc.predict(X_train))
svc_test_acc = accuracy_score(Y_test, y_pred)

print(f"Training Accuracy of SVC Model is {svc_train_acc}")
print(f"Test Accuracy of SVC Model is {svc_test_acc}")

Training Accuracy of SVC Model is 0.9087136929460581
Test Accuracy of SVC Model is 0.8360655737704918

[308]
# confusion matrix
confusion_matrix(Y_test, y_pred)

```



Random Forest Classifier

```
[318]
from sklearn.ensemble import RandomForestClassifier

rand_clf = RandomForestClassifier(criterion = 'gini', max_depth = 3, max_features = 'sqrt', min_samples_leaf = 2, min_samp
rand_clf.fit(X_train, Y_train)

y_pred = rand_clf.predict(X_test)

rand_clf_train_acc = accuracy_score(Y_train, rand_clf.predict(X_train))
rand_clf_test_acc = accuracy_score(Y_test, y_pred)

print(f"Training Accuracy of Random Forest Model is {rand_clf_train_acc}")
print(f"Test Accuracy of Random Forest Model is {rand_clf_test_acc}")
```

Training Accuracy of Random Forest Model is 0.8879668049792531
 Test Accuracy of Random Forest Model is 0.819672131147541

XGB Classifier

```
[325]
from xgboost import XGBClassifier

xgb = XGBClassifier(booster = 'gblinear', learning_rate = 1, n_estimators = 10)
xgb.fit(X_train, Y_train)

y_pred = xgb.predict(X_test)

xgb_train_acc = accuracy_score(Y_train, xgb.predict(X_train))
xgb_test_acc = accuracy_score(Y_test, y_pred)

print(f"Training Accuracy of XGB Model is {xgb_train_acc}")
print(f"Test Accuracy of XGB Model is {xgb_test_acc}")
```

Training Accuracy of XGB Model is 0.8506224066390041
 Test Accuracy of XGB Model is 0.7868852459016393

```
[326]
models = ['Logistic Regression', 'KNN', 'SVC', 'Decision Tree', 'Random Forest', 'Gradient Boosting', 'XgBoost']
scores = [lr_test_acc, kx_lgr_test_data_accuray, svc_test_acc, dtc_test_acc, rand_clf_test_acc, gb_test_acc, xgb_test_acc]

models = pd.DataFrame({'Model' : models, 'Score' : scores})
```

```

GradientBoostingClassifier

[320]
#Gradient Boosting Classifier
from sklearn.ensemble import GradientBoostingClassifier

gb = GradientBoostingClassifier()

parameters = {
    'loss': ['deviance', 'exponential'],
    'learning_rate': [0.001, 0.1, 1, 10],
    'n_estimators': [100, 150, 180, 200]
}

grid_search = GridSearchCV(gb, parameters, cv = 5, n_jobs = -1, verbose = 1)
grid_search.fit(X_train, Y_train)

Fitting 5 folds for each of 32 candidates, totalling 160 fits

GridSearchCV
|> estimator: GradientBoostingClassifier
|> GradientBoostingClassifier

[321]
# best parameter and best score

print(grid_search.best_params_)
print(grid_search.best_score_)

{'learning_rate': 1, 'loss': 'exponential', 'n_estimators': 200}
0.8051870748299319

[327]
plt.figure(figsize = (18, 8))

sns.barplot(x = 'Model', y = 'Score', data = models)
plt.show()




| Model               | Score |
|---------------------|-------|
| Logistic Regression | ~0.78 |
| KNN                 | ~0.82 |
| SVC                 | ~0.85 |
| Decision Tree Model | ~0.78 |
| Random Forest       | ~0.82 |
| Gradient Boosting   | ~0.73 |
| XgBoost             | ~0.78 |



SVC gives us the best result so we will save this model for production but it overfitted then i select Random Forest .


```

Check the 2 possible outputs

We add 2 condition to identify the 2 possible outcomes

1. More chance of having heart Attack

2. less chance of having heart Attack

```
[360]
if y_New == 0:
    print("Less chance of heart attack")
else:
    print("More chance of heart attack")

y_New= [1]
More chance of heart attack

[361]
if y_2 == 0:
    print("More chance of heart attack")
else:
    print("Less chance of heart attack")

y_2= [0]
More chance of heart attack
```

our accuracy score is 0.8196721.hv file provides the desired output for the heart attack analysis and prediction dataset for the purpose.

```
76]
if y_New == 0:
    print("Less chance of heart attack")
else:
    print("More chance of heart attack")

Less chance of heart attack

[369]
import numpy as np
import joblib

[370]
loaded_model = joblib.load('heart_model.hv')

[374]
X_New = np.array([55,1,0,140,217,0,1,111,1,5.6,0,0,3])
X_New = np.reshape(X_New, (1, -1))

[375]
y_New = loaded_model.predict(X_New)

[376]
if y_New == 0:
    print("Less chance of heart attack")
else:
    print("More chance of heart attack")

Less chance of heart attack
```

Developing UI parts

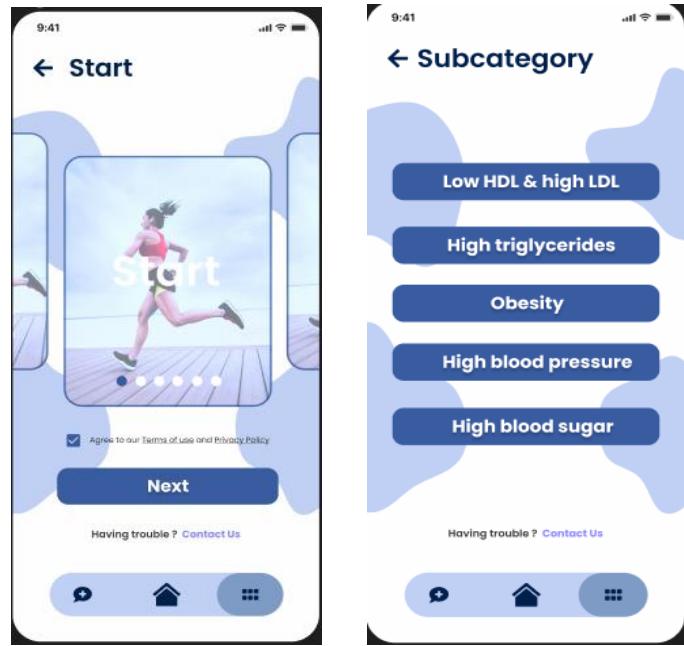


Figure 1 screenshot of first and two interfaces in giving health recommendation component in the metabolic mobile app.

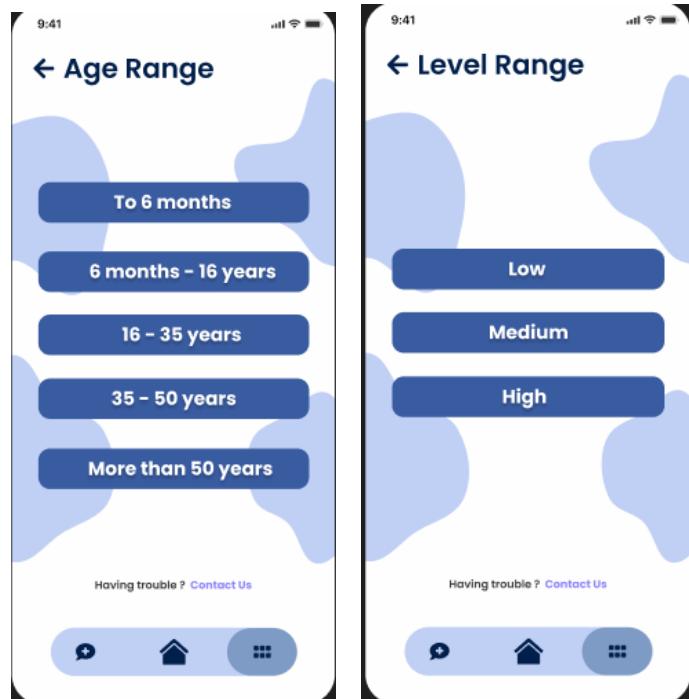


Figure 2 screenshot of third and fourth interfaces in giving health recommendation component in the metabolic mobile app.

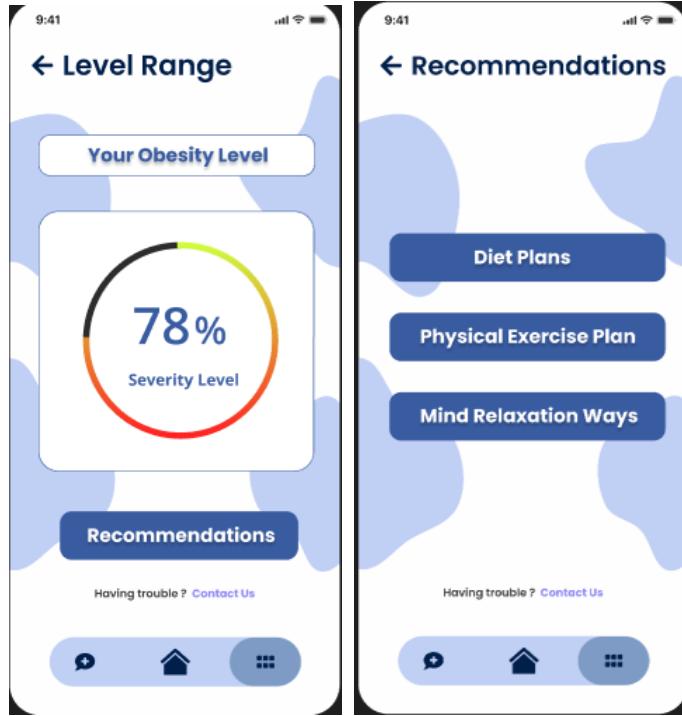


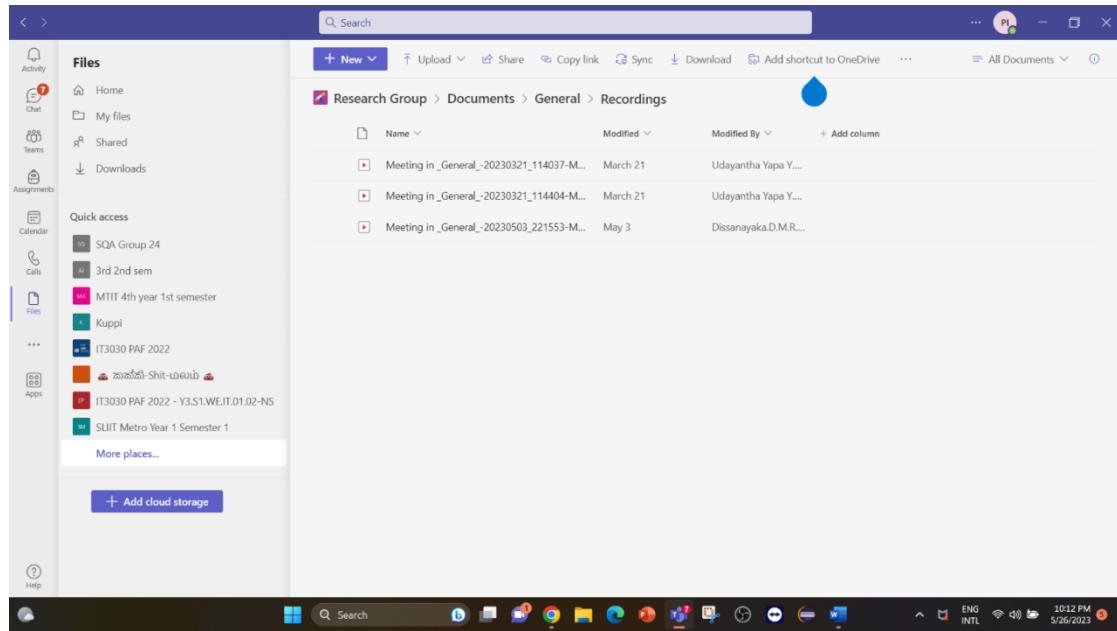
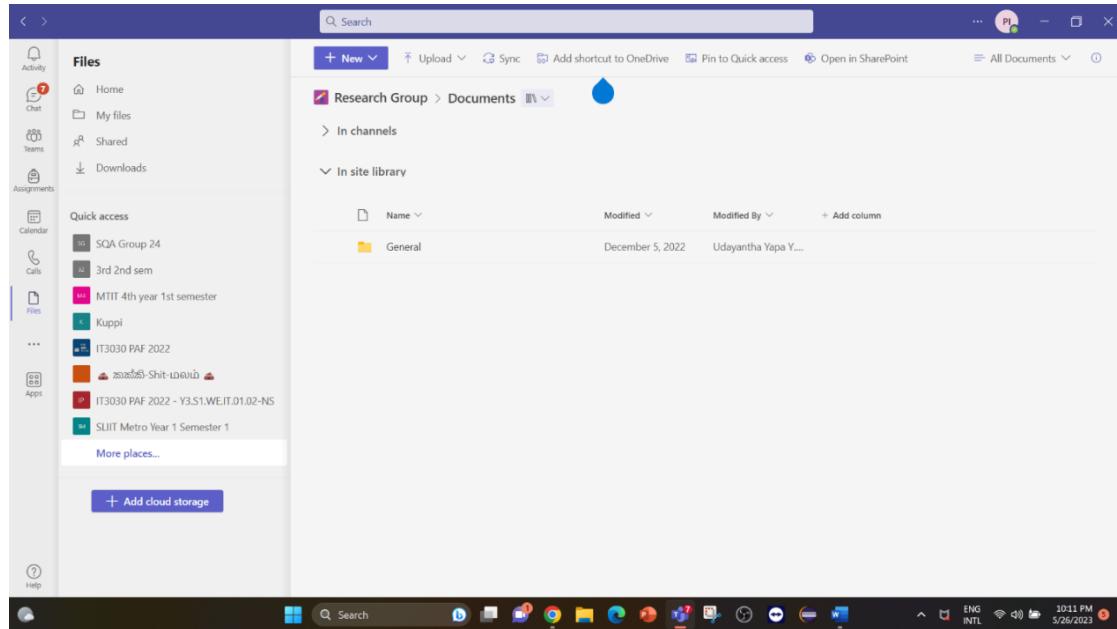
Figure 3 screenshot of fifth and final interfaces in giving health recommendation component in the metabolic mobile app.

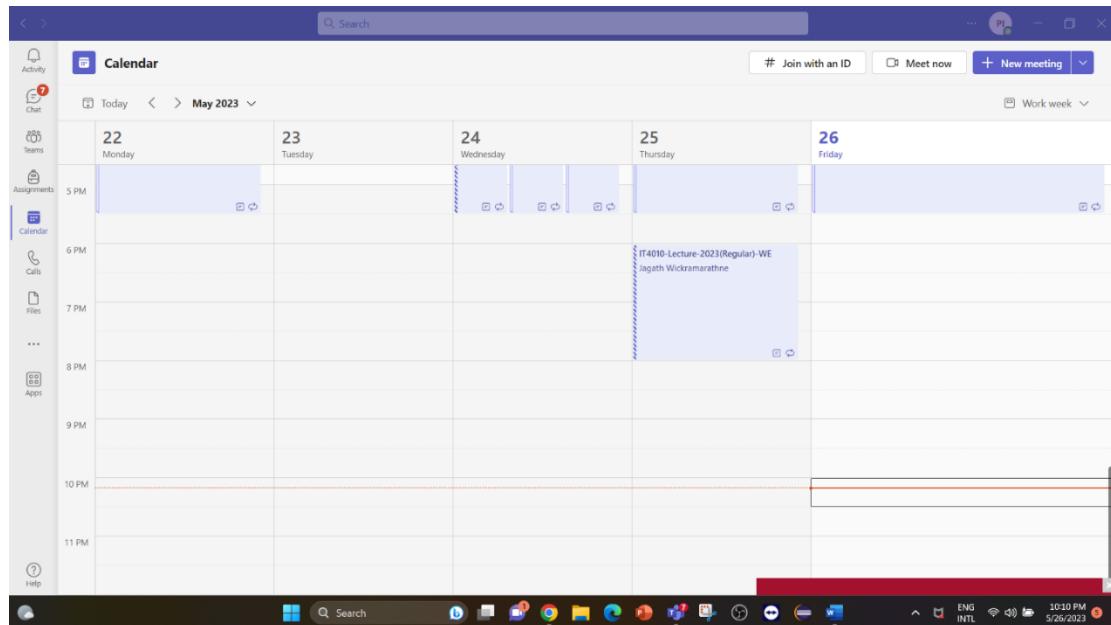
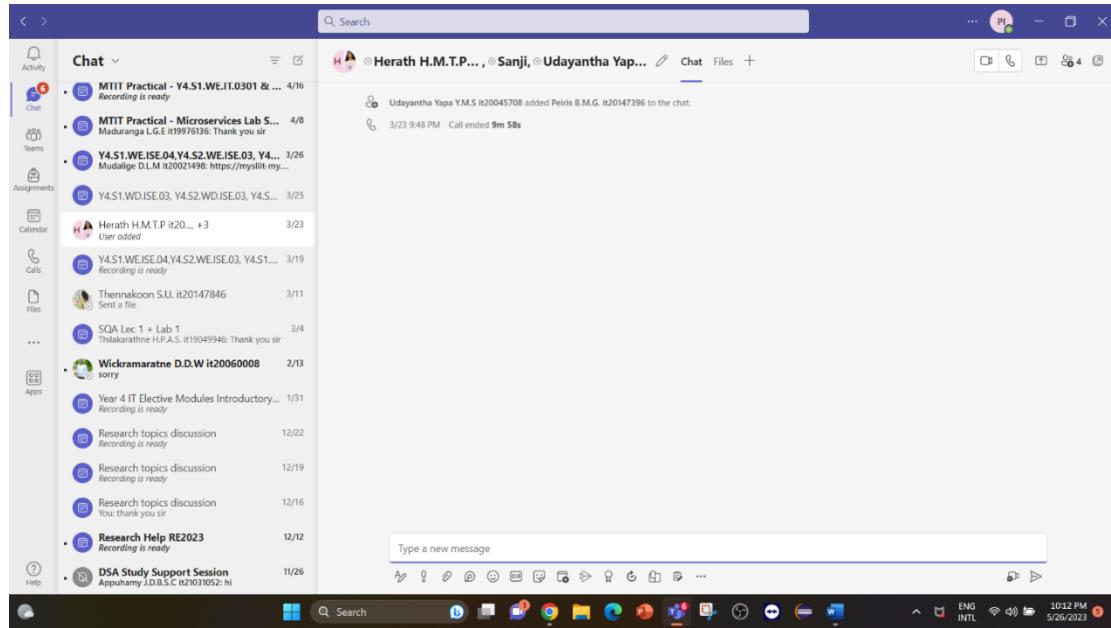
After the start mobile interface, If the patient select or system select the subcategory is obesity or any other one disease among those five diseases then system will show the Age Range metabolic mobile interface to the patient. Patient will select or system will choose the age range is 35-50 years the system shows the obesity level range of that patient. Then system will show is this obesity level is low obesity level or medium obesity level or high obesity level to the patient. At the finally, system will provide suitable health recommendation and suggestions including food plans and exercise plans to the patient.

- EX: - 78% = High obesity risk Weight

That is the overall flow of my component. Figure 1- Figure 3 is the final screenshot of all interfaces in giving health recommendation component in the metabolic mobile application. I had used different technologies including Machine-learning, Deep-Learning, Artificial Intelligence, tacking technologies, Goalsetting tools to provide the consistence and correct health recommendations to the patient and I used light color range including blue and white to the interfaces because of this is the medical mobile application that's why I choose light color range. Mainly, our system will generate health recommendations and suggestions by scanning report and tracking patient's details, Patients can enter their details. Provide these two facilities. My system will give health recommendations and suggestions based on the risk Weight of the prediction and give food plans and exercise plans based on the diseases.

Screenshots of MS Teams





Git Lab

The screenshot shows the GitLab interface for a project named '2023-226'. The left sidebar lists various project management sections: Project overview, Activity (selected), Releases, Repository, Issues (0), Merge Requests (0), CI / CD, Operations, Analytics, Wiki, Snippets, and Members. The main content area displays activity logs:

- Udayantha Yapa Y.M.S @it20045708 - Pushed to branch master (2 months ago)
- Udayantha Yapa Y.M.S @it20045708 - Updated README.md (2 months ago)
- Udayantha Yapa Y.M.S @it20045708 - Pushed new branch master (2 months ago)
- Udayantha Yapa Y.M.S @it20045708 - Created project 2023-226 / 2023-226 (2 months ago)

The bottom status bar shows the date as 7/22/2023 and the time as 1:25 PM.

The screenshot shows the GitLab user profile for 'Udayantha Yapa Y.M.S.' (User ID: @it20045708). The profile includes a green diamond-shaped icon, the name 'Udayantha Yapa Y.M.S.', and the text 'Member since May 19, 2023'. Below the profile, there is a timeline calendar showing activity across the months of July, August, September, October, November, December, January, February, March, April, May, June, and July. A legend at the bottom indicates that blue squares represent 'Issues, merge requests, pushes, and comments'. The 'Activity' section lists the same four events from the previous screenshot. The 'Personal projects' section notes that 'This user doesn't have any personal projects'. The bottom status bar shows the date as 7/22/2023 and the time as 1:27 PM.

The screenshot shows a GitLab project overview for '2023-226'. A prominent orange banner at the top right states: 'You won't be able to pull or push project code via SSH until you add an SSH key to your profile'. Below the banner, the project details are listed: '2023-226' (Project ID: 2272), '2 Commits', '1 Branch', '0 Tags', and '102 KB Files'. The repository section shows a commit by 'Udayantha Yapa Y.M.S' with the message 'Update README.md' made 1 week ago. The commit hash is '10f2b07c'. The sidebar on the left includes links for Project overview, Details, Activity, Releases, Repository, Issues (0), Merge Requests (0), CI / CD, Operations, Analytics, Wiki, Snippets, and Members. The system status bar at the bottom indicates it's 3:40 PM on 5/30/2023.

The screenshot displays the contents of the 'README.md' file for the '2023-226' project. The file contains the following text:

```
2023-226
Sri Lanka Institute of Information Technology
Research Project 2023

PROJECT TITLE - Personalized Mobile Patient Guidance System for Early Detection and Management of Metabolic Syndrome

RESEARCH GROUP - Computing for Inclusive and Equitable Society (CIEC)

Student Details


| Student Name          | Student No. | Contact No. | Email Address         |
|-----------------------|-------------|-------------|-----------------------|
| Udayantha Yapa Y.M. S | IT20045708  | 0775472705  | it20045708@my.slit.lk |
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| Herath H.M.T. P       | IT20276850  | 0716381037  | it20276850@my.slit.lk |
| Peiris B.M. G         | IT20147396  | 0711798124  | it20147396@my.slit.lk |


```

The system status bar at the bottom indicates it's 3:40 PM on 5/30/2023.

The screenshot shows a GitLab project page for '2023-226'. The sidebar on the left lists various project management sections: Project overview, Details, Activity, Releases, Repository, Issues (0), Merge Requests (0), CI / CD, Operations, Analytics, Wiki, Snippets, and Members. The main content area starts with a header 'Ms.Suriyaa Kumari'. Below it is the 'Research Problem' section, which discusses the study question for a personalized automated health guidance system for people with metabolic syndrome. The goal is to determine how well such a system performs in managing the condition and enhancing health outcomes for people with metabolic syndrome. The page also includes a 'Main Objective' section, which outlines the main goal of creating a system that can give individuals with the condition individualized and targeted health advice to improve their general health and reduce their risk of concomitant diseases like diabetes and heart disease. The system will combine machine learning algorithms, customized health plans, and motivational messaging, and will integrate with scanning (scan reports) to monitor health parameters in real-time.

2 2023-226

Project overview

Details

Activity

Releases

Repository

Issues 0

Merge Requests 0

CI / CD

Operations

Analytics

Wiki

Snippets

Members

Collapse sidebar

Ms.Suriyaa Kumari

Research Problem

The study question for a personalized automated health guidance system for people with metabolic syndrome might be to determine how well such a system performs in managing the condition and enhancing health outcomes for people with metabolic syndrome. The risk of heart disease, stroke, non-alcoholic fatty liver disease, peripheral vascular disorders, MI, and type 2 diabetes is increased by a combination of symptoms known as metabolic syndrome. Excessive blood pressure, high blood sugar, extra body fat around the waist/BMI, and high cholesterol or triglyceride levels are frequently symptoms of the disorder. Medication and lifestyle modifications, such as dietary and activity changes, are part of the traditional care of metabolic syndrome. For many people, however, maintaining adherence to these interventions can be challenging. The goal of the study is to determine whether using an automated, personalized health guidance system can help people manage their metabolic syndrome by giving them the information and support they need to achieve better health outcomes. In terms of adherence to lifestyle changes, changes in vital signs, a decrease in the risk of complications, and an improvement in quality of life, the research would look at how effective the system is. The goal of the study is to assess how well the personalized automated health guidance system performs in helping people with metabolic syndrome manage and improve their condition while also receiving personalized, real-time, and evidence-based support.

Main Objective

The main goal of the personalized automated health guidance system for metabolic syndrome is to create a system that can give individuals with the condition individualized and targeted health advice in order to improve their general health and reduce their risk of concomitant diseases like diabetes and heart disease. To help individuals in changing their lifestyles and improve adherence to their health programs, the system will combine machine learning algorithms, customized health plans, and motivational messaging. The system will also integrate with scanning (scan reports) so that health parameters may be monitored in real-time, enhancing the efficacy of the advice given. The project's ultimate goal is to increase

33°C Partly sunny

Search

ENG INTL

3:40 PM 5/30/2023

Git Hub

This screenshot shows the GitHub repository page for 'Metabolic-Syndrome-ML-Models'. The repository is public and contains 4 branches and 0 tags. The main branch has 7 commits from 'Aroshana0215' and 'TryGlycerides'. The README.md file states: 'This repo contain model for research requirements'. The repository has 0 forks and 0 stars. It also lists releases, packages, and a report repository link.

Aroshana0215 TryGlycerides backend implementation

- BMI Add BMI model last week
- Heart heart model implementation last week
- HighBloodPressure TryGlycerides backend implementation last week
- TryGlycerides TryGlycerides backend implementation last week
- README.md Initial commit last week

README.md

Metabolic-Syndrome-ML-Models

This repo contain model for research requirements

About

This repo contain model for research requirements

Readme
0 stars
2 watching
0 forks
Report repository

Releases

No releases published
Create a new release

Packages

No packages published
Publish your first package

This screenshot shows the GitHub repository page for 'Metabolic-Syndrome-ML-Models' with the 'Heart' folder selected. The folder contains several files: Lung Cancer Prediction.ipynb, hartipynb, heart.csv, heart_model.h5, heart_model.pkl, heart_model.sav, svc_model.pkl, and svc_model.sav. A commit from 'malshikaPeris' is shown: 'heart model implementation'. The repository has 2 forks and 0 stars. It also lists releases, packages, and a report repository link.

Code

main

Go to file

BMI

Heart

- Lung Cancer Prediction.ipynb
- hartipynb
- heart.csv
- heart_model.h5
- heart_model.pkl
- heart_model.sav
- svc_model.pkl
- svc_model.sav

MalshikaPeris heart model implementation

Name	Last commit message	Last commit date
...		
Lung Cancer Prediction.ipynb	heart model implementation	last week
hartipynb	heart model implementation	last week
heart.csv	heart model implementation	last week
heart_model.h5	heart model implementation	last week
heart_model.pkl	heart model implementation	last week
heart_model.sav	heart model implementation	last week
svc_model.pkl	heart model implementation	last week
svc_model.sav	heart model implementation	last week

Google GitHub Metabolic-Syndrome-ML-Model 2023-226 / 2023-226 · GitLab +

YouTube Gmail outlook-slit mails Google Translate Mail - Peiris B.M.G.L. AR.js Marker Training Creating Augmente... Projects - Dashboard GitHub Other bookmarks

Code

main +

Go to file

- BMI
- Heart
 - Lung Cancer Prediction.ipynb
 - hart.ipynb
 - heart.csv
 - heart_model.py
 - heart_model.pkl
 - heart_model.sav
 - svc_model.pkl
 - svc_model.sav
- HighBloodPressure
- TryGlycerides
- README.md

Getting Started

Title : Lung Cancer Prediction

Lung Cancer Status :

0 --> Yes
1 --> NO

DataFraming

Read .csv file into pandas

```
In [2]: data = pd.read_csv('D:\\DC Universe\\Ucsc\\Third Year\\SCS 3201 Machine Learning\\CCPP\\Csv Files\\survey_lung_cancer.csv')
data.head()
```

```
Out[2]:
```

	GENDER	AGE	SMOKING	YELLOW.FINGERS	ANXIETY	PEERPRESSURE	CHRONIC.DISEASE	FATIGUE	ALLERGY	WHEEZING	ALCOHOL.CONSUMING
0	M	69	1	2	2	1	1	2	1	2	2
1	M	74	2	1	1	1	2	2	2	1	1
2	F	59	1	1	1	2	1	2	1	2	1
3	M	63	2	2	2	1	1	1	1	1	2
4	F	63	1	2	1	1	1	1	1	2	1

Documentation • Share feedback

33°C Partly sunny 3:46 PM 5/30/2023

Google GitHub GitHub: Let's build from here - G GitHub Metabolic-Syndrome-ML-Model +

YouTube Gmail outlook-slit mails Google Translate Mail - Peiris B.M.G.L. AR.js Marker Training Creating Augmente... Projects - Dashboard GitHub Other bookmarks

Code

main +

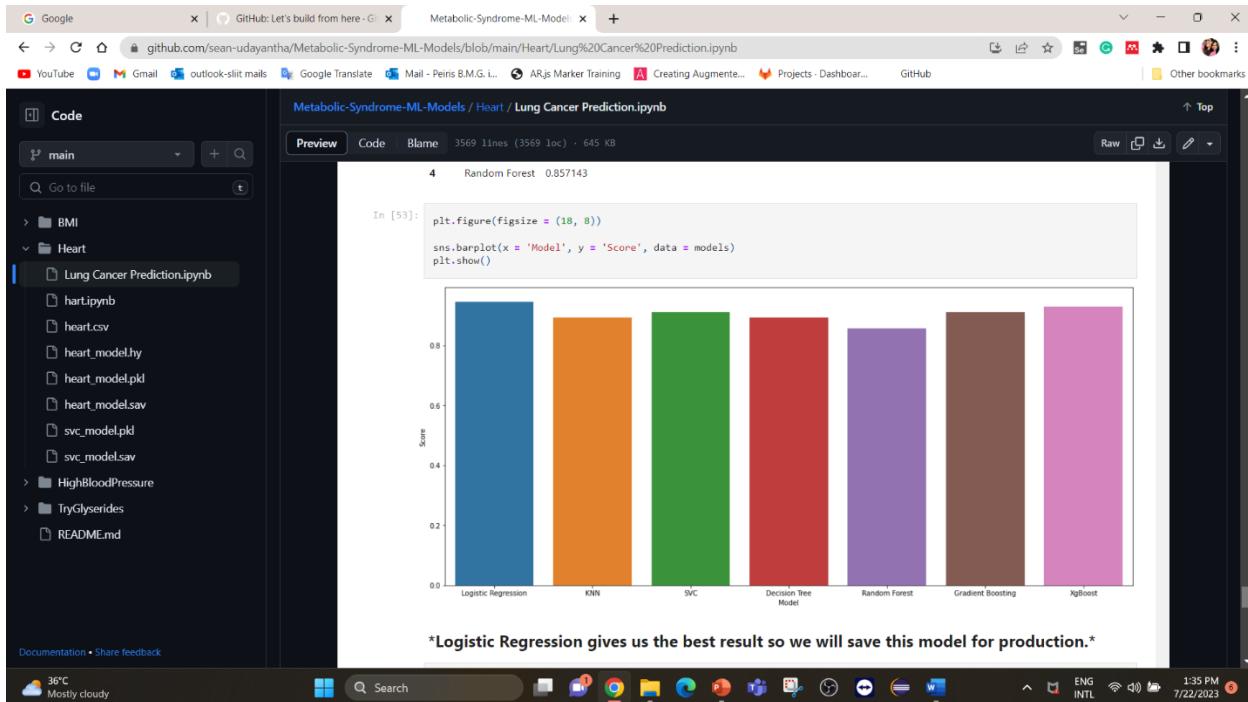
Go to file

- BMI
- Heart
 - Lung Cancer Prediction.ipynb
 - hart.ipynb
 - heart.csv
 - heart_model.py
 - heart_model.pkl
 - heart_model.sav
 - svc_model.pkl
 - svc_model.sav
- HighBloodPressure
- TryGlycerides
- README.md

We can see that the distribution of data is normal ! lets move for the Model preparation. *

Find Correlations in Data Set

```
In [19]: plt.figure(figsize=(20,10))
sns.heatmap(data.corr(), annot=True);
plt.show()
```

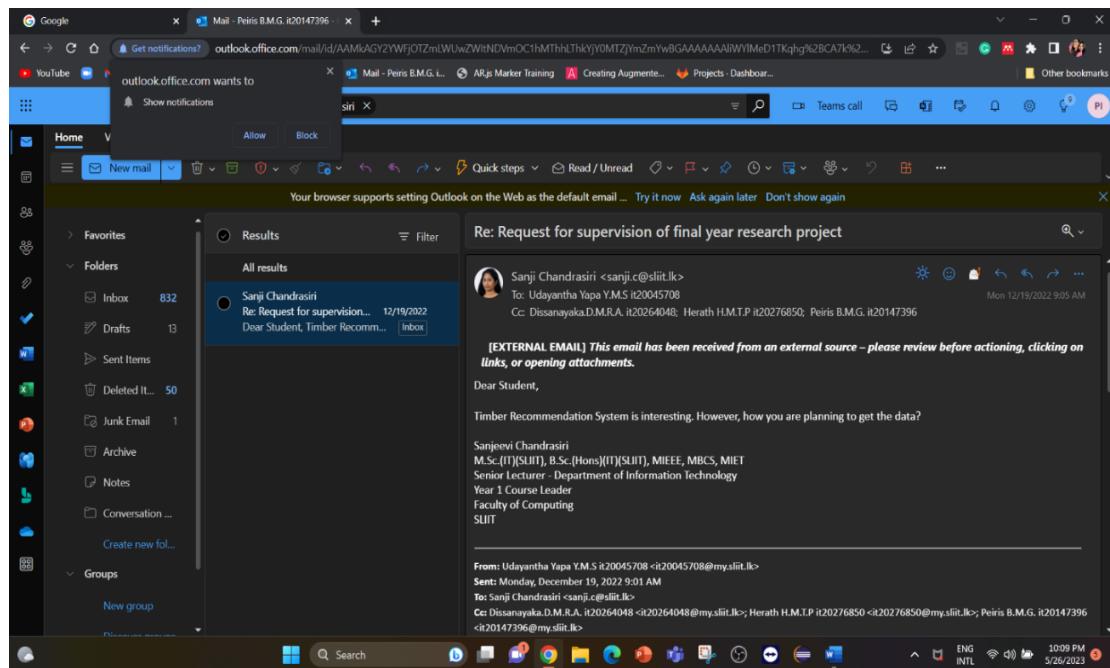
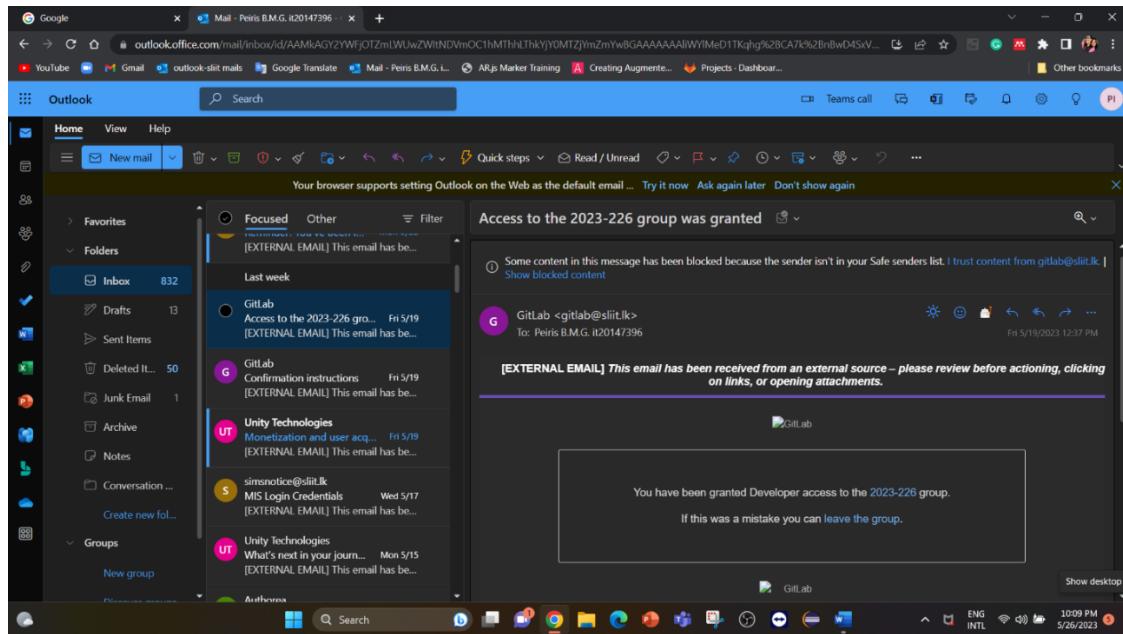


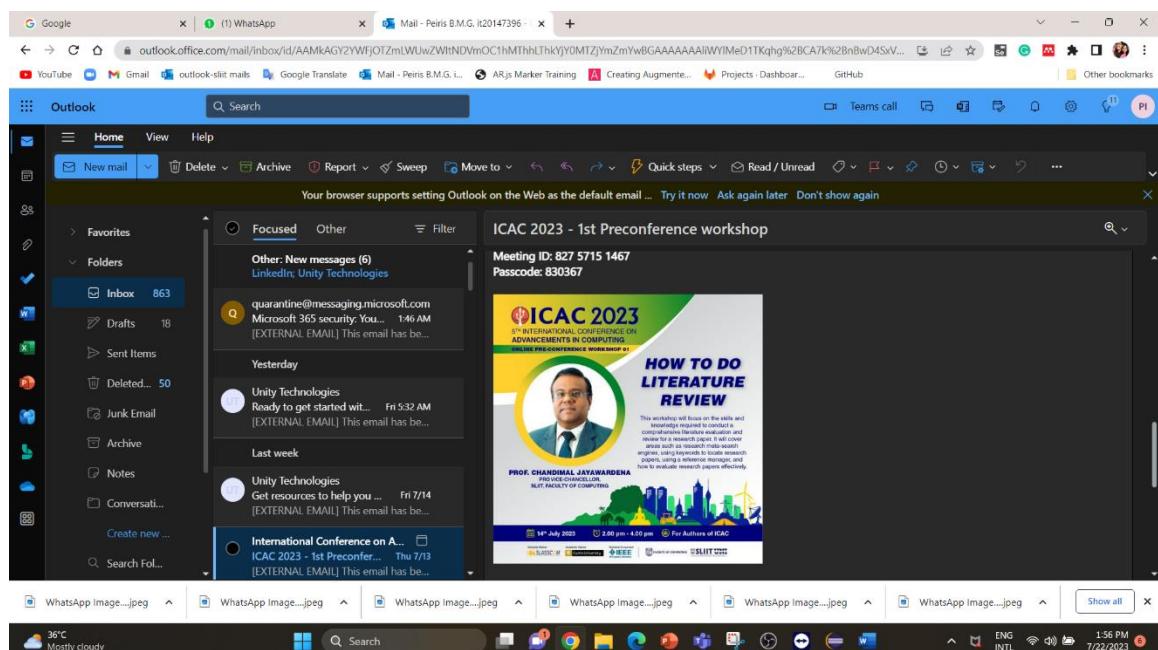
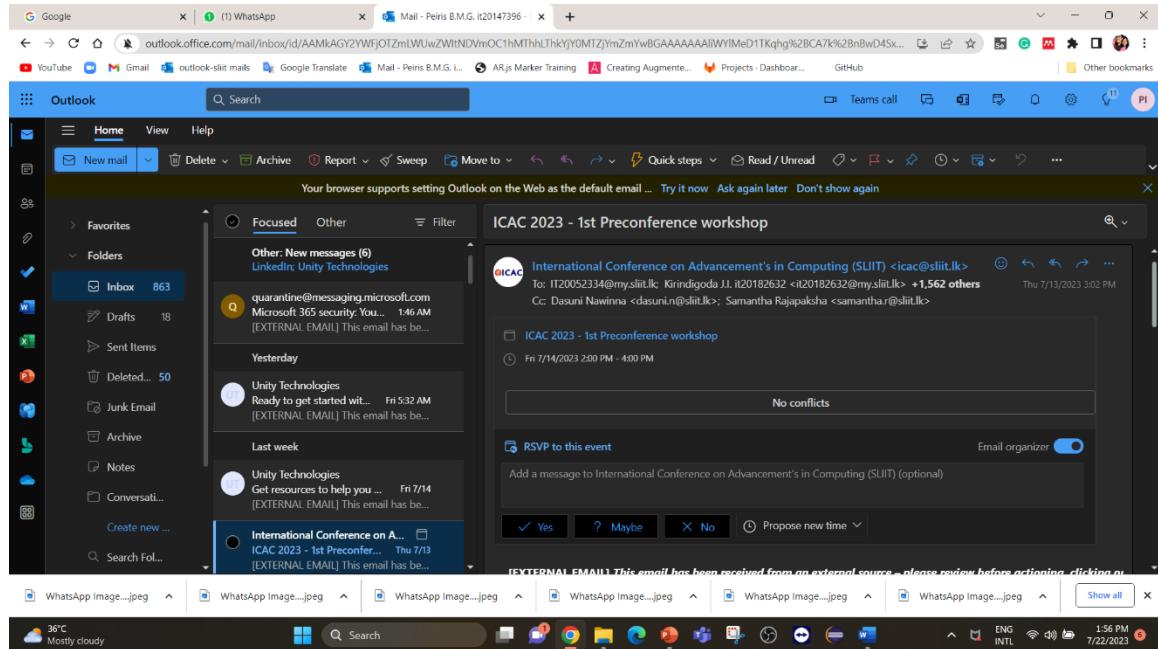
The screenshot shows a Jupyter Notebook interface with the title "Metabolic-Syndrome-ML-Models / Heart / heart.csv". The code cell contains the following Python code:

```
malshikaPeiris heart model implementation
```

The resulting table displays the "heart.csv" dataset. The table has 14 columns: age, sex, cp, trbps, chol, fbs, restecg, thalachh, exng, oldpeak, slp, caa, thall, and output. The data consists of 304 rows of patient information, including their age, gender, chest pain type, resting blood pressure, serum cholesterol level, fast blood sugar status, exercise-induced ST depression, maximum heart rate achieved, exercise-induced angina, slope of the peak exercise ST segment, number of major vessels colored by fluroangiogram, thalassemia, and the target variable "output".

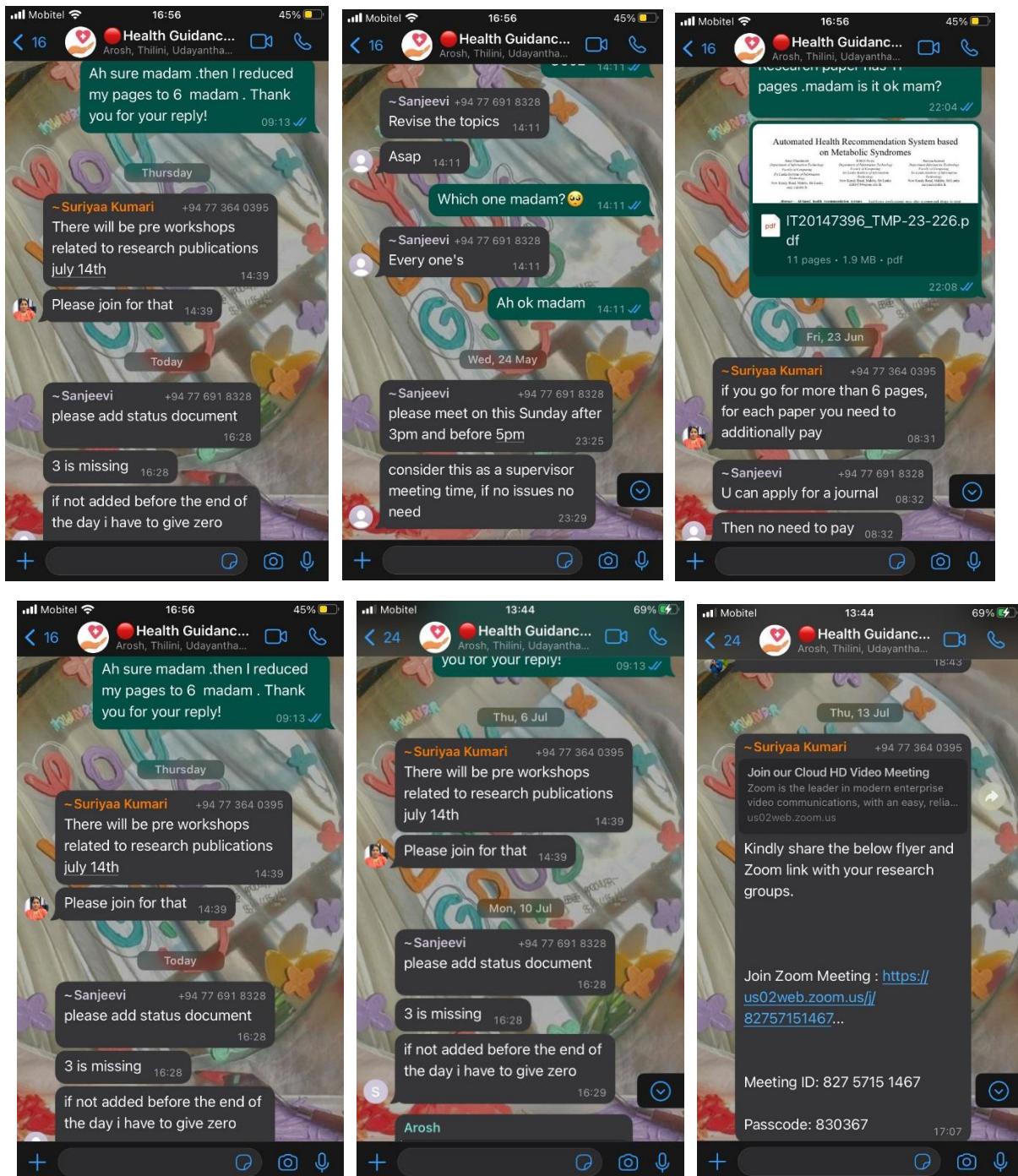
Outlook Mails



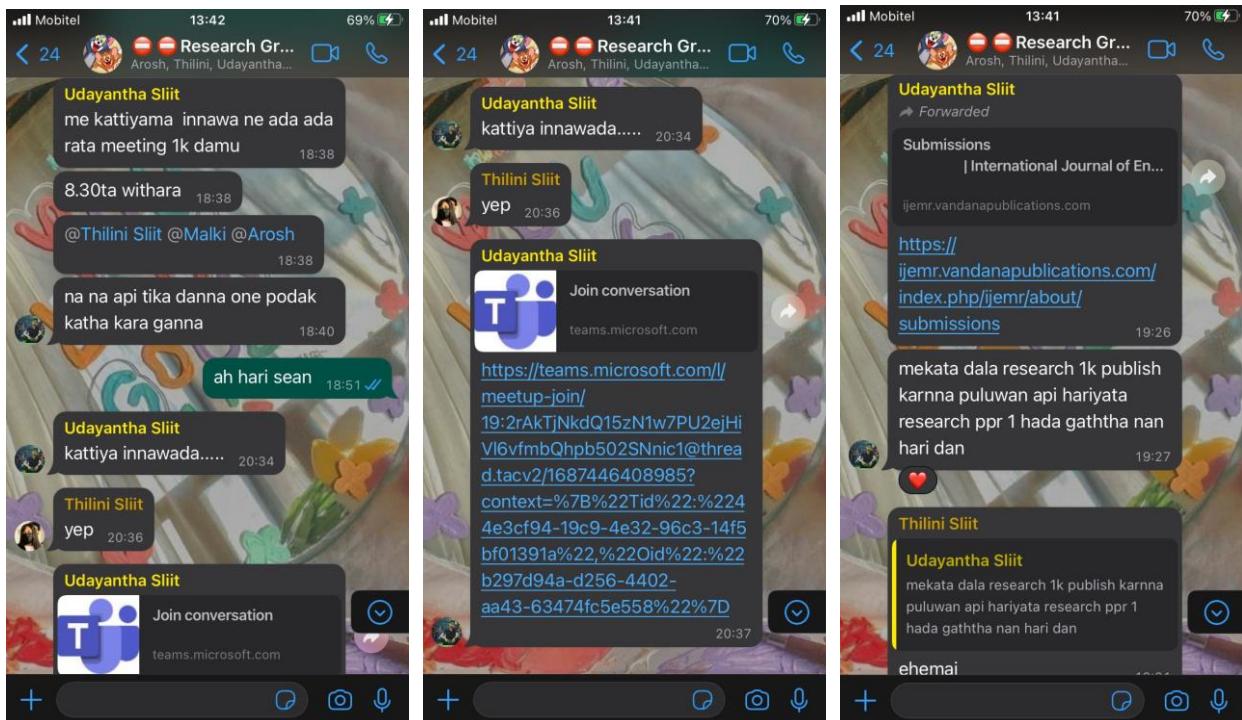
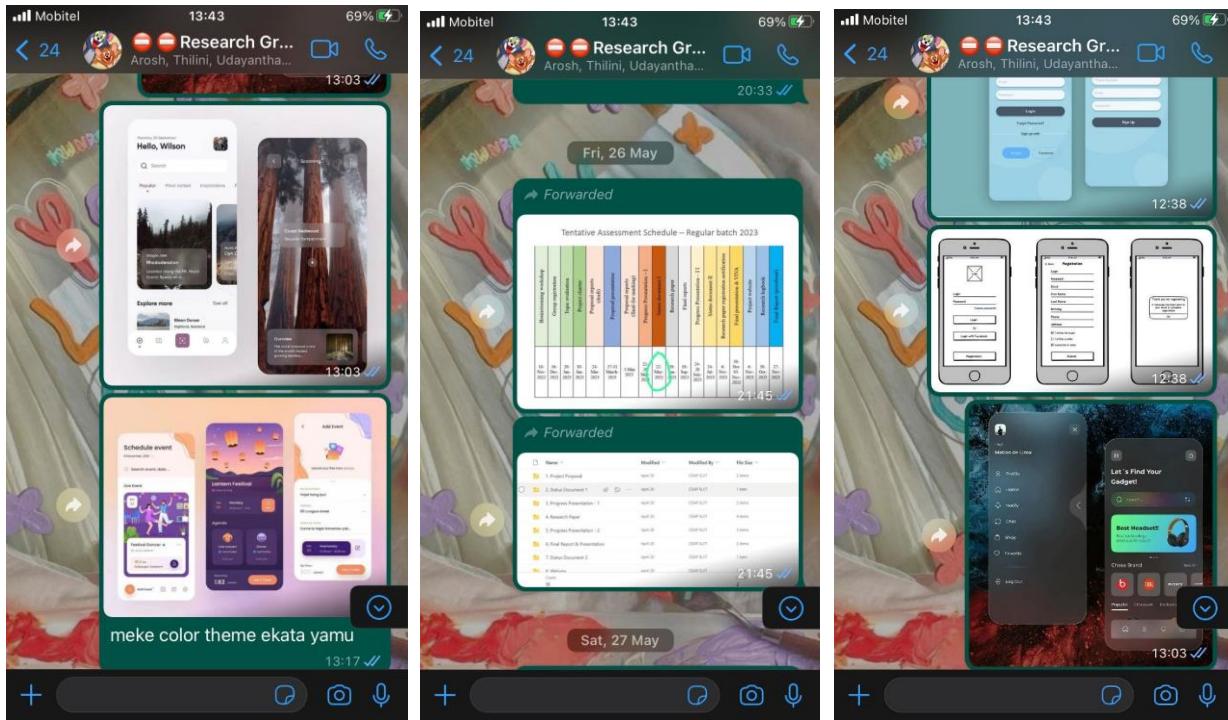


Communication via WhatsApp

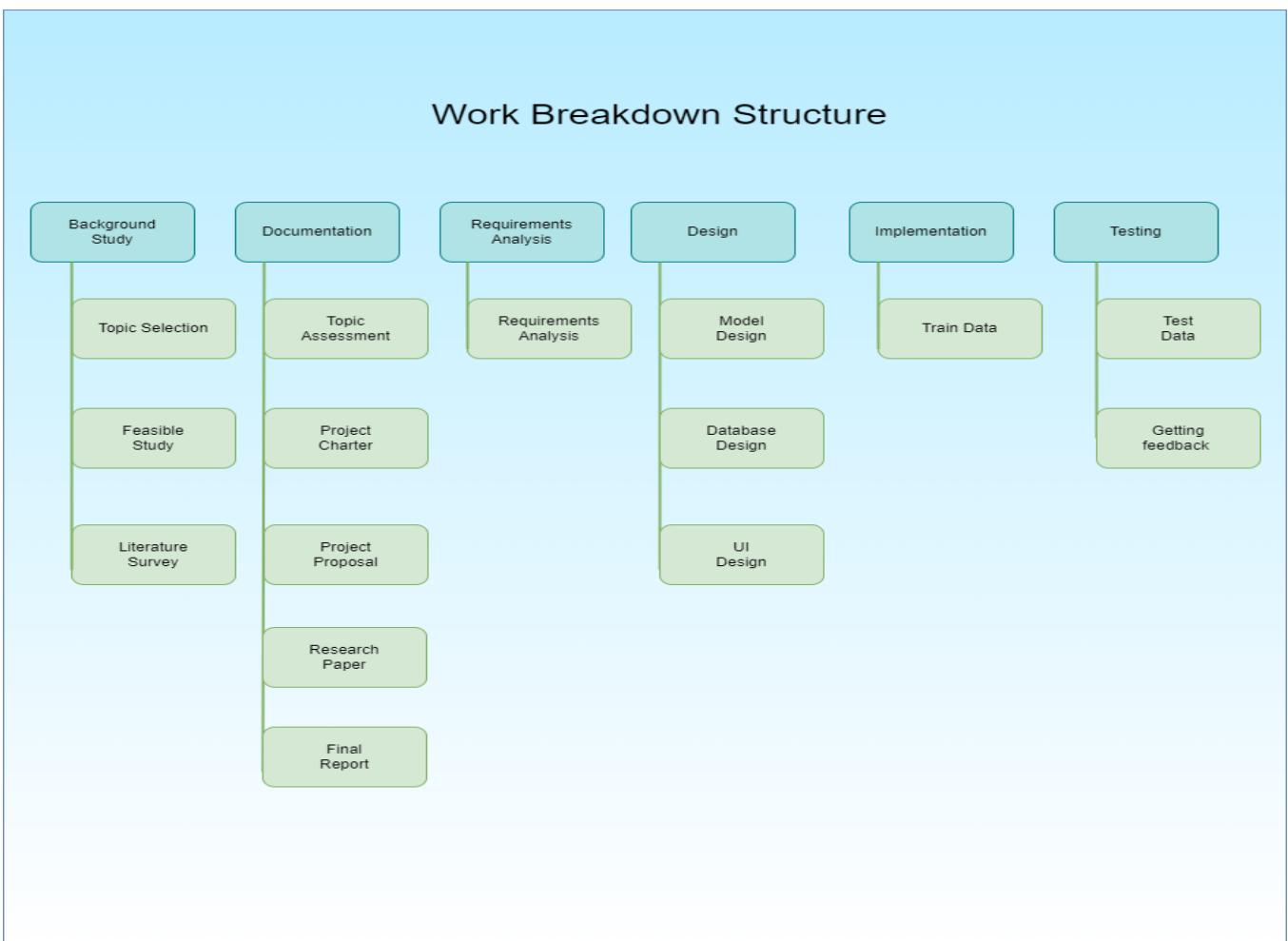
Group with the Supervisor and co-supervisor



Group with the team members



Work BreakDown Chart



Gantt Chart

