## final Proj Code

May 3, 2025

- 1 Predicting Depression Risk Using NHANES Behavioral and Clinical Data: A Machine Learning Approach
- 1.1 Matthew Maslow

```
[3]: # Core Libraries
     import os
     import pandas as pd
     import numpy as np
     # File Reading
     import pyreadstat
     # Data Preprocessing
     from sklearn.impute import SimpleImputer
     from sklearn.model selection import train test split
     from sklearn.preprocessing import StandardScaler
     from sklearn.utils.class weight import compute class weight
     from imblearn.over_sampling import SMOTE
     # Modeling
     from sklearn.linear_model import LogisticRegression
     from xgboost import XGBClassifier
     # Evaluation
     from sklearn.metrics import classification_report, confusion_matrix, __
      →ConfusionMatrixDisplay, roc_auc_score, roc_curve
     from sklearn.model_selection import cross_val_score, validation_curve
     # Visualization
     import matplotlib.pyplot as plt
     from xgboost import plot_importance
     # Explainability
     import shap
     # Explainability
     import shap
```

## 2 Load in Data

```
base_folder = "/Users/matthewmaslow/desktop/DS-596-Special Topics Medical
Science/Final Project"
data_folder = os.path.join(base_folder, "data")
output_folder = os.path.join(base_folder, "DataCSV")

selected_columns = {
    "mhDepressionScreener_nhanes.xpt": ["SEQN", "DPQ020", "DPQ060", "DPQ090"],
    "demographics_nhanes.xpt": ["SEQN", "RIAGENDR", "RIDAGEYR", "RIDRETH3",
    ""DMDEDUC2", "DMDMARTZ", "INDFMPIR"],
    "income_nhanes.xpt": ["SEQN", "INDFMMPI", "INDFMMPC", "INQ300", "IND310"],
```

```
"sleepDisorders_nhanes.xpt": ["SEQN", "SLD012", "SLD013"],
    "smokingBehavior_nhanes.xpt": ["SEQN", "SMQ020", "SMQ040", "SMD650"],
    "alcoholUse_nhanes.xpt": ["SEQN", "ALQ111", "ALQ121", "ALQ270"],
    "physicalActivity_nhanes.xpt": ["SEQN", "PAD800", "PAD820", "PAD680"],
    "VID_L_nhanes.xpt": ["SEQN", "LBXVIDMS"],
    "GHB_L_nhanes.xpt": ["SEQN", "LBXGH"],
    "HSCRP_L_nhanes.xpt": ["SEQN", "LBXHSCRP"]
}
def load_selected_columns(file_path, columns):
    try:
        df, _ = pyreadstat.read_xport(file_path, usecols=columns)
        print(f"Loaded with pyreadstat: {os.path.basename(file_path)}")
    except Exception:
        df = pd.read_sas(file_path, format='xport', encoding='latin1')
        df = df[columns]
        print(f"Fallback to pandas: {os.path.basename(file_path)}")
    return df
merged_df = None
for file_name, cols in selected_columns.items():
    path = os.path.join(data_folder, file_name)
    df = load_selected_columns(path, cols)
    merged_df = df if merged_df is None else pd.merge(merged_df, df, on="SEQN", u
 ⇔how="left")
os.makedirs(output_folder, exist_ok=True)
output_path = os.path.join(output_folder, "nhanes_cleaned_merged.csv")
merged_df.to_csv(output_path, index=False)
print(f"\nMerged file saved to: {output_path}")
print(f"Final shape: {merged_df.shape}")
Loaded with pyreadstat: mhDepressionScreener_nhanes.xpt
Loaded with pyreadstat: demographics_nhanes.xpt
Loaded with pyreadstat: income_nhanes.xpt
Loaded with pyreadstat: sleepDisorders_nhanes.xpt
Loaded with pyreadstat: smokingBehavior_nhanes.xpt
Loaded with pyreadstat: alcoholUse_nhanes.xpt
Loaded with pyreadstat: physicalActivity_nhanes.xpt
Loaded with pyreadstat: VID_L_nhanes.xpt
Loaded with pyreadstat: GHB_L_nhanes.xpt
Loaded with pyreadstat: HSCRP_L_nhanes.xpt
Merged file saved to: /Users/matthewmaslow/desktop/DS-596-Special Topics Medical
Science/Final Project/DataCSV/nhanes cleaned merged.csv
Final shape: (6337, 28)
```

```
[6]: df = pd.read_csv(os.path.join(output_folder, "nhanes_cleaned_merged.csv"))
     print(df.dtypes)
     print(df.isnull().sum())
     print(df.shape)
     print(df.head())
                 float64
    SEQN
    DPQ020
                 float64
    DPQ060
                 float64
                 float64
    DPQ090
                 float64
    RIAGENDR
                 float64
    RIDAGEYR
                 float64
    RIDRETH3
    DMDEDUC2
                 float64
                 float64
    DMDMARTZ
                float64
    INDFMPIR
    INDFMMPI
                 float64
                 float64
    INDFMMPC
    INQ300
                 float64
                 float64
    IND310
    SLD012
                 float64
    SLD013
                 float64
                 float64
    SMQ020
                 float64
    SMQ040
    SMD650
                 float64
                 float64
    ALQ111
    ALQ121
                 float64
                 float64
    ALQ270
    PAD800
                 float64
    PAD820
                 float64
                 float64
    PAD680
                 float64
    LBXVIDMS
    LBXGH
                 float64
    LBXHSCRP
                 float64
    dtype: object
    SEQN
                    0
    DPQ020
                  819
    DPQ060
                  827
    DPQ090
                  831
                    0
    RIAGENDR
                    0
    RIDAGEYR
                    0
    RIDRETH3
    DMDEDUC2
                  273
    DMDMARTZ
                  274
                  831
    INDFMPIR
    INDFMMPI
                 1286
```

INDFMMPC

520

```
INQ300
              517
IND310
             3476
SLD012
               65
SLD013
               67
                2
SMQ020
SMQ040
             3819
SMD650
             5425
ALQ111
              856
ALQ121
             1415
ALQ270
             3971
PAD800
             1306
PAD820
             3460
                6
PAD680
LBXVIDMS
              513
              335
LBXGH
LBXHSCRP
              516
dtype: int64
(6337, 28)
              DPQ020
                       DPQ060
                                DPQ090
                                         RIAGENDR RIDAGEYR RIDRETH3
                                                                          DMDEDUC2 \
       SEQN
  130378.0
                 NaN
                          NaN
                                   NaN
                                              1.0
                                                         43.0
                                                                     6.0
                                                                                5.0
   130379.0
                 0.0
                          0.0
                                   0.0
                                                         66.0
                                                                     3.0
                                                                                5.0
                                              1.0
  130380.0
                 0.0
                          0.0
                                   0.0
                                              2.0
                                                         44.0
                                                                     2.0
                                                                                3.0
3
  130386.0
                 0.0
                          1.0
                                   0.0
                                              1.0
                                                         34.0
                                                                     1.0
                                                                                4.0
   130387.0
                 0.0
                          0.0
                                   0.0
                                              2.0
                                                         68.0
                                                                     3.0
                                                                                5.0
   DMDMARTZ
              INDFMPIR
                            SMD650
                                     ALQ111
                                              ALQ121
                                                       ALQ270
                                                                PAD800
                                                                         PAD820
0
                   5.00
                                                                  45.0
         1.0
                                NaN
                                         NaN
                                                  NaN
                                                           NaN
                                                                           45.0
                                                                   45.0
1
         1.0
                   5.00
                                                  2.0
                                                                            45.0
                                NaN
                                         1.0
                                                           NaN
2
                                                                   20.0
         1.0
                   1.41
                                NaN
                                         1.0
                                                 10.0
                                                           NaN
                                                                             NaN
3
         1.0
                   1.33
                                NaN
                                         1.0
                                                  4.0
                                                           0.0
                                                                   30.0
                                                                            30.0
4
         3.0
                   1.32
                                NaN
                                         1.0
                                                  0.0
                                                           NaN
                                                                   NaN
                                                                            {\tt NaN}
   PAD680
           LBXVIDMS
                      LBXGH
                               LBXHSCRP
0
    360.0
                58.9
                         5.6
                                   1.78
1
    480.0
                60.5
                         5.6
                                   2.03
2
                39.4
                                   5.62
    240.0
                         6.2
3
    180.0
                96.9
                                   1.05
                         5.1
   1200.0
                26.7
                         5.9
                                   3.96
```

[5 rows x 28 columns]

## 3 Data Preparation

```
[8]: df = df.dropna(subset=["DPQ020", "DPQ060", "DPQ090"])

[9]: df = df.drop(columns=["SMD650", "SMQ040", "ALQ270", "PAD820", "IND310"])
```

```
[10]: num_cols = df.select_dtypes(include="number").columns.tolist()
      num_cols = [col for col in num_cols if col not in ["SEQN", "DPQ020", "DPQ060", "

¬"DPQ090"]]
      imputer = SimpleImputer(strategy="median")
      df[num_cols] = imputer.fit_transform(df[num_cols])
[11]: invalid_vals = [7, 9, 77, 99, 777, 7777, 999, 9999]
      df = df[~df.isin(invalid_vals).any(axis=1)]
      df.reset_index(drop=True, inplace=True)
[12]: df['DPQ020\_binary'] = df['DPQ020'].apply(lambda x: 0 if x == 0 else 1)
      df['DPQ060 binary'] = df['DPQ060'].apply(lambda x: 0 if x == 0 else 1)
     4 Model Training
     4.0.1 DPQ020 – Feeling down, depressed, or hopeless
[15]: classes = np.array(sorted(df["DPQ020"].unique()))
      class_weights_array = compute_class_weight(class_weight='balanced',__
       ⇔classes=classes, y=df["DPQ020"])
      class_weights = dict(zip(classes, class_weights_array))
      print(class_weights_array)
     [0.37325508 1.07149362 4.74395161 5.65625
[16]: X = df.drop(columns=["SEQN", "DPQ020", "DPQ060", "DPQ090", "DPQ020_binary",

¬"DPQ060_binary"])
      y = df["DPQ020 binary"]
      X_train, X_test, y_train, y_test = train_test_split(X, y, stratify=y,__
       →test_size=0.2, random_state=42)
      scaler = StandardScaler()
      X train scaled = scaler.fit transform(X train)
      X_test_scaled = scaler.transform(X_test)
      classes = np.unique(y_train)
      weights = compute_class_weight(class_weight='balanced', classes=classes,_

y=y_train)

      class_weights = dict(zip(classes, weights))
      log_reg = LogisticRegression(solver='lbfgs', max_iter=1000,_
       ⇔class_weight=class_weights)
```

log\_reg.fit(X\_train\_scaled, y\_train)

```
y_pred_log = log_reg.predict(X_test_scaled)
print("Logistic Regression Results (DPQ020_binary)")
print(classification_report(y_test, y_pred_log))
print(confusion_matrix(y_test, y_pred_log))
explainer_log = shap.Explainer(log_reg, X_train_scaled, feature_names=X.columns)
shap_values_log = explainer_log(X_test_scaled)
plt.figure()
shap.summary_plot(shap_values_log, X_test, plot_type="bar", show=False)
plt.title("SHAP Feature Importance (Logistic Regression - DPQ020 binary)")
plt.tight_layout()
plt.show()
xgb = XGBClassifier(
    objective='binary:logistic',
    eval_metric='logloss',
    learning_rate=0.05,
    n_estimators=1000,
    max_depth=10,
    scale_pos_weight=class_weights[1] / class_weights[0]
)
xgb.fit(X_train, y_train)
y_pred_xgb = xgb.predict(X_test)
print("XGBoost Results (DPQ020_binary)")
print(classification_report(y_test, y_pred_xgb))
print(confusion_matrix(y_test, y_pred_xgb))
explainer_xgb = shap.Explainer(xgb)
shap_values_xgb = explainer_xgb(X_test)
plt.figure()
shap.summary_plot(shap_values_xgb, X_test, plot_type="bar", show=False)
plt.title("SHAP Feature Importance (XGBoost - DPQ020_binary)")
plt.tight_layout()
plt.show()
Logistic Regression Results (DPQ020_binary)
              precision
                         recall f1-score
                                              support
           0
                   0.79
                             0.59
                                       0.68
                                                  315
                   0.45
                             0.69
                                       0.55
                                                  156
           1
   accuracy
                                       0.62
                                                  471
                             0.64
                                       0.61
                                                  471
                   0.62
  macro avg
```

0.63

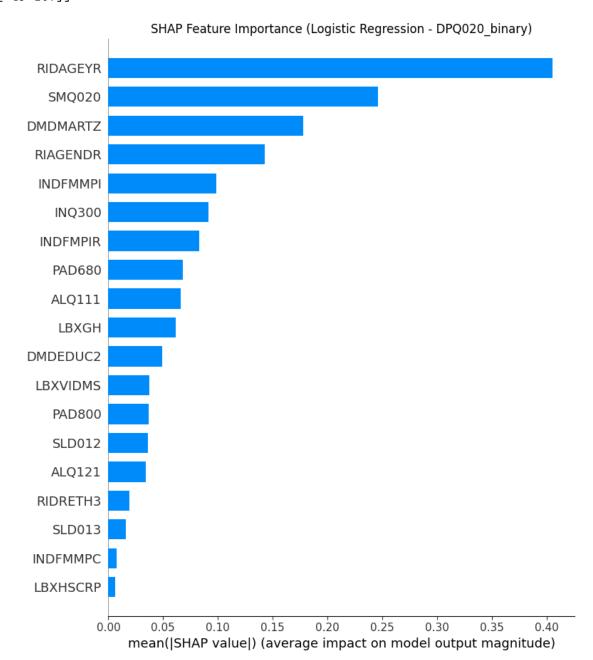
471

weighted avg

0.68

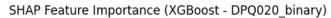
0.62

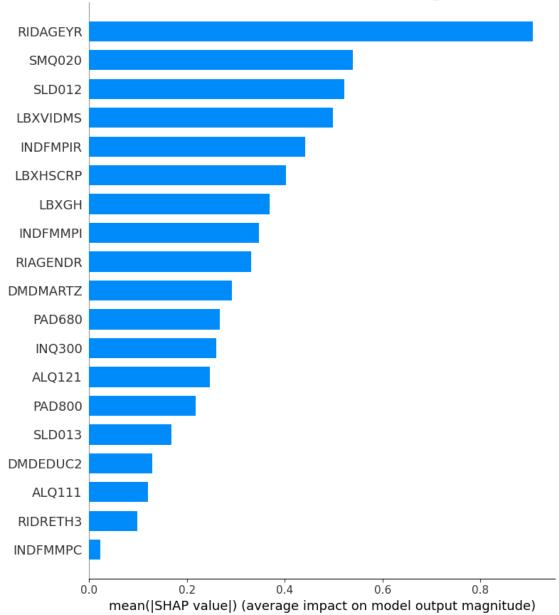
[[186 129] [ 49 107]]



XGBoost	Results	(DPQ020_b	inary)		
	p	recision	recall	f1-score	support
	0	0.72	0.80	0.76	315
	1	0.49	0.38	0.43	156

accuracy			0.66	471
macro avg	0.61	0.59	0.60	471
weighted avg	0.65	0.66	0.65	471
[[252 63] [ 96 60]]				





## Validation

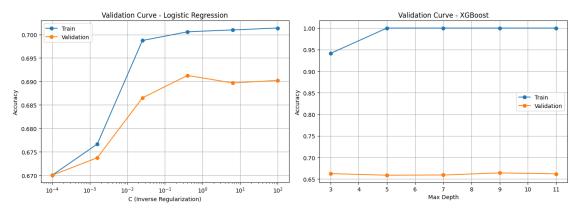
```
[18]: log_scores = cross_val_score(log_reg, X_train_scaled, y_train, cv=5,_u
       ⇔scoring='f1')
      print("Logistic Regression Cross-Validated F1 Score (mean ± std):", log_scores.
       →mean(), "+/-", log_scores.std())
      xgb_scores = cross_val_score(xgb, X_train, y_train, cv=5, scoring='f1')
      print("XGBoost Cross-Validated F1 Score (mean ± std):", xgb_scores.mean(), "+/

¬", xgb_scores.std())

     Logistic Regression Cross-Validated F1 Score (mean ± std): 0.5348596434072617
     +/- 0.02329572659756699
     XGBoost Cross-Validated F1 Score (mean ± std): 0.3990104656138901 +/-
     0.018777327363326997
[19]: param_range_logreg = np.logspace(-4, 2, 6)
      train_scores_log, test_scores_log = validation_curve(
          LogisticRegression(max_iter=1000),
          X_train_scaled,
          y_train,
          param_name='C',
          param_range=param_range_logreg,
          cv=5.
          scoring='accuracy',
          n_jobs=-1
      )
      param_range_xgb = [3, 5, 7, 9, 11]
      train_scores_xgb, test_scores_xgb = validation_curve(
          XGBClassifier(learning_rate=0.05, n_estimators=1000, eval_metric='logloss'),
          X_train,
          y_train,
          param_name='max_depth',
          param_range=param_range_xgb,
          cv=5,
          scoring='accuracy',
          n_jobs=-1
      )
      fig, axs = plt.subplots(1, 2, figsize=(14, 5))
      axs[0].plot(param_range_logreg, train_scores_log.mean(axis=1), label="Train", __

marker='o')
      axs[0].plot(param_range_logreg, test_scores_log.mean(axis=1),__
       ⇔label="Validation", marker='o')
      axs[0].set_xscale('log')
      axs[0].set_xlabel("C (Inverse Regularization)")
```

axs[0].set\_ylabel("Accuracy")



#### 4.0.2 DPQ060 binary - Feeling bad about yourself

[0.34200581 1.34919725 5.29954955 6.84011628]

```
scaler = StandardScaler()
X_train_scaled = scaler.fit_transform(X_train)
X_test_scaled = scaler.transform(X_test)
classes = np.unique(y_train)
weights = compute_class_weight(class_weight='balanced', classes=classes,_
 →y=y_train)
class_weights = dict(zip(classes, weights))
log_reg = LogisticRegression(solver='lbfgs', max_iter=1000,__

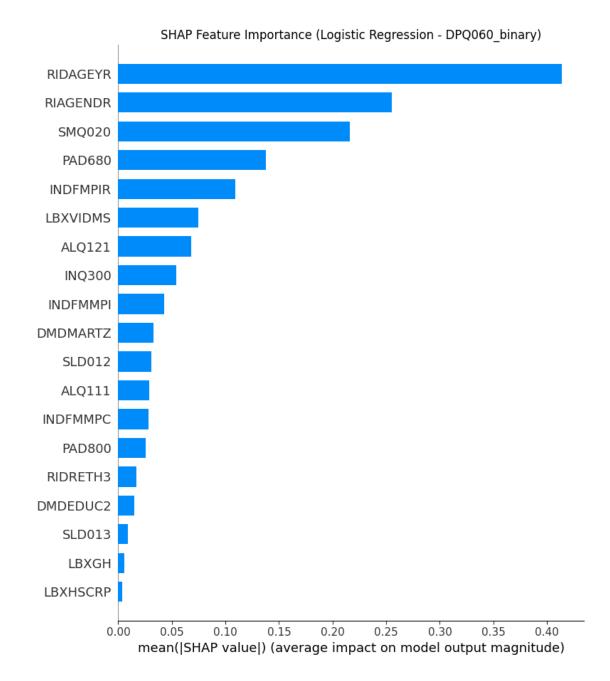
¬class_weight=class_weights)
log_reg.fit(X_train_scaled, y_train)
y_pred_log = log_reg.predict(X_test_scaled)
print("Logistic Regression Results (DPQ060_binary)")
print(classification_report(y_test, y_pred_log))
print(confusion_matrix(y_test, y_pred_log))
explainer_log = shap.Explainer(log_reg, X_train_scaled, feature_names=X.columns)
shap_values_log = explainer_log(X_test_scaled)
plt.figure()
shap.summary_plot(shap_values_log, X_test, plot_type="bar", show=False)
plt.title("SHAP Feature Importance (Logistic Regression - DPQ060_binary)")
plt.tight_layout()
plt.show()
xgb = XGBClassifier(
   objective='binary:logistic',
   eval_metric='logloss',
   learning_rate=0.05,
   n_estimators=1000,
   max_depth=10,
   scale_pos_weight=class_weights[1] / class_weights[0]
xgb.fit(X_train, y_train)
y_pred_xgb = xgb.predict(X_test)
print("XGBoost Results (DPQ060_binary)")
print(classification_report(y_test, y_pred_xgb))
print(confusion_matrix(y_test, y_pred_xgb))
explainer_xgb = shap.Explainer(xgb)
shap_values_xgb = explainer_xgb(X_test)
plt.figure()
shap.summary_plot(shap_values_xgb, X_test, plot_type="bar", show=False)
plt.title("SHAP Feature Importance (XGBoost - DPQ060_binary)")
```

```
plt.tight_layout()
plt.show()
```

Logistic	Regression	Results	(DPQ060 <sub>)</sub>	_binary)
----------	------------	---------	----------------------	----------

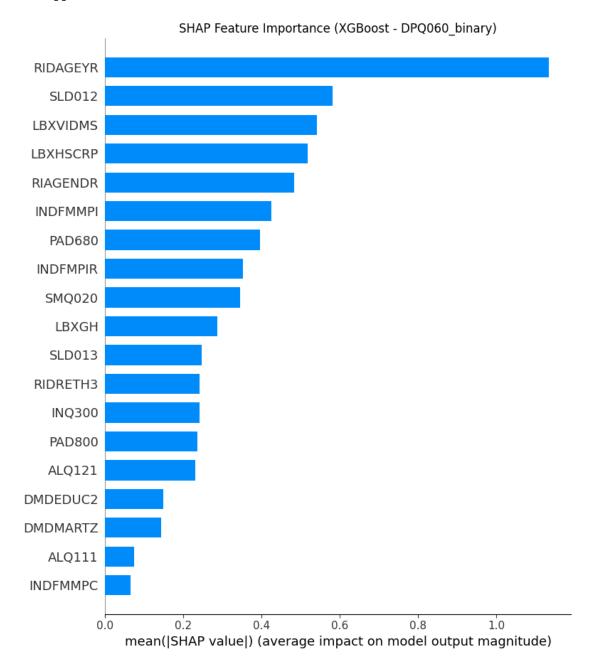
support	f1-score	recall	precision	
344	0.74	0.66	0.84	0
127	0.50	0.65	0.41	1
471	0.66			accuracy
471	0.62	0.65	0.62	macro avg
471	0.68	0.66	0.72	weighted avg

[[228 116] [ 45 82]]



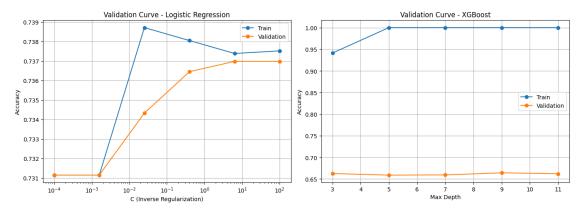
XGBoost 1	Result	s (DPQ060_bi	•	f1-score	support
		precision	recarr	II BCOIE	Support
	0	0.76	0.04	0.00	244
	0	0.76	0.84	0.80	344
	1	0.39	0.27	0.32	127
accu	racy			0.69	471
macro	avg	0.57	0.56	0.56	471
weighted	avg	0.66	0.69	0.67	471

[[290 54] [ 93 34]]



Logistic Regression Cross-Validated F1 Score (mean  $\pm$  std): 0.4679322508665883 +/- 0.018278261622465264 XGBoost Cross-Validated F1 Score (mean  $\pm$  std): 0.34185807295920434 +/- 0.010802380228495638

```
[25]: param_range_logreg = np.logspace(-4, 2, 6)
      train_scores_log, test_scores_log = validation_curve(
          LogisticRegression(max_iter=1000),
          X_train_scaled,
          y_train,
          param_name='C',
          param_range=param_range_logreg,
          cv=5.
          scoring='accuracy',
          n jobs=-1
      )
      param_range_xgb = [3, 5, 7, 9, 11]
      xgb = XGBClassifier(
          learning_rate=0.05,
          n_estimators= 1000,
          early_stopping_rounds=10,
          max_depth=10,
          use_label_encoder=False,
          eval_metric='logloss'
      )
      fig, axs = plt.subplots(1, 2, figsize=(14, 5))
      axs[0].plot(param_range_logreg, train_scores_log.mean(axis=1), label="Train",_
       →marker='o')
      axs[0].plot(param_range_logreg, test_scores_log.mean(axis=1),__
       ⇔label="Validation", marker='o')
      axs[0].set xscale('log')
      axs[0].set_xlabel("C (Inverse Regularization)")
      axs[0].set_ylabel("Accuracy")
      axs[0].set_title("Validation Curve - Logistic Regression")
      axs[0].legend()
      axs[0].grid(True)
```



#### 4.0.3 Imbalanced Learning (SMOTE)

```
log_reg.fit(X_train_res, y_train_res)
  y_pred_log = log_reg.predict(X_test_scaled)
  print(f"\nLogistic Regression Results - {label}")
  print(classification_report(y_test, y_pred_log))
  print("Confusion Matrix:\n", confusion_matrix(y_test, y_pred_log))
  xgb = XGBClassifier(
      objective='binary:logistic',
      eval_metric='logloss',
      learning_rate=0.05,
      n_estimators=1000,
      max_depth=10
  xgb.fit(X_train_res, y_train_res)
  y_pred_xgb = xgb.predict(X_test_scaled)
  print(f"\nXGBoost Results - {label}")
  print(classification_report(y_test, y_pred_xgb))
  print("Confusion Matrix:\n", confusion_matrix(y_test, y_pred_xgb))
  explainer_xgb = shap.Explainer(xgb)
  shap_values_xgb = explainer_xgb(X_test)
  plt.figure()
  shap.summary_plot(shap_values_xgb, X_test, plot_type="bar", show=False)
  plt.title(f"SHAP Feature Importance (XGBoost - {label})")
  plt.tight_layout()
  plt.show()
  # Validation Curves
  param_range_logreg = np.logspace(-4, 2, 6)
  train_scores_log, test_scores_log = validation_curve(
      LogisticRegression(max_iter=1000),
      X_train_res,
      y_train_res,
      param_name='C',
      param_range=param_range_logreg,
      cv=5,
      scoring='accuracy',
      n_{jobs}=-1
  )
  param_range_xgb = [3, 5, 7, 9, 11]
  train_scores_xgb, test_scores_xgb = validation_curve(
      XGBClassifier(learning_rate=0.05, n_estimators=1000,__
⇔eval_metric='logloss'),
```

```
X_train_res,
              y_train_res,
              param_name='max_depth',
              param_range=param_range_xgb,
              cv=5.
              scoring='accuracy',
              n jobs=-1
          )
          fig, axs = plt.subplots(1, 2, figsize=(14, 5))
          axs[0].plot(param_range_logreg, train_scores_log.mean(axis=1),_
       ⇔label="Train", marker='o')
          axs[0].plot(param_range_logreg, test_scores_log.mean(axis=1),_
       ⇔label="Validation", marker='o')
          axs[0].set_xscale('log')
          axs[0].set xlabel("C (Inverse Regularization)")
          axs[0].set_ylabel("Accuracy")
          axs[0].set_title(f"Validation Curve - Logistic ({label})")
          axs[0].legend()
          axs[0].grid(True)
          axs[1].plot(param_range_xgb, train_scores_xgb.mean(axis=1), label="Train", ___

marker='o')
          axs[1].plot(param_range_xgb, test_scores_xgb.mean(axis=1),__
       ⇔label="Validation", marker='o')
          axs[1].set_xlabel("Max Depth")
          axs[1].set_ylabel("Accuracy")
          axs[1].set_title(f"Validation Curve - XGBoost ({label})")
          axs[1].legend()
          axs[1].grid(True)
          plt.tight_layout()
          plt.show()
[28]: X_020 = df.drop(columns=["SEQN", "DPQ020", "DPQ060", "DPQ090", "DPQ020_binary", __

¬"DPQ060_binary"])
      y_020 = df["DPQ020_binary"]
      train_smote_models(X_020, y_020, "DPQ020_binary")
      X_060 = df.drop(columns=["SEQN", "DPQ020", "DPQ060", "DPQ090", "DPQ020_binary", 

¬"DPQ060 binary"])
      y_060 = df["DPQ060_binary"]
      train_smote_models(X_060, y_060, "DPQ060_binary")
```

\_\_\_\_\_

# Running Models for DPQ020\_binary

Logistic	Regression	Results	-	DPQ020	_binary
----------	------------	---------	---	--------	---------

	precision	recall	f1-score	support
0	0.78	0.58	0.67	315
1	0.44	0.66	0.53	156
accuracy			0.61	471
macro avg	0.61	0.62	0.60	471
weighted avg	0.67	0.61	0.62	471

#### Confusion Matrix:

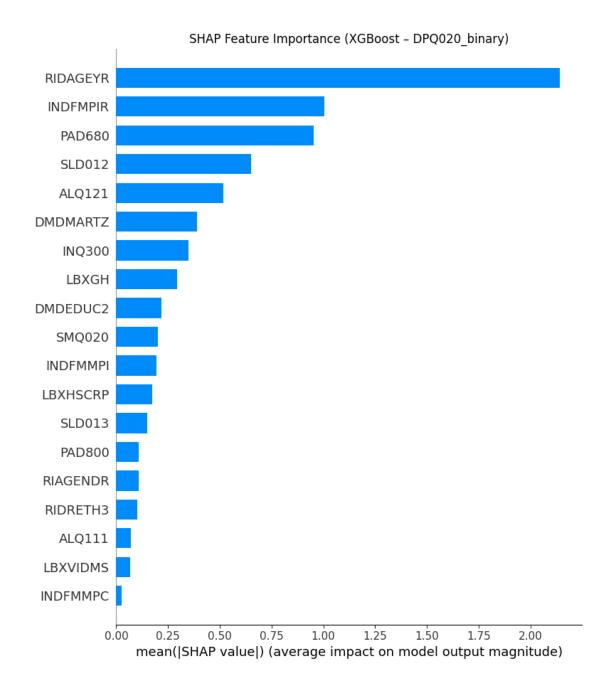
[[184 131] [ 53 103]]

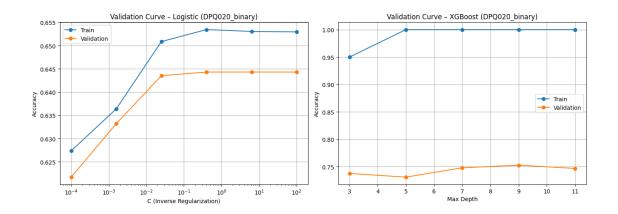
XGBoost Results - DPQ020\_binary

	precision	recall	f1-score	support
0	0.70	0.77	0.73	315
1	0.41	0.32	0.36	156
accuracy			0.62	471
macro avg	0.55	0.54	0.54	471
weighted avg	0.60	0.62	0.61	471

## Confusion Matrix:

[[242 73] [106 50]]





#### Running Models for DPQ060\_binary

\_\_\_\_\_

Logistic Regression Results - DPQ060\_binary

	precision	recall	f1-score	support
0	0.84	0.65	0.73	344
1	0.41	0.65	0.50	127
accuracy			0.65	471
macro avg	0.62	0.65	0.62	471
weighted avg	0.72	0.65	0.67	471

## Confusion Matrix:

[[223 121]

[ 44 83]]

## XGBoost Results - DPQ060\_binary

	precision	recall	f1-score	support
0	0.76	0.83	0.79	344
1	0.38	0.28	0.33	127
accuracy			0.68	471
macro avg	0.57	0.56	0.56	471
weighted avg	0.66	0.68	0.67	471

#### Confusion Matrix:

[[286 58]

[ 91 36]]

