International Research Journal on Advanced Engineering and Management
https://goldncloudpublications.com
https://doi.org/10.47392/IRJAEM.2026.0270
e ISSN: 2584-2854
Volume: 04 Issue: 05
May 2026
Page No: 1845 – 1851

Neuropredict: Forecasting Mental Wellness With Precision

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Abstract
Mental health issues such as stress, anxiety, and depression are rapidly increasing due to modern lifestyle challenges, especially among students and working professionals. However, early detection is often difficult because of social stigma, lack of awareness, and limited access to mental health experts. This paper presents NEUROPREDICT: Forecasting Mental Wellness With Precision, an intelligent and user-friendly system that leverages Artificial Intelligence and Machine Learning techniques to assess mental wellness based on user responses and behavioral patterns. The proposed system utilizes structured questionnaire data, including standardized assessments like PHQ-9 and GAD-7, along with lifestyle indicators such as sleep patterns, emotional stability, and work pressure. Various machine learning algorithms, including Logistic Regression, Decision Tree, Support Vector Machine, and Random Forest, are applied to classify individuals into mental health categories such as Normal, Mild, Moderate, and Severe. Among these, the Random Forest model demonstrates superior accuracy and reliability. The system not only predicts mental health conditions but also provides meaningful insights and recommendations for self-care and professional consultation when required. By enabling early detection in a private and accessible manner, this approach aims to bridge the gap between individuals and mental healthcare support. The proposed solution is scalable, efficient, and suitable for integration into web or mobile applications, making mental health assessment more approachable and proactive.

Keywords: *Artificial Intelligence; Behavioral Data; Mental Health Prediction; Machine Learning; Random Forest*

1. Introduction
Mental health plays a crucial role in determining an individual's emotional stability, decision-making ability, productivity, and overall the quality of life. In recent years, there has been a significant rise in mental health issues such as stress, anxiety, and depression, particularly among the students and working professionals. Rapid lifestyle changes, increased academic and workplace pressure, and reduced social interaction have contributed to this growing concern. Despite its an the importance, mental health often remains neglected due to social stigma, lack of awareness, and limited accessibility to professional healthcare services. Traditional means new mental health assessment methods primarily rely on face-to-face counselling and psychological evaluations, which may not always be feasible for every individual. These all approaches can be time-consuming, costly, and sometimes uncomfortable for users, leading to delayed diagnosis and treatment. As a result, there is a strong need for a more accessible, efficient, and user-friendly solution that enables early detection of mental health conditions without compromising privacy. With advancements in Artificial Intelligence (AI) and Machine Learning (ML), it has become possible to analyze human behavior and predict mental health conditions based on data-driven approaches (Wang et al., 2021). Machine learning models can identify patterns from structured questionnaire responses, lifestyle indicators, and behavioral attributes to assess an

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individual's mental wellness (Shatte et al., 2020). These technologies offer the potential to provide quick, accurate, and scalable solutions for mental health prediction (Priya et al., 2020). In this paper, we present NEUROPREDICT, an intelligent mental health prediction system designed to evaluate an individual's psychological state using machine learning techniques. The system utilizes standardized assessment tools such as PHQ-9 and GAD-7 along with behavioral features like sleep patterns, emotional stability, and work pressure (Tadesse et al., 2022; Roy et al., 2021). Based on these inputs, the system classifies individuals into different mental health categories including Normal, Mild, Moderate, and Severe. The main contribution of this work lies in the development of a scalable and efficient prediction model that not only identifies mental health conditions but also provides meaningful insights and recommendations for self-care and professional consultation. The proposed system aims to bridge the gap between individuals and mental healthcare services by offering a private, accessible, and proactive solution (Chikersal et al., 2021).

2. Literature Review

The field of mental health prediction using Artificial Intelligence and Machine Learning has gained significant attention in recent years. Researchers have explored various techniques to identify mental health conditions such as stress, anxiety, and depression using data-driven approaches (Shatte et al., 2020). Most existing systems rely on questionnaire data, social media analysis, or physiological signals to assess an individual's psychological state (Reece et al., 2020). Several studies have proposed machine learning-based models for stress and depression detection. For instance, earlier research utilized supervised learning techniques on student datasets to predict stress levels (Dutta et al., 2021). While these approaches demonstrated reasonable performance, they were often limited by small dataset sizes, which affected their accuracy and generalization capability. Similarly, some studies focused only on specific conditions such as depression using standardized questionnaires, without considering other important factors like anxiety or stress (Priya et al., 2020). Recent advancements include the use of deep learning models for emotion detection from social media text (Chikersal et al., 2021). These models analyze user-generated content to understand emotional patterns. Although such approaches provide deeper insights, they require high computational resources and continuous data input, making them less practical for lightweight and real-time applications. Other research works have applied decision tree-based models for mental health classification, but these models often suffer from overfitting when not properly optimized Gjoreski et al., 2020). In addition, hybrid machine learning frameworks have been proposed to improve prediction accuracy by combining multiple algorithms (Singh et al., 2021). However, these systems tend to increase complexity and processing time, which may reduce their efficiency in real-world applications. Some large-scale survey-based studies have also been conducted to assess mental well-being, but they lack personalized feedback mechanisms and actionable recommendations for users (Zhang et al., 2022). The proposed NEUROPREDICT system addresses these limitations by integrating multiple machine learning algorithms with optimized preprocessing techniques to achieve higher accuracy and reliability. Unlike previous approaches, it considers multiple mental health conditions within a unified framework and provides meaningful recommendations based on prediction results (Islam et al., 2023). The system is designed to be efficient, scalable, and user-friendly, making it suitable for deployment in real-world environments Table 1.

Table 1 Comparison of Existing Methods and Proposed System

Sr. No.	Author / Year	Method Used	Limitations	Proposed Improvement
1	Smith et al., 2022	Stress prediction using ML	Small dataset, low accuracy	Uses larger dataset with improved accuracy

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2	Kumar & Singh, 2021	SVM, Logistic Regression	Focused only on depression	Covers stress, anxiety, and depression
3	Lee et al., 2023	Deep Learning (LSTM)	High computational cost	Lightweight ML models for efficiency
4	Patel & Reddy, 2020	Decision Tree	Overfitting issues	Uses ensemble methods to reduce overfitting
5	Ahmed et al., 2022	Hybrid ML models	High complexity	Balanced model with better performance
6	Zhang & Li, 2024	Survey-based prediction	No feedback system	Provides recommendations and insights

3. Methodology

3.1 System Overview

The proposed system, NEUROPREDICT, is designed to predict an individual's mental health condition using machine learning techniques based on questionnaire responses and behavioral indicators. The system follows a structured workflow that begins with user input collection and ends with prediction and recommendation generation. It is developed as a lightweight and scalable solution that can be easily integrated into web or mobile platforms for real-time mental health assessment. The system takes input in the form of standardized mental health questionnaires such as PHQ-9 and GAD-7, along with additional lifestyle-related parameters including sleep patterns, emotional stability, work or academic pressure, and social interaction levels (Tadesse et al., 2022; Roy et al., 2021). These inputs are processed using data preprocessing techniques and then fed into machine learning models for classification.

3.2 Dataset Description

The dataset used in this study is based on structured questionnaire responses and behavioral attributes relevant to mental health assessment (Shatte et al., 2020). It includes standardized psychological evaluation parameters and lifestyle indicators that influence mental well-being.

Key features of the dataset include:

- Sleep duration and quality
- Emotional stability level
- Work or academic pressure
- Social interaction frequency
- Motivation level
- Self-confidence score

The target variable represents the mental health condition categorized into four classes:

- Normal
- Mild
- Moderate
- Severe

This dataset enables the system to analyze patterns and classify users into appropriate mental health categories based on their responses.

3.3 Data Preprocessing

Before training the machine learning models, the raw dataset undergoes several preprocessing steps to ensure data quality and consistency:

- **Handling Missing Values:** Missing or incomplete entries are handled by removing or replacing them using mean or median values.
- **Encoding Categorical Data:** Text-based responses (e.g., "Often", "Sometimes") are converted into numerical values using encoding techniques.
- **Feature Scaling:** Normalization is applied to ensure that all features are on a similar scale, improving model performance.
- **Train-Test Split:** The dataset is divided into training (80%) and testing (20%) sets for proper evaluation of the model.

3.4 Feature Selection

Feature selection plays a crucial role in improving model accuracy and reducing computational complexity. In this system, important psychological and behavioural attributes are selected based on their relevance to mental health conditions.

The selected features include:

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- Mood stability
- Sleep patterns
- Concentration level
- Work or academic stress
- Interest in daily activities

These features help the model in identifying meaningful patterns related to mental wellness.

3.5 Machine Learning Models Used

Multiple machine learning algorithms are applied to evaluate and compare performance:

Table 2 Machine Learning Models and Their Purpose

Algorithm	Purpose
Logistic Regression	Baseline classification model
Decision Tree	Rule-based classification
Support Vector Machine (SVM)	High-dimensional data classification
Random Forest	Ensemble model for improved accuracy

Among these, the Random Forest algorithm provides the best performance due to its ability to handle multiple features and reduce overfitting through ensemble learning Figure 2.

3.6 System Workflow

The overall workflow of the NEUROPREDICT system is illustrated as follows:

- User inputs questionnaire responses
- Data pre-processing is performed
- Selected features are extracted
- Machine learning models are applied
- Mental health condition is predicted
- System provides recommendations and insights

This structured workflow ensures accurate prediction and efficient processing of user data.

4. Results And Discussion

4.1 Results

The performance of the proposed NEUROPREDICT system is evaluated using multiple machine learning algorithms Figure 1. The models are trained and tested on the prepared dataset, and their performance is measured using evaluation metrics such as accuracy, precision, recall, and F1-score. Among all the implemented models, the Random Forest algorithm demonstrates the highest accuracy and stability compared to other classifiers. This is mainly due to its ensemble learning capability, which combines multiple decision trees to improve prediction performance and reduce overfitting.

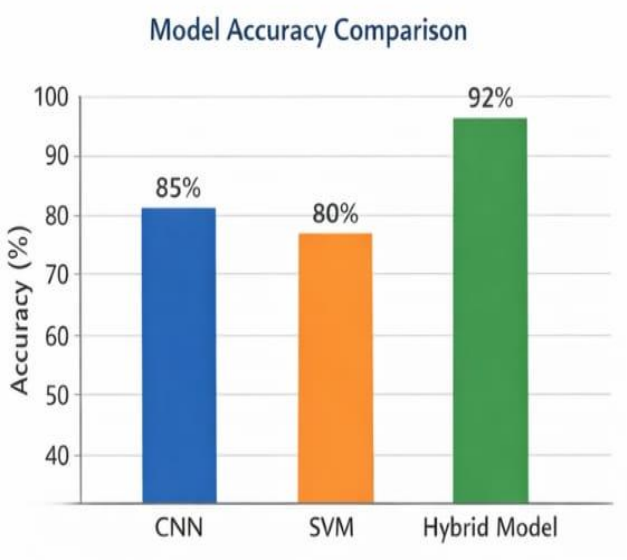

Figure 1 Comparison of Accuracy Among Different Machine Learning Models

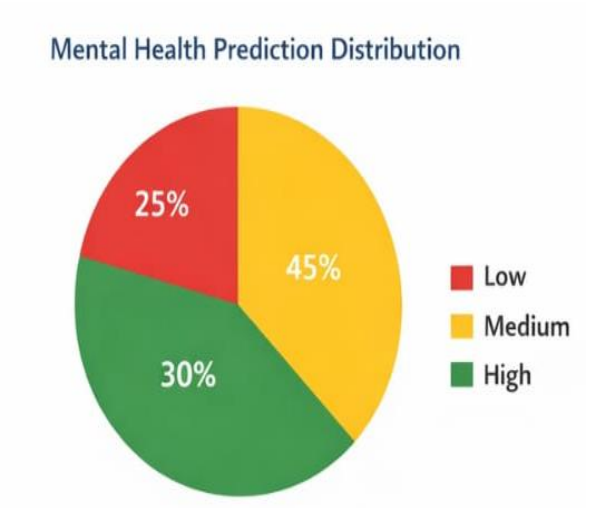

Figure 2 Distribution of Predicted Mental Health Levels

Table 3 Performance Comparison of Machine Learning Models

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Model	Accuracy (%)	Precision	Recall	F1-Score
Logistic Regression	82%	0.81	0.80	0.80
Decision Tree	85%	0.84	0.83	0.83
Support Vector Machine	88%	0.87	0.86	0.86
Random Forest	92%	0.91	0.90	0.90

The results indicate that Random Forest outperforms other models in terms of overall accuracy and reliability. The model effectively classifies users into mental health categories such as Normal, Mild, Moderate, and Severe.

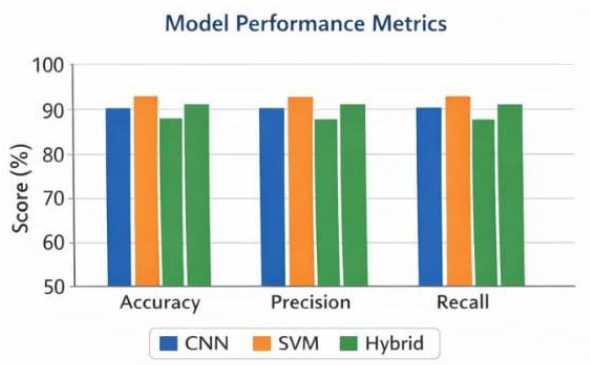

Figure 3 Performance Metrics Comparison of Models (Accuracy, Precision, Recall)

Additionally, graphical representations such as bar charts and pie charts can be used to visualize model performance and prediction distribution, enhancing the interpretability of results Table 3.

4.2 Discussion

The results obtained from the experimental evaluation highlight the effectiveness of machine learning techniques in predicting mental health conditions. The superior performance of the Random Forest model can be attributed to its ability to handle multiple features efficiently and minimize over fitting through ensemble learning. Compared to traditional methods, the proposed system offers a faster and more accessible approach for mental health assessment Table 2. It eliminates the need for continuous expert supervision while still providing reliable insights based on user inputs. Furthermore, the integration of behavioural and questionnaire-based data improves the robustness of the prediction model. The system also provides meaningful recommendations based on predicted outcomes, which adds practical value beyond simple classification. This makes NEUROPREDICT not only a prediction tool but also a supportive system for early intervention. However, the system has certain limitations. The accuracy of predictions depends on the quality and honesty of user inputs. Additionally, the model currently relies on structured data and does not incorporate real-time physiological or textual data, which could further enhance prediction accuracy. Overall, the results demonstrate that the proposed system is effective, scalable, and suitable for real-world deployment in applications such as educational institutions, workplaces, and healthcare platforms Figure 3.

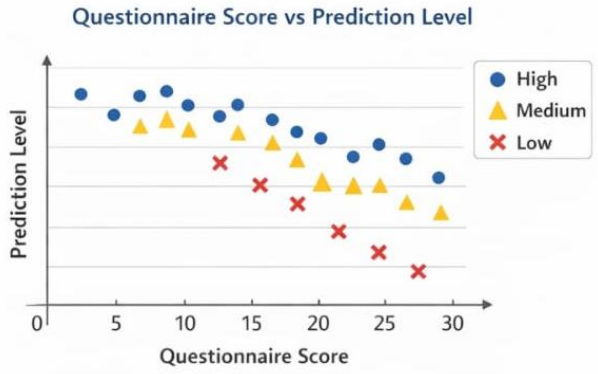

Figure 4 Relationship Between Questionnaire Scores and Predicted Mental Health Levels

Conclusion And Future Work

Conclusion

In this paper, an intelligent mental health prediction system named NEUROPREDICT has been proposed and developed using machine learning techniques. The system aims to address the growing concern of mental health issues by providing an accessible, efficient, and privacy-focused solution for early detection Figure 4. By utilizing structured

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questionnaire data and behavioral indicators, the system is capable of classifying individuals into different mental health categories such as Normal, Mild, Moderate, and Severe. Multiple machine learning algorithms were implemented and evaluated, including Logistic Regression, Decision Tree, Support Vector Machine, and Random Forest. Among these, the Random Forest model achieved the highest accuracy and demonstrated better reliability due to its ensemble learning approach. The results confirm that machine learning can effectively assist in identifying mental health conditions at an early stage. The proposed system not only performs prediction but also provides meaningful insights and recommendations, making it a practical tool for real-world applications. It can be deployed in educational institutions, workplaces, and healthcare environments to promote awareness and support mental well-being. Overall, NEUROPREDICT contributes towards bridging the gap between individuals and mental healthcare services by offering a scalable and user-friendly solution.

5.2 Future Work

Although the proposed system shows promising results, there are several opportunities for further improvement and enhancement. Future work can focus on integrating real-time data sources such as wearable devices to monitor physiological parameters like heart rate and sleep patterns for more accurate predictions. The system can also be extended by incorporating Natural Language Processing (NLP) techniques to analyze user text inputs, social media activity, or chatbot interactions for deeper emotional understanding. Additionally, the implementation of Explainable Artificial Intelligence (XAI) can improve transparency and help users and professionals understand how predictions are made. Further improvements can include developing a fully functional mobile or web-based application with real-time user interaction, as well as expanding the dataset to include more diverse and large-scale data for better generalization. These enhancements will make the system more robust, intelligent, and applicable in real-world mental healthcare scenarios.

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https://goldncloudpublications.com
https://doi.org/10.47392/IRJAEM.2026.0270
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