Jordan Medical Journal

ORIGINAL ARTICLE

Real-Time Mental Health Monitoring and Intervention Using Unsupervised Deep Learning on EEG Data

Geeta Sandeep Nadella[1*], Mohan Harish Maturi[2], Snehal Satish[3], Karthik Meduri[4], Hari Gonaygunta[5], Farheen Fatima[6]

[1,2,3,4,5] Department of Information Technology, University of the Cumberlands, Williamsburg, KY, USA

[1]IEEE Chair

[2,3,4,5] IEEE Member

*Corresponding author:

geeta.s.nadella@ieee.org

Received: April 27, 2024

Accepted: December 2, 2024

DOI:
https://doi.org/10.35516/jmj.v59i3.2593

Abstract

This paper explored the analysis of EEG signal data for real-time mental health monitoring using advanced unsupervised deep learning models. Employing algorithms such as autoencoders, Principal Component Analysis (PCA), K-means clustering, and Gaussian Mixture Models (GMM), this research aimed to uncover patterns and biomarkers indicative of various mental health conditions. The study utilized a comprehensive dataset comprising EEG signals from different brain regions, focusing on the extraction of significant features and the training of models to detect subtle yet crucial changes in brain activity. Our findings demonstrated enhanced capability for early detection of mental health issues, with improved predictive accuracy and potential for personalized therapy, underscoring a promising future for mental health care. Furthermore, the study rigorously addresses the ethical implications of using algorithmic approaches in healthcare, such as potential biases, patient privacy, and the welfare of individuals. By implementing these unsupervised deep learning models, our research offers compelling opportunities for the prevention, tailored intervention, and improved treatment outcomes in mental health care while also emphasizing the importance of navigating the ethical complexities to ensure responsible technology deployment for enhancing patient well-being and safety.

Keywords: Unsupervised Deep Learning, Gaussian Mixture Model (GMM), K-Means, EEG-Signals (Electroencephalography), Generative Adversarial Networks (GAN), Mental Health Monitoring

1. INTRODUCTION

The process of tracking someone's mental health is complex and includes both continuous observation and thorough examination. It includes a range of methods, including self-report questionnaires, standardized evaluations, clinical interviews, and assessments by caregivers or medical experts [1]. These techniques offer insightful information on the person's mental processes, state of mind, behavioral reactions, and overall effectiveness. Mental health practitioners can see patterns, trends, and possible risk factors for mental health illnesses by methodically collecting data over time.

In mental health monitoring, early diagnosis is essential since it allows for prompt action and stops mild to moderate signs from becoming more severe disorders [2]. When treated early in the course of many mental health illnesses, such as anxiety, depressive symptoms, and psychosis, treatment results are better. Psychoeducation, psychotherapy, medication handling, and referrals to professional mental health services are some of the strategies that early intervention may include [3]. Early identification also makes it possible to put coping mechanisms and preventative measures in place to lessen the likelihood of relapses or symptoms flare-ups in the years to come.

Ongoing observation guarantees that alterations in a person's mental health condition are swiftly identified and managed. Symptoms related to mental health can be dynamic and impacted by a range of circumstances, including stress, life events, taking prescribed medications, and social support [3-4]. Frequent monitoring enables medical professionals to evaluate the success of therapies, modify treatment regimens as necessary, and give patients continuous assistance in maintaining their state of mind. Constant monitoring encourages cooperative decision-making among patients, family members, and medical experts, supporting an all-encompassing approach to mental health treatment. Including mental wellness monitoring in standard medical procedures encourages early intervention, boosts the satisfaction of patients, and improves people's happiness in general. It also lessens the stigma attached to psychological illnesses by normalizing conversations about social health and getting assistance when necessary [5]. Medical facilities may more effectively allocate supplies, lower the expense of treating untreated schizophrenia, and ultimately enhance the standards of life for those who are dealing with mental health issues by giving priority to mental wellness surveillance.

1.1 Role of Real-Time Monitoring

Continuous tracking is essential to the treatment of mental health since it offers a proactive way of evaluating and treating people's mental health. Continuous assessment tracks mental well-being parameters in real-time by using technology and continuous data collecting, in contrast to traditional techniques that rely on recurrent evaluations or self-reports [5-6]. With this method, medical professionals may record dynamic shifts in acts, mood, and cognitive function as they happen, leading to more prompt interventions and individualized care. The capacity of real-time tracking to identify minute alterations or symptoms of mental health problems before they worsen into catastrophes is one of its main advantages. Wearable devices featuring sensors may monitor physiological indicators, including heart rate variability, sleep patterns, and activity levels. These markers may be related to changes in mood or stress levels [7]. People may monitor themselves and their moods, thoughts, and behaviors during the day using mobile applications and web platforms, which can provide essential insights into their mental health.

- Real-time monitoring also makes prompt actions easier by notifying caregivers or healthcare professionals of any issues as soon as they appear.
- When computer programs detect unusual or problematic patterns in incoming

data, they can produce alerts that motivate healthcare personnel to follow up with the individual and offer necessary assistance or intervention.

By tackling problems in their earliest phases, this proactive strategy can decrease hospitalizations, avert emergencies, and enhance therapeutic outcomes.

Real-time monitoring promotes greater engagement and empowerment among individuals in managing their mental health. By actively participating in self-monitoring activities and receiving timely feedback, individuals gain a better understanding of their triggers, coping strategies, and treatment progress [8]. This fosters a sense of agency and responsibility in managing their mental well-being, leading to greater adherence to treatment plans and improved self-care practices.

Real-time monitoring offers a proactive and personalized approach to mental health management by leveraging technology to track and respond to changes in real time. By detecting early warning signs, facilitating timely interventions, and empowering individuals in their mental health journey, real-time monitoring holds great promise for improving outcomes and promoting overall well-being [9].

1.2 Data Analytics in EEG Signals

The electrical signals of the scalp recorded with electrodes positioned at different points is referred to as electroencephalography, or EEG for short, data. It gives crucial information on the synchronous firing of brain neurons and offers an understanding of the patterns underlying brain activity [10]. EEG data is vital for mental health analysis since it provides a non-invasive method of evaluating the brain dynamics linked to psychiatric disorders such as attention-deficit hyperactivity disorder (ADHD), anxiety, mood disorders, and schizophrenia. Through the analysis of characteristics such as brainwave frequencies, connectivity patterns, and event-triggered potentials (ERPs), scientists and medical professionals can detect biomarkers that are suggestive of various mental health conditions or illnesses [9-10]. In regard to psychological care, this quantitative measurement tool improves diagnostic precision, therapy selection, and outcome tracking in addition to enhancing individual evaluations.

A number of factors, including the complexity and unpredictable nature of EEG data, require significant analytical approaches in order to extract relevant information from big datasets [11] effectively. The time-consuming nature of traditional EEG analysis techniques like eye examination and automated scoring hampers the capacity to detect minor patterns or relationships in the data. The results of EEG recordings may be interpreted more methodically and objectively with the use of sophisticated statistical methods such as statistics-driven approaches, predictive models, and techniques for signal processing [12]. With the aid of these procedures, pertinent aspects may be identified, various mental states and disorders can be classified, and treatment effects can be predicted with increased accuracy and dependability. These procedures may enable the identification of new biomarkers and understanding of the neuronal causes behind mental disease, resulting in more individualized and successful therapies.

The field of mental care might transform if unsupervised deep learning techniques are investigated for real-time mental health monitoring utilizing EEG data. Lacking the requirement for explicit feature development or categorization, unsupervised algorithms for deep learning, like autoencoders and GANs (generative adversarial networks), can automatically generate hierarchical representations and patterns from raw EEG data [13]. These methods allow the identification of hidden links, abnormalities, and groups consistent with various mental health states or trajectories by directly learning unconscious characteristics and architectures from the data. Unsupervised computing deep learning in real-time monitoring enables ongoing evaluation of people's brain activity patterns and early identification of alterations suggestive of a decline in mental health. It makes it easier to design applications for cell phones and portable EEG devices for self-care. And remote monitoring. Enabling people to take charge of their well-being maintenance [14]. There is much promise for improving our knowledge, diagnosis, and treatment of mental illness in a data-driven and individualized way by utilizing unsupervised deep learning algorithms for real-time observation of psychological wellness using EEG information.

1.3 Research Purpose

The goal of the study is to determine whether applying unsupervised deep learning algorithms for real-time mental health monitoring with electroencephalography (EEG) data is feasible and valuable. The purpose of this study is to address the lack of scalable, effective, and objective techniques for evaluating people's mental health, especially in the context of early identification, ongoing monitoring, and individualized treatment for mental health issues. Through the use of modern algorithms for ML (K-means-clustering, Gaussian mixture Model, PCA technique) and auto-encoders, the research aims to identify trajectories, biomarkers, and hidden patterns in EEG data that could be suggestive of different mental health illnesses or moods. The ultimate objective is to create cutting-edge computing methods and instruments that can independently interpret EEG data in real-time, identify changes from standard patterns, and promptly inform patients, family members, and medical experts of any changes. The results of this research might have a significant influence on the provision of psychological care by enabling preemptive interventions, individualized treatment plans, and better outcomes for those who suffer from mental disorders.

2. Literature Review - Mental Health Monitoring Techniques

The body of research on the use of EEG data for mental well-being analysis emphasizes how important it is as a form of non-invasive therapy that provides information on the brain dynamics connected to mental illnesses. Research has demonstrated that EEG is helpful in identifying anomalies in brainwave frequencies, connectivity patterns, and event-related potentials (ERPs) in a range of disorders related to mental health, such as ADHD, depressive disorders, anxiety, and schizophrenia [15]. While instructive, traditional EEG testing techniques lack objectivity, expansion, and effectiveness, which has led to the investigation of more sophisticated analytical approaches. In order to extract useful information from EEG data, recent research has focused more and more on utilizing machine learning algorithms, signal processing techniques, and data-driven methodologies. With the use of these techniques, pertinent biomarkers may be found, mental states can be categorized, and pharmaceutical effects can be predicted more objectively and accurately.

It is essential to keep track of mental health in order to identify possible problems immediately and give those who require assistance timely assistance [15-16]. Competent mental health monitoring has been achieved through the development of numerous methods and approaches. One strategy makes use of digital technologies for mental health, like wearable technology and mobile applications, which allow for ongoing monitoring of behavior, cognition, and physiological indicators. These devices frequently use sensors to collect information about social interactions, physical activity levels, sleep habits, and physiological fluctuation. This data can be analyzed by algorithms that employ machine learning, which can then identify trends that point to changes in mental health and provide ideas and individualized feedback [17].

Figure 1: Mental Health Monitoring Techniques

1. Subjective technique: The fundamental instruments of mental state assessment are psychological assessments, which provide a systematic but adaptable framework for comprehending people's feelings, symptoms, and past [18]. These interviews, which qualified mental health specialists carry out, enable thorough examination of the behavioral, cognitive, and emotional facets of mental health, assisting in precise evaluation and planning for therapy. Measures of Self-Report: A vast array of standard polls, investigations, and scales of assessment are included in self-report surveys, which are intended to record people's subjective experiences and opinions on their mental health. Such devices offer a practical and affordable way to track mental health over time by providing insightful data on symptom severity, functional decline, quality of life, and clinical performance.

2. Objective Technique: Using this tech to provide objective markers of arousal, tension, and emotional reactions, psychophysiological assessments evaluate the connection between body processes and psychological states. In addition to subjective assessments of mental health symptoms, measurements such as heartbeat variability (HRV), the conductance of the skin, and gaze motion offer significant information into peripheral nervous system function and emotion control [17-18]. MRI The mind's structure, functioning, and communication can be seen and measured thanks to methods of neuroimaging, including the use of electroencephalography (EEG), PET, positron emission tomography (PET), and operational magnetic resonance imaging (fMRI). These objective measurements help in diagnosis, therapy planning, and investigation concerning the deeper causes of mental disease by providing details about the neural connections of mental health disorders.

3. Digital Biomarkers-Techniques: Social networking site analysis is the process of analyzing data from online sources to find patterns in speech, actions, and interactions that are connected to mental health issues. Through the examination of users' social media postings, comments, and interactions, researchers can identify patterns that point to mental health problems, such as mood swings, social disengagement, or thoughts of suicide. This allows researchers to get real-time insights into people's mental health.

Sensors on cell phone: IPhone sensors the acceleration, GPS, and microphone—allow for the passive observation of people's movements, degrees of physical activity, social relationships, and sleep hygiene. Through the utilization of data acquired through smartphone sensors that are researchers are able to recognize behavioral indicators of mental health disorders and provide tailored interventions to enhance people's overall well-being [21]. These methods, whether neutral or subjective, provide insightful information on people's mental health conditions, enabling early identification and tailored interventions. Investigators and doctors can obtain a thorough picture of people's mental health and provide tailored help to enhance their standards of life by combining data from many sources.

2.1 Evolution of Traditional Methods

Traditional approaches to mental health monitoring have evolved in accordance with advances in procedures, technological devices, and our understanding of behavioral disorders. Conventional techniques, such as self-report questionnaires and clinical interviews, have endured as essential instruments in the evaluation of mental health. Nonetheless, a number of significant advancements have defined their progression [21].

Table1:Traditional Methods In Mental Health Monitoring (Ref. #)

Traditional Mental Health	Integrated Behavioral Health and Primary Care
50-min appointments	Brief, targeted interventions (5 to 30 min)
Asynchronous communication with other healthcare stakeholders (eg, fax a note, voice message)	Immediate communication with other members of the team: directly or within the shared EHR
Interventions often focused on mental health	Interventions focused on behavioral health: mental health, substance use, life stressors, health behaviors, and adherence to medical regimens
Clinical involvement often long term, likely to take a reflective approach	Clinical involvement focused on the moment (eg, problem and/or solution), likely to take a more active and teaching approach
Patients discharged following completion of care	Patients retained in the EHR as long as they are receiving primary care
Documentation often in narrative form: focused on telling the person's history and story	Documentation often brief, focused on problem, intervention, and plan, and located either in separate note or imbedded in physicians' notes
Must document development of thorough knowledge of client	Knowledge of patient developed by PCP in previous relationship
Assign clinical diagnosis to bill	Diagnosis often resisted or delayed to try to help the patient without a label
Individuals referred to as "clients," "consumers," or other term designed to reduce stigma	Individuals referred to as "patients" or "consumers"

EHR, electronic health record.

- **Standardize and Validate:** Conventional approaches have gone through verification and standardization procedures to guarantee validity, cross-cultural interaction applicability, and reliability [22]. The development of standardized interview techniques, diagnostic criteria, and measurement instruments has improved uniformity as well as comparability among various groups and contexts.
- **Digital Platforms and Web Apps:** Standard methods have moved from paper-and-pencil methods to digital software and platforms with the introduction of the Internet. Digital tests have several benefits that make mental wellness monitoring more practical and expandable, including simplicity of management, real-time information collecting, and automated assessing with remote access.
- **Objective Measurement Integrations:** Objective measurements, like brain imaging techniques and psychophysiological evaluations, have been progressively incorporated into conventional approaches to supplement subjective findings and improve diagnostic precision. Aside from providing additional knowledge into an individual's state of mind and response to therapy, objective assessments also reveal physiologic and biological markers of mental illness problems.

Conventional techniques have changed to include customized strategies that take into account each person's distinct traits, inclinations, and cultural upbringing [23]. Individual-centered care is achieved through customized evaluation methods and interventions that improve individual participation, relevance, and efficacy in dealing with mental health problems.

2.2 Applications of Unsupervised Deep Learning

Because unsupervised deep learning is able to extract abstractions and correlations from data that is not labeled, it constitutes a subset of artificial intelligence (AI) and artificial intelligence (AI) that has found multiple applications in a wide range of disciplines [22-23]. Among the noteworthy uses of unsupervised deep learning are applications given below:

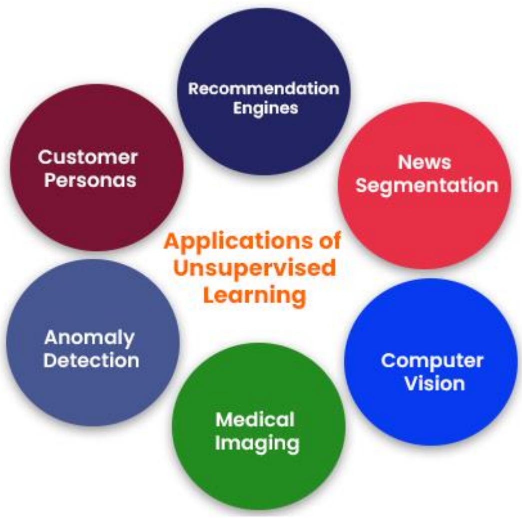

Figure 2: Application of Unsupervised DeepLearning

Figure 2 (above) represents the application of deep learning in these apps, which are used for different purposes, with various aspects given below.

- **Anomaly Detection:** Auto-encoder and variational encoders (VAEs that are) are examples of unsupervised-deep learning techniques that have applications in cybersecurity, detection of fraud, and automatic upkeep for anomaly identification [24]. By using data, these algorithms are able to rebuild typical patterns and identify aberrations that drastically depart from learned predictions.
- **Medical Imaging:** Machine learning methods are used in medical imaging to analyze and interpret pictures from various medical scans, including CT, MRI, ultrasound, and X-rays. Concurrent neural networks (CNNs), in particular, are deep learning algorithms that are used for image recognition, segmentation, anomaly or lesion detection, and picture registration [23-25]. Imaging specialists and other medical professionals can diagnose conditions more accurately and efficiently, plan treatments, and keep track of the effects on patients when they use computer vision.
- **Computer Vision /News Segments:** In order to gather sensory data, recognize objects, locations, or individuals, and comprehend the context of news stories, computer vision is applied to the analysis of television programs. Broadcast videos can be automatically processed and indexed by means of video analysis techniques such as object detection, recognizing actions, and scene perception. This makes content summarizing, classification, and retrieval easier. In addition to analyzing emotions and sentiments shown in newspaper segments, machine vision systems may additionally supply trends in journalism and public perception.
- **Recommendation English:**

Artificial intelligence (AI) is used in English systems for recommendations to analyze textual and visual content, comprehend user preferences, and suggest appropriate English-speaking materials, such as books, instruction, articles, and language acquisition materials [24-25]. Computer vision techniques are integrated with natural language processing (NLP) methods to extract features from text and images. This allows for the creation of individualized suggestions depending on the interests, skill level, and instructional objectives of the user. Systems that provide suggestions using computer vision enhancements improve user pleasure, learning results, and engagement by making personalized content predictions.

The application of machine vision in English systems for recommendation, news program analysis, and imaging for healthcare shows how versatile and impactful this technology is in a variety of fields [25]. Computer vision improves decision-making processes, technology, and consumer experiences across a range of industries by utilizing cutting-edge algorithms and methodologies, leading to breakthroughs in media outlets, healthcare, schooling, and other areas.

3. RESULTS AND DISCUSSION

3.1 Real-Time Health Monitoring Architecture

Another systematic strategy for analyzing EEG information to monitor and intervene within mental disorders is presented in the study paper "Real-Time Mental Health Monitoring" technique. This method begins with the pretreatment activities that establish a firm basis, enabling further research. These phases involve uploading the database, conducting fundamental interpretive analysis, and verifying data quality. The properties of the data are revealed through visualization for the relationship networks, and variations of statistical variables in which implement the unsupervised deep learning models like PCA Techniques, K-means, and GMM used models to produce the clustering results in the form of visualization charts and plots and drive the insight info of how EED-data points interact with each other's and design he comprehensive architecture are given to understand the flow of this research.

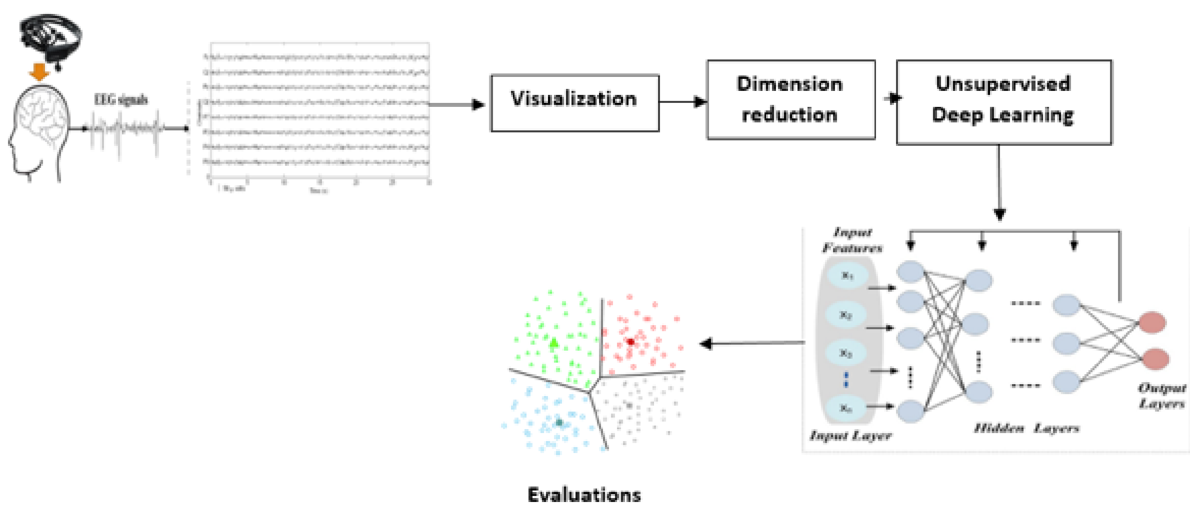

Figure 3: Proposed Mental Health Monitoring Architecture

3.2 EEG Signal Data

The electroencephalogram (EEG) signal data is arranged tabularly during the data gathering. Thirty-three columns correspond to different EEG channels, and a maximum quantity of rows can be configured to indicate different periods or recordings. Every column, which contains the function Fp1, AF3, F3, F7, FC5, FC1, C3, which is the T7, cerebral palsy5, cerebral palsy1, and so on, indicates a specific electrode site on the scalp. The number of digits in each table cell indicates the strength of the EEG signal recorded at that particular electrode site and time point. By employing microvolts of electricity (µV) to convey the electric current flowing out of the brain, these values for amplitude shed light on patterns of mental activity and function.

3.3 Health Monitoring with Unsupervised Deep Models

For the investigation of mental health, unsupervised neural network algorithms are applied to the real-time assessment of mental well-being using EEG data. The dataset is made up of 33 columns, each of which represents a distinct EEG channel and several rows that correspond to various data acquisition times. These channels capture electrical signals from different parts of the brain and reveal patterns of brain activity. which are crucial indicators of mental health issues and are quantified in microvolts (µV). In order to identify latent characteristics suggestive of mental health issues, the study analyzes electroencephalographic (EEG) recordings using unsupervised models based on deep learning, such as Gaussian mix model (GMM) and K-mean clustering. Principal component analysis, also known as PCA, lowers the EEG data's dimensionality, which facilitates the identification of crucial information.

Let X be the original dataset with n samples and m features:

$$X = \{x_1, x_2, ..., x_n\}, \text{ where } x_i \in \mathbb{R}^m$$

The goal of PCA is to find a set of k orthogonal vectors, called principal components, that capture the maximum variance in the data. These principal components are represented as $\{v_1, v_2, ..., v_k\}$, where $k \leq m$. Each principal component is a linear combination of the original features:

$$v_i = \sum_{j=1}^{m} a_{ij} x_j$$

where a_{ij} are the coefficients or loadings of the principal component v_i. The loadings are chosen such that the variance of the projected data is maximized.

Figure 4: Textual Description of Sample PCA Model

Principal Component Analysis Model: is a commonly used dimension reduction approach that is essential for deriving relevant insights from large, complicated datasets, such as EEG recordings of mental health signals. PCA is a valuable approach for streamlining the representation of seizures in the framework of mental health monitoring while maintaining vital details about patterns of neurological activity. Researchers can determine the essential elements that contribute to fluctuations in the data by using PCA to convert the original extremely complex EEG data into a space with fewer dimensions.

This decreased dimensionality helps with the display and comprehension of EEG patterns linked to various mental health conditions, in addition to improving computational performance. PCA efficiently extracts significant signal components from noise by detecting the directions of the most significant variance in the data. This improves the resilience and reliability of further studies, such as clustering algorithms that identify unique mental health groupings.

- **K-Means Clustering:** Clustering using K-means is a popular unsupervised machine learning method utilized in many domains, such as the processing of EEG signal data for mental health monitoring. K-means clustering is used to arrange comparable EEG signal patterns into discrete groups that may correlate to various mental health illnesses or states in the context of psychological health signal data. The grouping designations stabilize at convergence, the point at which this process ends. The ensuing clusters are coherent collections of EEG signal patterns that may represent various mental health conditions like stress, peacefulness, or focus.

$WCSS=\sum_{i=1}^{n}\min_{c_j\in C}\|x_i-c_j\|_2^2$:

The application of K-means clustering provides a practical and understandable method for identifying the fundamental patterns in the EEG signal data, enabling discoveries about the dynamics of mental health and supporting real-time monitoring and therapeutic activities.

- **Gaussian mixture Model:** proposes a vital instrument for evaluating data on mental condition signals, like electroencephalogram (EEG) recordings, in an environment of monitoring and intervention occurring in real-time. GMMs offer a probabilistic framework for modeling the fundamental foundation of EEG data, which naturally displays complicated and multi-modal patterns of distribution in the context of mental wellness assessment. GMMs facilitate the flexible depiction of a wide range of characteristics in the data by considering that all of the observable EEG signals originate from a blend of many Gaussian distributions. The standard deviation and covariance parameters of each Gaussian constituent in the combination model represent a particular cluster or underlying mental health status.

These machine learning models iteratively evaluate the parameters using the expectation-maximization (EM) method with the goal of maximizing the likelihood of the recorded EEG data, essentially dividing the data into clusters and allocating percentages to each data set.

3.4 Results Evaluation/Visualization of Health Monitoring System

Numerous significant discoveries that clarified the complex relationship between EEG signals and mental health were made by the health system for monitoring through the analysis of data from psychological healthcare signaling. These clusters shed essential light on the underlying brain activity linked to a range of mental health diseases. Following are the graphic representations of charts:

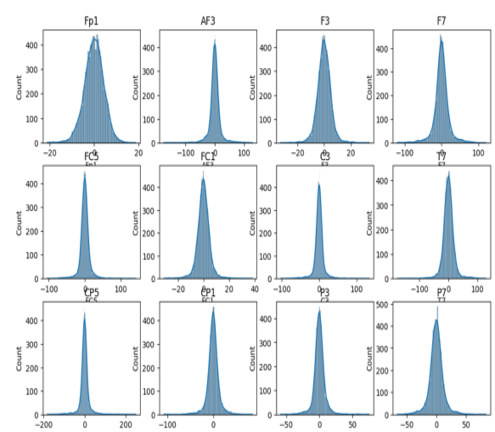

Figure 5: EEG Signal Visualization

Figure 5 shows that EEG signal data provides a complete perspective of brain activity by measuring a variety of parameters across multiple channels. Every row denotes a particular observation or incident, and every column denotes a different EEG channel. These channels record electrical activity from certain brain regions, offering important information about mental health conditions. Parameters like Fp1, AF3, F3, F7, FC5, FC1, C3, T7, CP5, CP1, and so forth are among the 33 columns of features that are taken from EEG signals. These characteristics show the electrical potentials that were measured at several scalp locations and reflect the neural activity in distinct parts of the brain. For example, the left prefrontal pole is usually represented by Fp1, and O2 typically represents the right occipital area. These characteristics cover a broad spectrum of neurological events, such as vibrations of alpha, beta, theta, and gamma waves, which are linked to various mental operations and mental conditions. Collective analysis of these variables enables the identification of recurring patterns and trends in brain activity, which in turn enables the detection of deviations or abnormalities suggestive of mental health disorders.

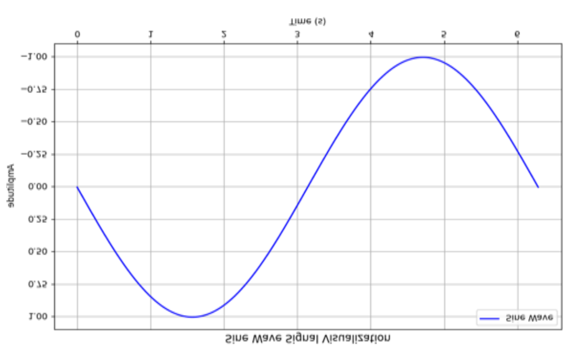

Figure 6: EEG Sine waves data

A sine wave graph in Figure 6 is shown as it relates to the EEG signal data presented. It is an electrical activity oscillation that occurs on a regular basis and is seen on several scalp electrodes or channels. A sine wave can be seen as a continuous, smooth curve with sinusoidal fluctuations throughout time. Sine waves are frequently employed in EEG data analysis to describe rhythmic neural activity patterns, including alpha, beta, theta, and gamma oscillations. The magnitude and the frequency of these sine waves, which correlate to each time of signal travel to levels, are captured by each channel in the EEG dataset.

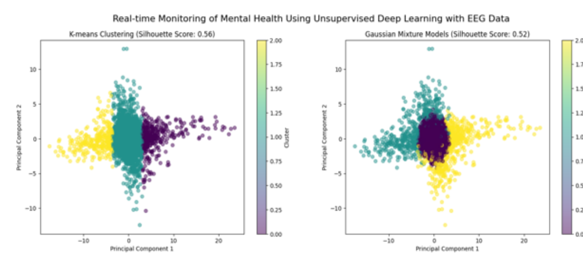

Figure 7: Clustering plots of health monitoring

In the above, figure 7 represents the cluster plots based on PCA components techniques used to make the cluster of EEG signal. There are two model plots: one is the K-means cluster, and the second is the GMM cluster plot in which one can clearly see the three different types of colors, yellow, cyan color, and purple, identifying their signals to measure a patient's health with this range of signals.

3.5 Impact on Early Intervention

The effectiveness of mental health tracking and supervision systems, especially those that use EEG data processing, is heavily dependent on early detection and intervention.

- From the beginning, the intervention's power rests in its capacity to identify minute alterations in patterns of neural activity that could portend the emergence of mental health illnesses or a worsening of pre-existing diseases.

- By using sophisticated unsupervised deep learning algorithms to train on EEG signals, these types of systems are able to recognize patterns that deviate from baseline and are linked to mental health.
- Earlier strategies for intervention can be swiftly implemented upon the detection of such aberrations.

These tactics could involve individualized interventions like cognitive-behavioral therapy, mindfulness-based activities, or medication regimens that are catered to the particular needs of the client. Early intervention lowers the likelihood of more severe symptoms or problems by facilitating preventive interventions intended to mitigate the evolution of mental health issues.

4. Ethical Considerations and Issues

Several concerns regarding ethics and possible problems come up when working with unsupervised deep learning on EEG data for real-time mental health monitoring [7-8]. Then, there is the matter of consent and privacy.

- EEG data handling must be done with extreme caution to maintain anonymity because it contains private information about a person's brain activity.
- Appropriate consent protocols ought to be established, and people ought to be apprised of the purposes and accessibility of their data. The possibility of algorithmic prejudice exists.
- Because deep learning algorithms mostly rely on the training data, biased or non-representative training data may result in discriminatory predictions or judgments.
- This is especially troubling in the context of mental health monitoring since appropriate diagnosis and treatment depend on fair and accurate assessments.

There exists the possibility of results being misused or misinterpreted. Because deep learning models are intricate, it may not always be easy to understand the results. Misdiagnosis or misclassification could occur if qualified experts do not thoroughly verify the results.

5. CONCLUSIONS

The possibilities and obstacles arise when using unsupervised deep learning on EEG data for real-time mental health monitoring. There is a lot of promise for early detection, individualized care, and better patient outcomes with this creative strategy. Through the examination of EEG data, patterns and biomarkers linked to different mental health problems can be found, allowing for prompt support and intervention. Given the moral ramifications and possible hazards, it is imperative to proceed cautiously in this area. Problems relating to algorithmic bias, privacy, misinterpretation of results, and data security must be addressed, to ensure the ethical use of this technology. Establishing guidelines, protocols, and standards that put patient safety, confidentiality, and well-being first requires cooperation between researchers, physicians, ethicists, and officials. The advantages of employing unsupervised deep learning for real-time mental health monitoring are substantial, notwithstanding certain obstacles to be addressed. By offering prompt assistance and support to those who require it most, this technology has the potential to completely transform mental health treatment when ethical standards are carefully considered and strong protections are put in place.

ACKNOWLEDGEMENT

We extend our deepest gratitude to Dr. Steven Brown, Dr. Michalina Hendon, and

Dr. Nathan Hamblin at the University of the Cumberlands for their invaluable support and guidance throughout our research. Their expertise, encouragement, and constructive feedback have been instrumental in shaping this work. We could not have completed this paper without their continuous encouragement and insightful mentorship. Thank you for your unwavering commitment to our success.

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مراقبة الصحة العقلية في الوقت الفعلي والتدخل باستخدام التعلم العميق غير الخاضع للرقابة على بيانات مخطط كهربية الدماغ

جيتا سانديب نادیلا [1]، موهان هاریش ماتوري [2]، سنيهال ساتيش [3]، كارثيك ميدوري ، [4]هاري جونايجونتا ، فرحين فاطمة [6]

[1] قسم تكنولوجيا المعلومات، جامعة كمبرلاندز ، ويليامزبيرج، كنتاكي، الولايات المتحدة الأمريكية

[2]رئيس معهد مهندسي الكهرباء والإلكترونيات

[3]عضو في معهد مهندسي الكهرباء والإلكترونيات

Received: April 27, 2024

Accepted: December 2, 2024

DOI: https://doi.org/10.35516/jmj.v59i3.2593

الملخص

الخلفية والاهداف: تهدف هذه الدراسة تحليل بيانات إشارة تخطيط كهربية الدماغ (EEG) لمراقبة الصحة العقلية في الوقت الفعلي باستخدام نماذج التعلم العميق المتقدمة غير الخاضعة للرقابة .باستخدام خوارزميات مثل أجهزة التشفير التلقائي، وتحليل المكونات الرئيسية (PCA)، وتجميع وسائل K، ونماذج الخليط الغوسي (GMM)، يهدف هذا البحث إلى الكشف عن الأنماط والمؤشرات الحيوية التي تشير إلى حالات الصحة العقلية المختلفة

منهجية الدراسة: .تستخدم الدراسة مجموعة بيانات شاملة تشتمل على إشارات تخطيط كهربية الدماغ (EEG) من مناطق مختلفة في الدماغ، مع التركيز على استخلاص الميزات المهمة وتدريب النماذج لاكتشاف التغيرات الدقيقة والحاسمة في نشاط الدماغ .

النتائج: تظهر النتائج التي توصلنا إليها تعزيز القدرة على الكشف المبكر عن مشاكل الصحة العقلية، مع تحسين الدقة التنبؤية وإمكانية العلاج الشخصي، مما يؤكد مستقبل واعد لرعاية الصحة العقلية .علاوة على ذلك، تتناول الدراسة بدقة الآثار الأخلاقية لاستخدام الأساليب الخوارزمية في الرعاية الصحية، مثل التحيزات المحتملة، وخصوصية المريض، ورفاهية الأفراد .

الاستنتاجات: من خلال تنفيذ نماذج التعلم العميق غير الخاضعة للرقابة، يوفر بحثنا فرصًا مقنعة للوقاية والتدخل المخصص وتحسين نتائج العلاج في رعاية الصحة العقلية مع التأكيد أيضًا على أهمية التغلب على التعقيدات الأخلاقية لضمان نشر التكنولوجيا المسؤولة لتعزيز رفاهية المرضى و أمان

الكلمات الدالة: التعلم العميق غير الخاضع للإشراف ، نموذج الخليط الغاوسي (GMM)، وسائل K ، إشارات EEG (تخطيط كهربية الدماغ) ، شبكات الخصومة التوليدية (GAN)، مراقبة الصحة العقلية.