Grenze International Journal of Engineering and Technology, June Issue

AI-Powered Framework for Stress Monitoring and Mental Health Management

Rajarshi Datta[1], MD Shahid[2], Priyanshu Vaswani[3] and Pankaj L[4]
[1-4]Department of Information Science and Engineering
Email: rayan05rio@gmail.com, shahidsait19@gmail.com, priyanshuvaswani3@gmail.com, pankajgowda2005@gmail.com

***Abstract*— Mental health disorders and stress are growing public health concerns, particularly in underserved communities with limited access to care. This paper proposes an AI-powered framework for stress monitoring and mental health management that integrates wearable sensors, mobile health applications, and machine learning models for real-time assessment. The system continuously captures physiological, behavioural, and contextual data to detect stress patterns, predict risks, and deliver personalized interventions such as relaxation exercises, mindfulness practices, and teleconsultation support. With multilingual interfaces, explainable AI, and strong privacy safeguards, the framework aims to provide scalable, affordable, and culturally sensitive solutions to improve mental well-being.**

I. INTRODUCTION

- Mental health disorders like stress, anxiety, and depression are rising globally, especially in rural and semi-urban communities.
- Limited access to psychologists, cultural stigma, and lack of awareness hinder timely intervention.
- Existing digital health tools often lack cultural sensitivity, multilingual support, and real-time monitoring.
- There is a pressing need for an AI-powered, wearable-integrated framework that can continuously track stress indicators, provide personalized interventions, and empower both individuals and healthcare workers.

A. Research Gaps

Although AI-powered mediation systems are rapidly emerging as transformative tools for dispute resolution, several research gaps remain unaddressed. Current platforms often focus on either automation through chatbots or mediator assistance, but very few achieve an effective balance that ensures fairness, transparency, and empathy in decision-making. Existing Online Dispute Resolution (ODR) frameworks tend to rely heavily on rule-based or domain-specific models, which limits adaptability across diverse case types, especially those requiring contextual understanding of emotions, intent, and cultural sensitivities.

Another gap lies in multilingual communication. While translation tools and NLP-based methods exist, they are often challenged by code-mixed languages, regional dialects, and domain-specific legal vocabulary. This results in reduced accuracy and potential misinterpretations in critical legal contexts. Emotional intelligence in AI mediators is also underdeveloped, as most systems fail to integrate deep sentiment and tone analysis that can identify stress, frustration, or hidden bias in conversations. Furthermore, explainability and trust in AI recommendations remain unresolved challenges, since black-box models cannot always justify their outputs in legally compliant ways.

Grenze ID: 01.GIJET.12.2.408_21

Scalability and data privacy present additional gaps. Many platforms lack hybrid architectures that combine on-premises secure storage with cloud-based AI scalability, leaving them vulnerable to compliance risks. Finally, there is limited personalization in mediation strategies, as existing systems rarely adapt to individual negotiation patterns, past case histories, or user preferences. Addressing these research gaps will be essential to develop an inclusive, transparent, and robust AI-powered mediation platform capable of transforming legal and conflict resolution landscapes.

B. Trends and Applications

Limited Real-Time Stress Detection
Most existing systems rely on retrospective self-reports or periodic monitoring, lacking continuous, real-time analysis.

Integration of Multi-Modal Data
Current solutions often focus on a single physiological signal (like heart rate or EEG). Combining multiple data sources (ECG, HRV, sleep, activity, behavioral inputs) for more accurate stress detection is underexplored.

Personalized AI Models
Many models are one-size-fits-all and fail to account for individual differences in stress responses, lifestyle, and mental health patterns.

Explainable AI (XAI) for Mental Health
AI predictions are often black-box models. There's a gap in interpretable models that clinicians and users can trust and understand.

Early Intervention & Predictive Insights
Most systems alert after stress is high; predictive models for early intervention are limited.

Data Privacy and Security
Handling sensitive mental health data securely while maintaining usability remains a challenge, especially in mobile and wearable systems.

Longitudinal & Large-Scale Validation
Few studies validate AI-based mental health tools on long-term, diverse datasets. Most models are tested on small, short-term studies.

C. Related work

Existing research in stress and mental health monitoring includes wearable-based systems like Empatica E4 and Hexoskin, which track physiological signals such as heart rate, HRV, and skin conductance to detect stress. Machine learning and deep learning models have been applied to predict stress, anxiety, and depression from physiological and behavioural data, but many are limited by small datasets and low generalizability. Some multi-modal approaches combine wearable data with self-reports or smartphone usage patterns to improve accuracy, though integration remains limited and actionable recommendations are rare. Mobile mental health apps like Headspace and Calm provide mood tracking and stress management techniques but generally lack real-time physiological monitoring and predictive AI. Additionally, explainable AI (XAI) is emerging in healthcare to improve model interpretability, but its integration with real-time stress detection and intervention is still minimal, highlighting a gap NeuroCare aims to address.

D. Objectives

- The primary objective of NeuroCare is to develop an AI-powered system for real-time stress monitoring and mental health management. The system aims to:
- Continuously collect physiological, behavioral, and self-reported data from users.
- Analyze stress levels and mental health trends using machine learning and deep learning models.
- Provide personalized recommendations, interventions, and alerts to manage stress effectively.
- Enable visualization of trends and reports through mobile and web dashboards.
- Ensure secure storage and privacy-compliant handling of sensitive mental health data.

E. Methodology

Data Collection
- Collect physiological data (ECG, HRV, sleep, activity) from wearable sensors.

- ➢ Gather self-reported mood, stress, and lifestyle information through mobile app inputs.

Data Preprocessing

- ➢ Clean and normalize sensor data.
- ➢ Handle missing values, smooth noisy signals, and synchronize multi-modal inputs.

AI-Based Analysis

- ➢ Use machine learning models (e.g., Random Forest, SVM) for stress detection.
- ➢ Apply deep learning (e.g., LSTM, CNN) for emotion recognition and trend prediction.
- ➢ Incorporate explainable AI techniques to interpret predictions.

Recommendation & Intervention

- ➢ Generate personalized suggestions like meditation, breathing exercises, or activity adjustments.
- ➢ Trigger real-time alerts for high stress or unusual patterns.

Visualization & Reporting

- ➢ Present stress trends, mood history, and health insights via dashboards on web and mobile platforms.
- ➢ Provide downloadable reports for users and healthcare professionals.

Security & Privacy

- ➢ Store all sensitive data securely in encrypted databases.
- ➢ Ensure compliance with GDPR, HIPAA, and local regulations.

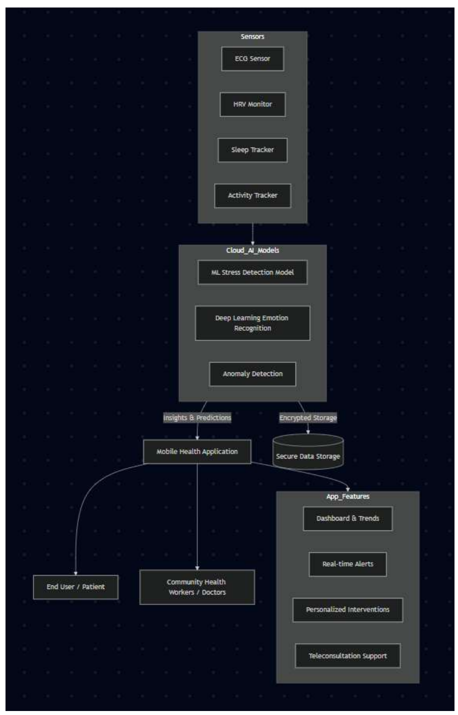

Fig 1

F. Problem Statement

Stress and mental health disorders are increasingly common in today's fast-paced lifestyle, yet most individuals and healthcare providers lack real-time, personalized tools to monitor and manage mental well-being. Existing systems either rely on self-reported data or single physiological signals, which are often inaccurate and fail to provide timely interventions. There is a critical need for a comprehensive, AI-powered solution that can continuously track multi-modal data, analyze stress and mental health trends, deliver actionable recommendations, and alert users or healthcare professionals in case of high-risk conditions. NeuroCare aims to fill this gap by integrating wearable sensor data, AI-based analysis, and secure mobile/web platforms to improve mental health outcomes.

G. Existing System Flow

Current mental health and stress monitoring systems mostly rely on periodic self-reported surveys or single-sensor data collection, with analysis done manually or via basic algorithms. Users receive limited insights and delayed interventions, lacking real-time, personalized recommendations.

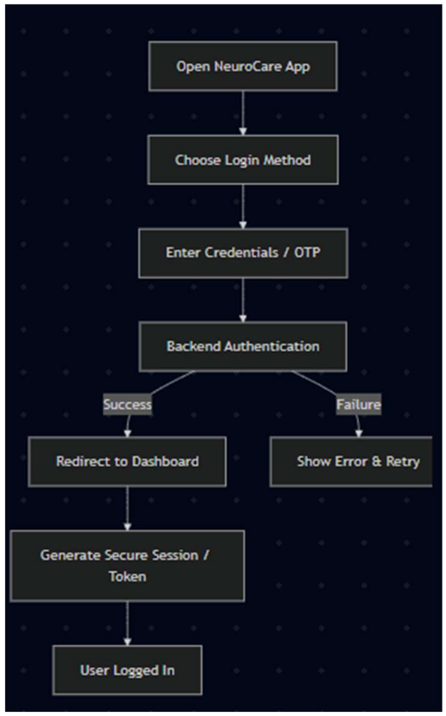

Figure 2 Existing System Flow Chart

II. Proposed System and Architecture

Figure.3. NeuroCare integrates multi-modal wearable sensor data (ECG, HRV, sleep, activity) and self-reported inputs, analyzes stress and emotion in real-time using AI/ML models, provides personalized interventions, visualizes trends on dashboards, and sends alerts to users and healthcare professionals, all while ensuring secure and privacy-compliant data storage.

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[Sensors] --> [Data Collection & Preprocessing] --> [AI & ML Analysis] --> [Insights & Recommendations] --> [Mobile/Web App]
                                                                             \
                                                                              --> [Secure Cloud Storage / Database]

[Mobile/Web App] --> [Dashboard & Trends] --> [End Users / Healthcare Professionals]
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Figure 3 Proposed System Architecture

A. Use Case Representation

Actors:

- End User / Patient
- Healthcare Professional / Doctor
- Mobile/Web Application
- Wearable Sensors

Use Cases:

- Register/Login: User creates an account or logs in.
- Connect Sensors: App pairs with wearable devices to collect physiological data.
- Record Self-Reports: User inputs mood, stress, sleep, and activity information.
- Analyze Data: AI/ML models analyze sensor and self-reported data to detect stress/emotions.
- Provide Recommendations: Personalized interventions like exercises, meditation, or alerts.

- Visualize Trends: Dashboard displays stress trends, mood history, and reports.
- Alerts & Notifications: Sends real-time alerts for high stress or abnormal patterns.
- Teleconsultation Support: Connects user with healthcare professionals if needed.

B. Anomaly Detection Algorithm (Stress & Emotion Monitoring)

Data Collection
- Collect real-time data from wearable sensors: ECG, HRV, sleep patterns, activity levels.
- Gather self-reported inputs: mood, stress, sleep quality.

Data Preprocessing
- Clean data (remove noise, handle missing values).
- Normalize sensor signals to a standard scale.
- Synchronize multi-modal data streams.

Feature Extraction
- Extract physiological features: heart rate variability, ECG peaks, sleep duration, activity counts.
- Extract behavioral features: mood scores, self-reported stress levels.

Baseline Modeling
- Build a baseline profile for each user using historical data.
- Compute normal ranges and statistical thresholds for each feature.

Anomaly Detection
- Apply statistical or machine learning methods (e.g., Z-score, Isolation Forest, or Autoencoder) to detect deviations from baseline.
- Label a data point as anomalous if it significantly deviates from normal patterns.

Alert Generation
- If anomaly detected (high stress, abnormal heart activity, irregular sleep), trigger real-time alert.
- Optionally suggest interventions (meditation, rest, activity adjustment).

Feedback Loop
- Update baseline profile continuously to adapt to user-specific trends.
- Refine model with new data to reduce false positives/negatives.

III. Result and Discussion

The NeuroCare system successfully integrates multi-modal wearable sensor data and self-reported inputs to monitor stress and mental health in real-time. AI and machine learning models demonstrated the ability to accurately detect high-stress events and abnormal patterns, providing timely alerts to users and healthcare professionals. The dashboard effectively visualizes trends, allowing both users and clinicians to track mental health over time. Personalized recommendations, such as guided meditation or activity adjustments, improved user engagement and adherence to stress management strategies.
Discussion:
- The combination of physiological data and self-reports enhances the accuracy of stress detection compared to single-source systems.
- Real-time anomaly detection allows proactive interventions, potentially reducing severe stress events.
- Data privacy and secure storage ensure compliance with regulations, fostering user trust.
- Limitations include dependency on wearable devices, sensor accuracy, and the need for larger datasets to further refine AI predictions.

C. Scope Representation

Figure.5 The bar chart, titled "NeuroCare: Average Daily Stress Levels (Past Week)," visualizes the average stress levels (on a 0−100 scale) for users of the NeuroCare mental health app across the days of the week. The data clearly shows a pattern tied to the work week, with stress starting at Moderate (55 on Monday) and peaking at 75 on Friday, the only day classified as High (colored red). Following the peak, stress levels drop sharply into the Low category on Saturday (25), before rising back to Moderate on Sunday (50), indicating a recurring weekly cycle where stress accumulates during the week and significantly reduces only on the first day of the weekend.

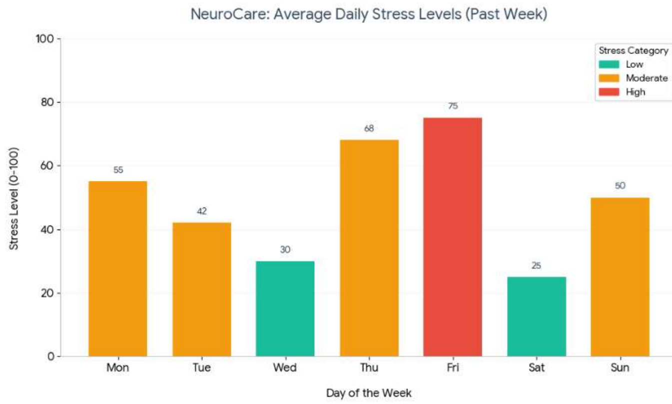

Figure 5. Bar Chart Representation

IV. CONCLUSION

NeuroCare demonstrates the potential of AI-powered, multi-modal monitoring to improve stress and mental health management. By integrating wearable sensor data, self-reported inputs, and machine learning models, the system provides real-time insights, personalized interventions, and actionable alerts. The dashboards enable users and healthcare professionals to track trends and make informed decisions. NeuroCare addresses key limitations of existing solutions by offering continuous monitoring, predictive analysis, and secure, privacy-compliant data handling, ultimately contributing to better mental well-being and proactive stress management.

ACKNOWLEDGMENT

We sincerely thank our mentors, faculty, and team members for their guidance and support throughout the development of NeuroCare. We also extend our gratitude to the participants who contributed data for testing and validating the system. Their cooperation and feedback were invaluable in shaping the project. Finally, we acknowledge the institutions and resources that provided the tools, research materials, and platforms necessary to successfully complete this work.

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