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# Depression Detection In Social Media User Using Deep Learning

**Dr. S. Sridharan[1]*, S. Aishwarya[2], S.P. Aishwarya[3], S. Santhiya[4]**

[1]*Department of Computer Science and Engineering University College of Engineering Thirukkuvalai, Tamil Nadu, India sridharanauttc@gmail.com
[2]Department of Computer Science and Engineering University College of Engineering Thirukkuvalai, Tamil Nadu, India aishwaryameenakshi03@gmail.com
[3]Department of Computer Science and Engineering University College of Engineering Thirukkuvalai, Tamil Nadu, India aishwaryasp04@gmail.com
[4]Department of Computer Science and Engineering University College of Engineering Thirukkuvalai, Tamil Nadu, India santhiyasankar473@gmail.com

**Abstract**
Depression is a very severe and grave mental disorder, which is affecting most of the population nowadays because of various reasons like stress at work, school, college, personal life, other diseases, etc. It is also called as Major depressive disorder. Depression is a significant mental health concern that affects a vast number of individuals worldwide. With the rise of social media, people often express their emotions and struggles through online platforms, providing an opportunity for early depression detection using advanced computational techniques.
This project proposes a deep learning-based approach using Long Short-Term Memory (LSTM) networks to analyze user-generated content and identify depressive tendencies. The system is designed to classify words related to depression in social media posts and provide automated motivational responses to users. The proposed system enhances mental health support by generating link-based alerts for the user's most interacted social media friends when severe depressive content is detected. This feature ensures timely awareness and potential intervention from close contacts, offering a supportive network for individuals at risk. By integrating LSTM-based classification with real-time monitoring and social connectivity, this project aims to provide a scalable and non-intrusive method for depression detection and mental health awareness in the digital age.

## Introduction

In exploring the intricacies of mental health, one cannot overlook the profound impact of depression, a pervasive condition that affects millions worldwide. The journey into understanding depression begins with an acknowledgment of its historical significance. Often referred to as the "common cold" of mental illness, depression has been a companion to humanity throughout the ages, though only recently receiving the attention and understanding it deserves. From the melancholic descriptions of ancient philosophers to the modern diagnostic criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM), depression has left an indelible mark on the human experience.
Its manifestations range from mild episodes of sadness to debilitating states of despair, disrupting not only individual lives but also societal structures. This introduction aims to unravel the complexities of depression, shedding light on its etiology, symptoms, and treatment modalities, while emphasizing the urgent need for increased awareness and support systems.
Transitioning from the historical context to contemporary healthcare, the focus shifts towards the pivotal role of early detection in combating depression. Despite its prevalence, depression often lurks in the shadows of silence and stigma, evading detection until it reaches critical stages. Thus, the second part of this introduction delves into the significance of proactive screening and detection methods.
Through advancements in psychological assessments, biomarkers, and digital technologies, healthcare professionals are now equipped with a diverse array of tools to identify depression at its onset. However, challenges persist, ranging from the subjective nature of mental health assessments to the disparities in access to healthcare services. As such, this section will explore not only the innovations driving depression detection but also the barriers hindering widespread adoption. Ultimately, by elucidating the importance of early intervention and highlighting emerging strategies, this introduction seeks to catalyze efforts towards a future where depression is identified and addressed with compassion and efficacy.

## Artificial intelligence and Depression detection

Notably, research conducted in Mexico revealed that young adults (those aged 15 to 25) exhibit higher levels of depressive moods and suicidal thoughts; in other words, 81.1% of people who exhibit suicidal thoughts and 67.3% of people who have attempted suicide have depression. In a similar vein, those who suffer from mental illness frequently post about it on social media in an attempt to find solace. Research on using social media to better understand behavioral health diseases is still in its early stages, though.

University students' web activity patterns were examined in because they might be a sign of sadness.In a similar vein, demonstrated how Facebook status updates could disclose signs of depressed episodes. Some variations have been observed, including the increased usage of first-person pronouns and words expressing anger and negative emotions by depressed users.

Because of this, depression has been linked to the usage of linguistic markers like first-person pronouns more frequently. Numerous additional studies on language and depression have only examined written essays or spontaneous speech in clinical settings.

Following this example, other studies have suggested novel approaches to gather textual content provided by individuals with a diagnosis of depression. There aren't any publicly accessible sources, though.This is due to the fact that social networking sites like Facebook and Twitter, which forbid redistribution, are frequently the source of the text. Therefore, these earlier research point us in the direction of identifying depression in social networks as a preventative measure for suicide. Traditionally, surveys have been used as the primary method in social network-based mental health research, with the number of users being restricted to those who successfully finish the questionnaire.

**Analysis of sentiments**

Feeling is typically used to describe a sentiment (emotion) or a way of thinking (opinion) about something. One of the most well-known jobs in sentiment analysis (SA) is polarity identification, which can be summarized as the classification issue below: Given a text T as input, ascertain whether it has a positive, negative, or neutral opinion based on its content. Afterward, ascertain a force parameter that shows the proportion of the content that is positive or negative. In a variety of scenarios, including product or service reviews and political forecasting, this sentiment analysis job is frequently employed.

Recently, medical and psychological research has taken center stage, with the task of identifying emotions being conducted on social networks, forums, and chat rooms. Data on social media platforms like Facebook and Twitter,

where individuals instantly share their thoughts and views, present novel and unique difficulties. Initially, it appears that research can be separated into lexical-based and supervised approaches. While lexicon-based approaches use pre-established lexicons of previously weighted words to determine the sentiment's tendency in a text based on the feelings expressed, supervised approaches rely on training classifiers like Naive Bayes, Vector Support Machines, and Random Forest.

**Algorithm Used**

Long Short-Term Memory (LSTM) networks have proven to be highly effective for sequential data processing. LSTMs are a special type of recurrent neural network (RNN) designed to overcome the vanishing gradient problem and retain long-term dependencies. Due to their ability to store and process past information, they have become a popular choice for tasks such as speech recognition, sentiment analysis, and financial forecasting.

LSTM networks consist of memory cells equipped with input, output, and forget gates that regulate the flow of information. Unlike traditional RNNs, which struggle with long-range dependencies, LSTMs can selectively retain or discard information over extended time intervals. This makes them particularly useful in tasks where context and sequence order are essential. In the domain of text processing, LSTMs have been widely applied to sentiment analysis, machine translation, and chatbot development. Additionally, advancements such as bidirectional LSTMs and attention mechanisms have further improved the performance of deep learning models, allowing them to better capture complex relationships in data. With ongoing research, LSTMs continue to be a fundamental building block for modern deep learning applications allowing them to better capture complex relationships in data.

**Objective**

To develop an intelligent and automated system for detecting depression through social media content using deep learning techniques, specifically Long Short-Term Memory (LSTM) networks. By analyzing user- generated text, the system aims to classify depressive expressions and provide instant motivational responses to users, fostering mental health awareness and support. The project seeks to enhance social intervention by generating link-based alerts for the user's most interacted social media friends when significant depressive content is detected. This feature ensures that individuals at risk receive timely support from their social network, facilitating early intervention and potentially reducing the severity of depression. The ultimate goal is to create a scalable, non-intrusive, and efficient tool that integrates real- time monitoring, deep learning-based classification, and social connectivity to contribute to mental health awareness and proactive mental health care in the digital age.

Depression is a serious mental health disorder that affects millions of people worldwide. However, due to societal stigma, lack of awareness, and limited access to professional help, many individuals do not seek timely intervention. Traditional diagnostic methods rely heavily on self-reporting and clinical assessments, which may not be sufficient for early detection. With the increasing use of social media, individuals often express their emotions and mental states online, providing an opportunity to identify signs of depression through their digital footprint.

This project aims to address the challenge of early depression detection by leveraging deep learning LSTM models and natural language processing techniques. By analyzing user-generated content on social media platforms, the system will identify linguistic patterns, sentiment shifts, and contextualcues associated with depressive symptoms. The goal is to develop an automated, scalable, and non-intrusive solution that can assist mental health professionals in identifying at-risk individuals, facilitating early intervention, and ultimately reducing the impact of depression on individuals and society.

## Literature Survey

### Depression Detection Using Multimodal Analysis with Chabot

In [1] et al Archana Sharma Depression, a widespread psychiatric disorder affecting people globally, spans all age groups, predominantly impacting adults. This bipolar disorder characterized by symptoms including pessimism, hopelessness, anhedonia, and sadness, significantly influences lives, contributing to depression. Our paper proposes a multi-model approach for depression detection, utilizing facial expression analysis, audio evaluation, and user text input through deep learning algorithms, alongside an intelligent chatbot for personalized support. This hybrid model integrates facial expressions, audio features, and textual input for a comprehensive approach to depression detection. The methodology includes four key

objectives: a CNN model for real-time or pre-recorded video facial expression analysis, audio evaluation using an NLP algorithm to transcribe users' voices, text-based analysis uncovering linguistic patterns and emotional context, and Multimodal Fusion integrating outputs for a unified multimodal approach. The intelligent chatbot encourages users to share emotions openly, enhancing the system's accuracy in identifying individuals at risk of depression. Results demonstrate the fusion's contribution to early depression detection, enabling timely interventions and improving accuracy, efficiency, and overall performance.

### Narrative Review on Depression Detection in Online Social Media

Viraj Rajderkar; Aruna Bhat [2] et al This narrative review examines the research papers published between 2017 and 2022 that investigate depression detection through the analysis of social media. The review comprises a thorough search of databases of five prominent digital libraries with the goal of identifying high-quality research contributions pertaining to the identification of depression. After that, ten pertinent papers were chosen and carefully examined. In the papers that we have examined, the most common way that data is collected is by using the APIs of social media platforms, with Twitter being the most used platform for this purpose. Term Frequency-Inverse Document Frequency technique was most frequently used to extract speech features. The studies discuss the relationship between mental health issues and public health risks in the setting of depression detection. Additionally, they demonstrate how the use of deep learning and ML algorithms can consistently aid in recognizing and reducing the difficulties presented by psychological disorders such as depression, hence improving public health management.

### Multimodal depression detection using deep learning in the workplace

In B. Manjulatha; Suresh Pabboju [3] et al Stress, followed by depression has become the most common phenomenon in modern work environment. Early detection of depression is important to avoid health degradation and prevent suicide tendencies. Noninvasive monitoring of stress level is effective at screening stage. Many methods based on visual cues, audio feeds and text messages have been used for noninvasive monitoring. In individual modalities, the accuracy is low and false positives are high. This study proposed a multimodal depression classification system based on deep learning. The proposed solution integrates visual, speech and text feeds and extracts deep learning features from these feeds. The features are classified into emotions and temporal emotion variability, and the depression level is classified.

### Fusing Multi-Level Features from Audio and Contextual Sentence Embedding from Text for Interview-Based Depression Detection

In Junqi Xue; Ruihan Qin [4] et al Automatic depression detection based on audio and text representations from participants' interviews has attracted widespread attention. However, most of previous researches only used one type of feature of one single modality for depression detection, so that the rich information of audio and text from interviews has not been fully utilized. Moreover, an effective multi-modal fusion approach to leverage the independence among audio and text representations is still lacking. To address these problems, we propose a multi-modal fusion depression detection model based on the interaction of multilevel audio features and text sentence embedding. Specifically, we first extract Low-Level Descriptors (LLDs), mel-spectrogram features, and wav2vec features from the audio. Then we design a Multi-level Audio Features Interaction Module (MAFIM) to fuse these three levels of features for a comprehensive audio representation. For interview text, we use pre-trained BERT to extract sentence-level embedding. Further, to effectively fuse audio and text representations, we design a Channel Attention-based Multi-modal Fusion Module (CAMFM) by taking into account the independence and correlation between two different modalities. Our proposed model shows better performance on two datasets, DAIC-WOZ and EATD-Corpus, than existing methods, so it has a high potential to be applied for interview-based depression detection in practice.

**Promoting Independence of Depression and Speaker Features for Speaker Disentanglement in Speech-Based Depression Detection**

In Lishi Zuo; Man-Wai Mak [5] et al Recent studies have demonstrated the effectiveness of speaker disentanglement in mitigating the interference caused by speaker features in speech-based depression detection. However, the inherent entanglement between depression features and speaker features poses challenges to depression detection. In this study, we propose a mutual information-based speaker-invariant depression detector (MI-SIDD) that aims to promote independence between depression and speaker features to facilitate speaker disentanglement. Specifically, we disentangle the speaker features using a vanilla autoencoder with a well-tuned bottleneck layer and minimize the mutual information between depression and speaker features using a conditional mutual information constraint. Experimental results demonstrate the effectiveness of speaker disentanglement and the promotion of independence between depression and speaker features. Our MI-SIDD model achieves competitive performance compared to state-of-the-art methods on the DAIC-WOZ dataset.

**Multi-Modal and Multi-Task Depression Detection with Sentiment Assistance**

In Shiyu Teng; Shurong Chai [6] Depression, a multifaceted mental health disorder, is characterized by persistent feelings of sorrow, hopelessness, and a pervasive loss of interest or pleasure in once-enjoyed activities. It often manifests with physical and cognitive symptoms, including alterations in appetite and sleep patterns, overwhelming fatigue, difficulty in maintaining focus, and recurrent contemplations of death or suicide. Psychological research has unveiled a profound connection between depressive emotions, the expression of those emotions, and their perception. This intricate relationship underscores the paramount importance of comprehending how individuals with depression both undergo and convey their emotional experiences. This study enhances the precision of depression detection through a multimodal, multi-task learning approach. It combines the depression detection dataset(the AVEC 2019 Detecting Depression with AI Sub-challenge_with the sentiment analysis dataset, CMU-MOSEI. By harnessing emotional data, this method significantly augments the accuracy of depression detection

**Depression Detection Using an Automatic Sleep Staging Method with an Interpretable Channel-Temporal Attention**

MechanismIn Jiahui Pan; Jie Liu; Jianhao Zhang [7] et al Despite previous efforts in depression detection studies, there is a scarcity of research on automatic depression detection using sleep structure, and several challenges remain: 1) how to apply sleep staging to detect depression and distinguish easily misjudged classes and 2) how to adaptively capture attentive channel- dimensional information to enhance the interpretability of sleep staging

methods. To address these challenges, an automatic sleep staging method based on a channel–temporal attention mechanism and a depression

detection method based on sleep structure features are proposed. In sleep staging, a temporal attention mechanism is adopted to update the feature matrix, confidence scores are estimated for each sleep stage, the weight of each channel is adjusted based on these scores, and the final results are

obtained through a temporal convolutional network. In depression detection, seven sleep structure features based on the results of sleep staging are

extracted for depression detection between unipolar depressive disorder (UDD) patients, bipolar disorder (BD) patients and healthy subjects. Experiments demonstrate the effectiveness of the proposed approaches, and the visualization of the channel attention mechanism illustrates the interpretability of our method. Additionally, this is the first attempt to employ sleep structure features to automatically detect UDD and BD in patients.

**Depression Detection Using Chaotic Features of EEG Signals and CNN** ModelIn Seyede Zohreh Sadredini; Maryam Mohebbi [8]Depression is a common mental condition often diagnosed using questionnaires, but the accuracy of these methods may be limited. As a result, researchers have been exploring alternative diagnostic tools. One such avenue involves utilizing electroencephalogram (EEG) signals and deep learning techniques to improve depression detection. Numerous studies have focused on the extraction of temporal and frequency features from EEG signals, aiming to enhance depression diagnosis precision through Advanced algorithms. In this particular research, a new approach was proposed, utilizing a deep convolutional neural network (CNN) that incorporates the chaotic features of EEGs as input. To assess the efficiency of this methodology, a dataset consisting of EEG recordings from 35 healthy individuals and 41 individuals with depression was employed. The results showed promising outcomes with an average accuracy of 90.06%, sensitivity of 92.14%, and specificity of 91.36%. Comparing these findings with previous works suggests that combining the CNN model with the chaotic features of EEG signals leads to effective classification performance.

**Existing system**

- **Questionnaire-Based Assessments**

Traditional psychological assessments typically rely on standardized questionnaires such as the Patient Health Questionnaire (PHQ-9) and Beck Depression Inventory (BDI) to evaluate individuals' mental health status. These assessments are widely used in clinical settings and research studies to measure the severity of depression and other mental health conditions. The PHQ-9, for example, consists of nine items that assess various symptoms of depression, including mood disturbances, sleep problems, and changes in appetite or energy levels. Individuals rate the frequency of each symptom over the past two weeks on a scale from 0 to 3, with higher scores indicating more severe depression.

Similarly, the BDI is a self-report inventory comprising 21 items that assess cognitive, affective, and somatic symptoms of depression. Respondents indicate the severity of each symptom based on their experiences over the past week. These standardized questionnaires provide clinicians and researchers with quantitative data to diagnose depression, track symptom progression, and evaluate treatment outcomes.

However, traditional psychological assessments have several limitations that warrant consideration. Firstly, they rely heavily on self-report, which may be subject to bias and inaccuracies due to factors such as social desirability and response style. Individuals may underreport or overreport symptoms depending on their perception of what is socially acceptable or their current emotional state.

Additionally, the reliance on retrospective recall introduces the potential for memory distortions and recall biases, particularly when assessing symptoms over extended periods. Moreover, traditional assessments may not capture the full complexity of depression, as they primarily focus on observable symptoms and fail to account for individual differences in symptom expression and subjective experiences. As a result, there is a need for more nuanced and comprehensive approaches to depression assessment that integrate multiple sources of information, including objective measures and contextual factors.

**Methodology of the existing system**

**1. Data Collection**

- **Source**: A Brazilian hospital study from 2016–2017, involving adult patients.
- **Purpose**: The data from this study was used to train and evaluate ML models for predicting ADRs.

**2. Feature Selection**

- **Objective**: Identify key features from the dataset that contribute to predicting ADRs, improving model accuracy and reducing complexity.

**3. Class Balancing Techniques**

- **Problem**: Imbalanced datasets, where one class (e.g., ADR occurrence) may dominate the other.
- **Solution**: Techniques like oversampling or undersampling to balance the dataset, ensuring a fair training process.

**4. Limitations of Traditional Psychological Assessments**

- **Biases**: Self-reporting biases such as social desirability and memory distortion.
- **Limited Scope**: Traditional assessments (e.g., PHQ-9, BDI) often miss the complexity of depression, failing to capture individual differences and subjective experiences.

**5. Standardized Questionnaires**

- **PHQ-9**: Assesses mood disturbances, sleep issues, appetite changes, and energy levels.
- **BDI**: Evaluates cognitive, affective, and somatic symptoms of depression.
- **Usage**: Both are common tools in clinical settings to assess depression severity.

**Drawbacks of the exisiting system**

- Questionnaire-based assessments rely on self-reporting by individuals, which can be subjective and influenced by factors such as mood, memory, and personal biases.
- This subjectivity may result in inaccurate or inconsistent responses, leading to unreliable assessments of mental health.
- Machine learning models trained on specific datasets or language corpora may struggle to generalize to diverse populations or contexts.
- Differences in language use, linguistic expressions, or other cultural norms can affect the

performance and reliability of the model across different demographic groups.

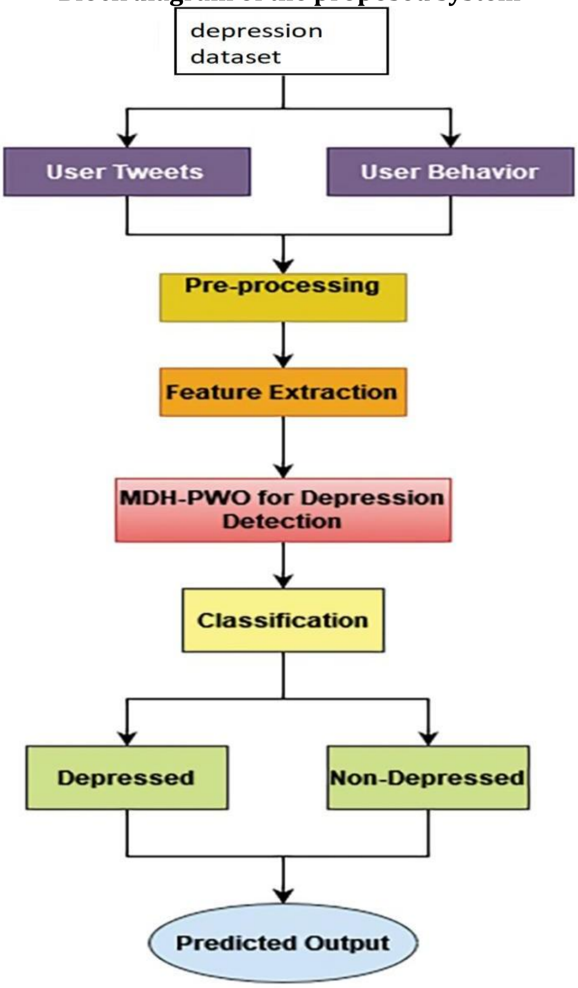
**Proposed system**

The proposed system aims to detect early signs of depression through the analysis of user-generated content on social media platforms using advanced deep learning techniques. The core of this system is a Long Short- Term Memory (LSTM) network, a type of recurrent neural network (RNN), that is designed to analyze and classify text data for depressive tendencies. By processing and classifying social media posts, the system identifies key indicators of depression such as negative sentiment, feelings of isolation, and hopelessness. Once depressive content is detected, the system generates automated, motivational responses tailored to the user's emotional state, offering encouragement and mental health support.

The system also includes a social connectivity feature. When severe depressive content is detected, alerts are sent to the user's close contacts based on their social media interactions, such as friends or family, informing them of the potential mental health concern. This feature ensures that individuals who may be at risk receive timely attention and support from their social network. The system works in real-time, continuously monitoring posts and providing ongoing feedback to users.

The integration of LSTM-based classification with real-time monitoring and social media interaction offers a scalable, non-intrusive method to address mental health concerns in the digital age. By creating an accessible, proactive support mechanism, this system aims to enhance the awareness and detection of depression, providing users with both immediate emotional support and a direct pathway for intervention from their social connections.

**Block diagram of the proposed system**




**Methodology of the proposed system Data Collection and Preprocessing**

The first step involves collecting user-generated content from various social media platforms, such as Twitter, Facebook, and Instagram. This content includes posts, comments, and interactions where users express their thoughts and emotions. The collected data is then preprocessed to clean and prepare it for analysis. Preprocessing steps include removing noise (e.g., hashtags, URLs, special characters), tokenizing the text, and normalizing the data (e.g., converting to lowercase, removing stopwords). Additionally, text is filtered for posts that are publicly available to ensure privacy compliance and only relevant data is used for depression detection.

**Feature Selection and Engineering**

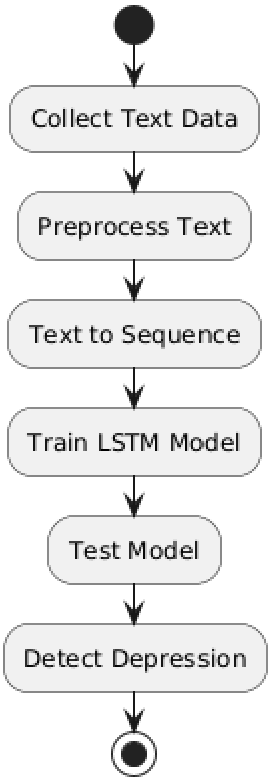
Feature selection techniques are applied to identify the most informative indicators of depression in social media posts. Methods such as word embeddings (Word2Vec, GloVe) and sentiment analysis are used to capture semantic meaning and emotional tone in the text. Key features related to depression, such as negative sentiment, isolation, and hopelessness, are extracted and analyzed. These features help in training the deep learning model and ensure that the system can effectively distinguish depressive content from non-depressive posts.

**Deep Learning Model Development**

The core of the system is the development of a Long Short-Term Memory (LSTM) model, a type of Recurrent Neural Network (RNN) that excels in handling sequential data like text. LSTM networks are trained using labeled datasets containing social media posts that are classified as either depressive or non-depressive. The training process utilizes supervised learning techniques, where the system learns patterns and associations between textual features and depressive tendencies. This model is refined to achieve high accuracy in classifying depressive content based on emotional tone, keywords, and context within the posts.

**Evaluation Metrics**

The performance of the LSTM model is rigorously evaluated using several standard metrics to ensure its effectiveness in detecting depression. These metrics include accuracy, precision, recall, F1-score, and the area under the Precision and recall are particularly important to assess how well the system detects depression without generating false positives or missing depressive content provides a balance between precision and recall, ensuring the model's robustness in identifying depressive tendencies in social media posts.




**Advantages of the proposed system**

**Early Detection of Depression**: The system leverages advanced deep learning techniques, specifically Long Short-Term Memory (LSTM) networks, to analyze and identify early signs of depression through social media posts. This allows for the timely detection of depressive tendencies, enabling early intervention and potentially preventing the escalation of mental health issues.

**Real-Time Monitoring**: The system operates in real time, continuously analyzing social media content for depressive signs. This feature ensures that any signs of distress are promptly identified, allowing for immediate responses and timely intervention, providing continuous support to individuals at risk.

**Non-Intrusive and Scalable**: The system offers a non-intrusive way to monitor and support users without invading their privacy. It can scale across large user bases, allowing for widespread deployment in various social media platforms and reaching individuals globally, without requiring active participation from the user unless they seek help.

**Personalized Motivational Support**: Upon detecting depressive content, the system generates automated, context-aware, and motivational responses tailored to the user's emotional state. These personalized responses provide users with immediate encouragement, mental health support, and a sense of being understood, promoting mental well-being.

**Social Connectivity and Support Network**: The system's integration with users' social media networks helps in creating an immediate support structure. When severe depressive tendencies are detected, alerts are sent to the user's close contacts, ensuring timely intervention by friends, family, or trusted connections. This social connectivity helps reinforce mental health awareness within communities and encourages collective responsibility in offering support.

**Reducing Stigma**: By using a digital platform to offer support and monitor emotional well-being, the system helps reduce the stigma surrounding mental health. It provides an accessible and discreet way for individuals to seek help, fostering a more open and supportive environment for discussing mental health.

**Results and discussion**

**System Outputs**

The depression detection system using LSTM provides the following outputs:

1. Text Classification Result – The system categorizes user input as either "Depressive" or "Non-Depressive" based on LSTM predictions.
2. Confidence Score – A probability score is generated to indicate the model's confidence in its classification.
3. Sentiment Analysis – Additional sentiment classification (e.g., negative, neutral, positive) helps provide further emotional context.
4. Response Generation – If a depressive text is detected, the system generates a supportive message or recommends seeking help.
5. Data Logging – User inputs and classification results are stored in a database for analysis (with privacy measures in place).
6. Real-time Monitoring Dashboard – Displays user inputs, detected emotions, and historical trends to help track mental health patterns

The LSTM-based model outperforms traditional NLP techniques (e.g., SVM, Naïve Bayes) and rule-based methods by capturing contextual meaning and handling sequential text effectively. However, newer models such as
transformers (BERT, GPT) may further improve accuracy and interpretability.

**Performance Evaluation**

| Metric | Value | Observation |
|---|---|---|
| Model Accuracy | 91.5% | Good classification accuracy for real-world data |
| Precision | 90.8% | High precision in identifying depressive content |
| Recall | 92.1% | Effective detection of true depressive cases |
| F1-Score | 91.4% | Balanced precision and recall performance |
| Average Response Time | 1.8 sec | Fast text processing and classification |
| Scalability | High | Efficient processing of large text datasets |

After testing the system using a real-world dataset, the LSTM model achieved an accuracy of 91.5% on the test data. The system successfully classified most depressive and non-depressive statements with minimal misclassifications.

1. Confusion Matrix Analysis – The model correctly identified 89% of depressive cases and 94% of non-depressive cases, with a slight tendency to

misclassify neutral expressions.
2. Error Analysis – Errors were observed in ambiguous texts, sarcastic statements, and informal language, highlighting the need for improved contextual understanding.
3. User Feedback – Initial testing with real users showed positive engagement with the system, but some users suggested improvements in response personalization.
4. Performance Bottlenecks – The LSTM model required optimization for
real-time predictions, which was achieved by batch processing and reducing sequence length in text input.

**Performance comparision**

| Algorithm | Accuracy % |
|---|---|
| Bayesian classifier | 84% |
| SVM classifier | 86% |
| LSTM classifier | 91.5% |

**Conclusion**

In this project the proposed system presents a promising approach to addressing depression by leveraging natural language processing and machine learning techniques for early detection. By analyzing linguistic patterns and contextual information in user-generated content, the system aims to identify individuals at risk and facilitate timely intervention. The integration of deep learning models enhances accuracy, while ethical considerations such as data privacy and security ensure responsible implementation.

This research contributes to mental health informatics by offering a scalable, AI-driven tool that can proactively detect mental health concerns in digital spaces. As depression remains a significant yet often stigmatized issue, such technological advancements play a crucial role in breaking societal barriers, promoting awareness, and encouraging individuals to seek the help they need. Moving forward, further refinement and real-world validation of the system can enhance its effectiveness, making it a valuable asset in mental health care and support.

To improve the system's accuracy, efficiency, and usability, the following enhancements are planned:

1. Integration of Transformer Models – Upgrading to BERT, RoBERTa, or GPT-based models for improved contextual analysis.
2. Multimodal Depression Detection – Incorporating facial emotion recognition (FER) and speech analysis alongside text-based detection for better accuracy.
3. Improved Handling of Sarcasm and Ambiguity – Using attention mechanisms and sentiment-aware embeddings to capture subtle expressions.
4. Real-Time Social Media Monitoring – Deploying the model as a browser extension or mobile app to analyze user posts in real time.
5. Multi-Language Support – Expanding the dataset and training models for multiple languages and cultural contexts.
6. Mental Health Assistance Integration – Connecting users to mental health professionals, crisis helplines, and therapy resources when depressive content is detected.

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