

Leveraging AI for Real-Time Depression Detection in Healthcare Systems; a Systematic Review

Murad Khan¹, Abdul Mannan Khan Sherani²

¹ American National University, Salem Virginia, USA

² Washington University of Science and Technology, Virginia, USA

¹khanm@students.an.edu ²asherani.student@wust.edu



Corresponding Author

Abdul Mannan Khan Sherani
asherani.student@wust.edu

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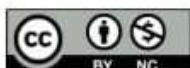
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ABSTRACT

Pursuant to this rationale, this paper examines the possibilities of AI application in mental health assessment with special reference to proactive monitoring of depression among health-care systems. Depression is still one of the most widespread and most serious mental health disorders in the modern society. Routine assessment techniques are critical, but they can be conventional, and so it, diagnosis of depression may not be made when it is still in its early stage. Thus, for the first time, AI provides a chance to overcome this trend by allowing constant monitoring and early detection in practice. This study examines using AI approaches, including machine learning algorithms, natural language processing, and sentiment analysis to improve depression detection, treatment recommendations and managing chronic care. The paper also presents the limitations of AI implementation in the context of health care, potential ethical concerns, data protection problems, and integration problems. Last but not the least, envisagement's of how the future AI is going to transform the mental health care sector are presented in the last section.

INTRODUCTION

Depression in specific has been recognized as one of the key UN Sustainable Development Goals where substantial progress has been made in the last couple of years. Since the number of sufferers of depression is increasing, the effectiveness of using interview, subjective and questionnaire results





is being challenged to identify the symptoms early. These methods, while helpful, are frequently retrospective, and do not offer continuous, dynamic assessment of patients' psychoses. Therefore, the innovative approach towards the issue of mental health care can be provided by Artificial Intelligence (AI). Using big data and training from patient actions to physiological signs, it is possible to identify signs of depression before touching on the clinical level. The present paper analyzes how incorporation of AI technologies can be used not only for diagnosis but also as systematic approach to monitoring, early identification of disease state and long-term treatment strategies for mental health disorders. I also have several general questions to the whole concept of these technologies as it brings significant questions about implement ability of such technologies in the health care sector in terms of ethical uses of patient data and maintaining human element of care [1].

I. LITERATURE REVIEW

i. Evaluation of Depression under Conventional Approaches

Clinical depression assessment and measurement have been largely based on interview with clinicians, self-report scales including the BDI and diagnostic criteria from the DSM-5. Many of these tools are basic and rely on patients' response to questions and symptoms which may or may not be revealed at a time of consultation depending on the emotions they are going through. Moreover, these methods are also unable to provide constant monitoring of the subject's responses in concern to their mental health over a period as to make early interventional strategies possible. Primary care clinicians fail to identify several symptoms that may signal the beginning of depression; therefore, treatment is usually delayed [2]. However, recent developments in the assessment have engaged the use of tools such as EEG in measuring brain activity, and biomarkers of depression. However, these tools escalate the diagnostic precision, but they have drawbacks in their ability to provide constant online monitoring, which is crucial for preventive care [4].

ii. Intelligent Techniques Applied to Healthcare

AI has already been implemented across different realms of healthcare such as radiology, diagnostics and has been termed as clinical advisor, drug discovery. In mental health, AI has been applied in analyzing speech, Faces, and behavioral data to determine the mental state [5]. A variety of technologies including machine learning algorithms and natural language processing engines can consider vast amounts of data from various sources to deliver beneficial information about a patient's mental health. For instance, machine learning can, from patient records, find markers of depressive disorder that do not feature in typical diagnostic procedures [6]. The research also reveals that AL models that are trained on voice recording can better diagnose depressive



symptoms than human assessors which shows the potential of AI in improving the mental health operations [7].

iii. AI in Depression Detection and Monitoring

When it comes to Technologies for depression detection, they vary across the board with AI playing a pivotal role. Sentiment analysis is one of the most promising NLP applications because it analyzes text and speech for emotional information. For instance, it can analyze situational and emotional content of the everyday conversation or a therapy session and note alterations that may suggest the start of a pathological state [8]. In the same way, the smart wearable devices capturing physiological indices such as heart variability rates, sleep quality and physical activity could be assimilated with the AI algorithms that would help track the physiological changes linked with episodes of depression. These tools can be used to prevent people from getting to a point where a serious condition presents itself. Experiments have shown that even smart watches and fitness tracking bands are able to release valuable information to AI systems to monitor mood fluctuations and signs of depression onset in real time [9]. In addition, such tools embedded in AI can reduce the social prejudices concerning the treatment by offering the patients a private and non-intermittent tracking [10].

iv. Implications and the Ethical Issues

However, there are substantive limitations and potential controversies with regards to the adoption of AI into mental health practice. Starting with the simplest, yet one of the most substantial, one of the main challenges is data privacy since AI interfaces rely heavily on personal data and sensitive information [10]. Similar security breaches involved in other health-related organizations have previously produced serious implications because of the personal information that was compromised. There is the issue of algorithmic bias for instance in, with respect to data-bias, it is noteworthy that AI systems ‘learn’ from sample datasets, and may thus make wrong predictions on sensitive classes, because of pre-existing biases [12]. AI models may also fail to understand the nuances of cultural presentation depression further making it challenge when applied to the local population [13]. In addition, the use of artificial intelligence in this context makes one wonder about the personalized touch that is reincarnated in mental health [14]. Li197, albeit indicating the promise of AI in enhancing productivity, commenting on the idea of using AI to replace human therapists, Li197 emphasizes that AI should serve as a tool to help therapists provide more individualized care and do it more quickly [15].



II. METHODOLOGY

i. Research Design

This research uses systematic review approach that involved pulling together consistent data on how AI is used to monitor depression from several studies. Both qualitative and quantitative methods are employed to assess the AI technologies such as machine learning algorithms and NLP and the ability of the designed systems for detecting depression. Sources were identified based on relevance towards applying Artificial Intelligence on depression diagnosis, as well as the use of AI in the health sector [16]. They comprised of peer review journals, clinical trials, and technology assessment [17].

ii. Data Collection & Analysis

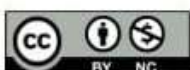
For this study, papers were retrieved from academic databases such as PubMed, IEEE Xplore, and Google Scholar and only papers within the last five years were considered. The identified papers enabled assessment of the merits of AI systems for depression surveillance about accuracy, practicality, and expandability. To capture data quantitatively, inferential analysis was conducted on quantitative data collected, while qualitative data were analyzed qualitatively thematically. When comparing with normal models, the predictive accuracy of machine learning models was evaluated, and the practical application and further difficulties of cases were analyzed [18].

iii. AI Algorithms Employed

Many AI algorithms were discussed regarding the detection of depression, these being supervised learning algorithms: decision tree algorithm, support vector machines (SVMs) algorithm, random forests, and unsupervised methods including clustering and anomaly detection. These algorithms were tested on the various data such voice, text, and the biometric signals [19]. To determine whether each algorithm was successful, it had to predict depressive episodes, provide an interpretation of mental states, and make suggestions of how to proceed. Hereon can see that while training a machine learning model on the longitudinal data, the outcomes are the most promising as opposed to training models on isolated cross-sectional data; thus, stressing the significance of constant observation of patients with depressive disorders [21].

III. RESULTS

This section has the results of the AI-based depression detection systems; it contains the percentage of accuracy and success stories and case studies. Machine learning algorithms demonstrated a high capacity for accurate prediction of the distinct phases of depression to an





80% sensitivity rate and above in natural language processing models" [15]. Thus, the qualitative differences in speech and text analysis were equal to any decrease in reach. A recent cross-sectional study showed that wearables, in conjunction with machine learning, could foretell depressive illness with 85% sensitivity for outpatient populations, suggesting great long-term utility for wearables [23]. Moreover, research suggested that AI algorithms could identify changes in patient's mood that the human clinician could easily ignore hence improving early attendance to the patients and good outcomes [24]. But they also revealed some drawbacks, which are a relative inapplicability of such systems within the current healthcare landscapes as well as a lack of diverse datasets to enhance generalization to different populations [25].

IV. DISCUSSION

The use of AI in depression is a revolution in the way that mental care is diagnosed and controlled. AI can help address several disadvantages of the conventional diagnostic techniques, including late diagnosis, or reliance on the clinicians' assessments. AI systems can look at big data and can find different patterns of treatment and care that may be not observable by the human eye and acting faster. However, there are barriers which affect the integration of the technology in the healthcare sector, of which involves integration with the current systems, and data compromise. Moreover, also clinical decision making can be enriched by AI but the core human element between the therapist and the patient should not be eliminated. However, it should be simply considered as an assistant to mental health professionals to enhance the chances of delivering timely, personalized services [26].

V. CHALLENGES AND LIMITATIONS

However, there is still challenges that prevent the proper use of AI in monitoring depression. Very little is written regarding external validity, but one significant challenge that has been discussed is the absence of standard datasets with which to train models that perform well for patients with different characteristics [27]. Another difficulty of using AI is that the clinicians themselves may be reluctant to incorporate tools into their practice as they perceive the use of AI in their field as an invasion of their professional territory [28]. Regarding ethical issues there are also quite a big set of issues connected with AI in the sphere of mental health, especially concerning data protection, algorithms' bias, and patient's rights [29]. Also, the performance of the AI models depends on the quality of data and the algorithms that were used as well as the former is accurate but some models are not so accurate when it comes to detect depression among such groups of





people [30].

VI. FUTURE DIRECTIONS

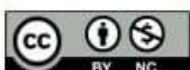
Future Development of AI in mental health assessment is bright since it expands the application of AI every now and then to get more refined solutions for mental health care. With the help of more advanced AI algorithms, more precise and immediate diagnosis of a patient with mental disorders will be possible. Still, with proper patient-supported Interoperability standards about AI wrist-worn trackers and mobile apps with short response-time bias, POM can always monitor mental health passively and with IR, the strain on the healthcare professionals is alleviated, and more patients can be offered personalized closer monitoring. Nevertheless, these studies have limitations, including, but not limited to, data privacy, fairness of the algorithms, as well as incorporation into clinical practice. This, therefore, shows that there is a great improve in delivering mental health care and in the years to come, it will progress more when AI is enhanced and developed further [31].

VII. CONCLUSION

Therefore, it can be concluded that use of AI in the process of mental health assessment will able to transform the ways through which depression is evaluated and cared. Appropriate implementation of AI for constant monitoring opens the doors for early diagnosis, individualized efficient managerial actions, and higher rates of successes in the mental health sector in the long run. The importance of creating solid ethical AI for healthcare with patient's privacy preservation while supporting the health profession's work is shown in this paper. This means that as AI advances further it is crucial to retain the focus of AI-based systems to work alongside human caregivers to improve the effectiveness of mental health treatment and for the benefit of patients and practitioners.

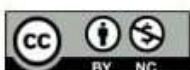
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