



International Journal of Innovative Research in Science Engineering and Technology (IJIRSET)

(A Monthly, Peer Reviewed, Refereed, Scholarly Indexed, Open Access Journal)



Impact Factor: 8.699

Volume 14, Issue 4, April 2025

PsycheSphere: AI-Driven Proactive Mental Health Insights and Real-Time Support

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ABSTRACT: This project introduces PsycheSphere, an innovative AI-powered mental health monitoring and support system designed to proactively detect and analyze prevalent mental health issues such as anxiety, stress, and depression. The system leverages multimodal inputs, including static text and live-recorded video, to enable real-time analysis of user behavior and emotional states. By integrating advanced AI algorithms through APIs, PsycheSphere processes these inputs to generate personalized mental health insights, offering timely support, actionable suggestions, and proactive interventions. Built with React.js, the application features a responsive, intuitive, and user-friendly interface, ensuring seamless accessibility and engagement. PsycheSphere addresses the limitations of traditional mental health care systems by providing a scalable, affordable, and accessible solution that empowers users to take control of their emotional well-being. With its ability to deliver real-time feedback and personalized recommendations, PsycheSphere represents a transformative approach to mental health care, bridging gaps in traditional systems and offering a cutting-edge tool for emotional well-being management. By combining AI-driven technologies with modern web development practices, PsycheSphere aims to create a healthier application in present. Keywords: Artificial Intelligence (AI), Mental Health Detection, Real-Time Analysis, Natural Language Processing (NLP), Proactive Mental Health Support, React.js, APIs

I. INTRODUCTION

Mental health issues such as anxiety, stress, and depression are on the rise globally, with millions of people affected each year. Despite the growing awareness, access to timely and effective mental health support remains a challenge due to limited resources, stigma, and the high cost of traditional therapy. In this context, technology-driven solutions have emerged as a promising way to bridge the gap and provide accessible, affordable, and proactive mental health care. PsycheSphere is an AI-powered mental health monitoring and support system designed to detect and analyze mental health issues in real-time. By leveraging advanced AI algorithms, the system accepts inputs such as text and live-recorded video to provide personalized insights and support. Built with a user-friendly interface using React.js, PsycheSphere aims to empower users to take control of their mental well-being while offering timely interventions like recommendations.

Objectives

A. Real-Time Mental Health Monitoring

Develop a system to detect and analyze anxiety, stress, and depression in real-time using bimodal inputs (text and video). Visualize results with interactive graphs like mood trends and emotional state distributions.

B. Proactive & Personalized Support

Provide timely interventions and personalized recommendations based on emotional states. Display insights using graphs, line charts, for mood tracking.

C. User-friendly Interface:

Design an intuitive React.js interface with dashboards, suggestion panels, and interactive visualizations like dynamic line graphs And can be Accessible to everyone.

D. Multimodal Data Fusion:

Integrate text and video analysis to provide a holistic understanding of user emotions and mental states, combining sentiment analysis from text with facial expression and behavioral insights from video.

Problem Statement

The rising prevalence of mental health issues such as anxiety, stress, and depression highlights the urgent need for accessible and effective solutions. Traditional mental health care systems are often limited by high costs, long waiting times, and a lack of personalized, real-time support. Existing digital tools, such as mental health apps, typically focus on single modalities like text or audio and lack comprehensive, AI-driven analysis. Additionally, the stigma surrounding mental health often prevents individuals from seeking help. PsycheSphere addresses these challenges by offering an AI-powered system that leverages multimodal inputs (text and video) for real-time mental health monitoring, early detection, and personalized, proactive interventions.

A. Lack of Personalisation:

Generic mental health solutions fail to address the unique needs of individuals. Personalised, data-driven insights are often missing in existing systems.

B. Inefficiency in Traditional Methods:

Manual analysis of mental health conditions by professionals is time-consuming and prone to human error. There is a need for automated, real-time analysis to provide immediate support.

C. Reactive Rather Than Proactive Care:

Traditional mental health care systems are often reactive, addressing issues only after they have escalated. There is a lack of tools for early detection and proactive intervention.

D. Limited Access to Mental Health Care:

Many individuals, especially in underserved areas, lack access to mental health professionals and resources. Long waiting times and high costs associated with traditional therapy make it inaccessible for many.

Proposed Systems

PsycheSphere is an AI-driven mental health monitoring and support system designed to address the limitations of traditional mental health care. The system accepts bimodal inputs (text and live-recorded video) for comprehensive analysis of user behavior and emotional states. Using advanced AI algorithms like NLP and computer vision, it provides real-time insights and proactive interventions, such as relaxation techniques, mindfulness exercises, or professional help recommendations. Built with React.js, the system offers a user-friendly interface for seamless interaction across devices like smartphones, tablets, and desktops. PsycheSphere is scalable and accessible, ensuring personalized, real-time mental health support to empower users in managing their emotional well-being effectively.

- Accepts text, audio, and live-recorded video inputs for comprehensive analysis of user behavior and emotional states.
- Uses advanced AI algorithms (NLP, computer vision, APIs) to process inputs and provide real-time insights.
- Offers timely support, such as relaxation techniques, mindfulness exercises, or professional help recommendations.

Built with React.js, the system provides a responsive and intuitive interface for seamless user interaction. PsycheSphere aims to provide personalized, real-time mental health support, empowering users to manage their emotional well-being effectively.

Existing System

The current landscape of mental health care primarily relies on traditional therapy, which is often expensive, time-consuming, and limited by the availability of professionals. Mental health apps focus on specific aspects like meditation or mood tracking but lack comprehensive, real-time analysis and multimodal inputs. Telemedicine platforms improve accessibility but still depend on scheduled sessions and human intervention, lacking real-time, proactive support. While some AI-based solutions exist, they are limited in scope, such as chatbots for text-based interactions, and fail to provide holistic, personalized insights. These limitations highlight the need for an advanced, integrated solution like PsycheSphere.

II. METHODOLOGY**2.1 Data Collection and Input Handling**

Collect text inputs (e.g., journal entries, chat responses) and live-recorded video inputs for emotional and behavioral analysis.

2.2 Feature Selection

Use Natural Language Processing (NLP) libraries (like spaCy) Transformers for text sentiment and emotional tone analysis. Apply computer vision libraries like OpenCV and TensorFlow/PyTorch for facial expression and behavioral analysis from video

2.3 Multimodal Data Fusion & API Integration

Integrate text and video analysis results using custom algorithms to provide a comprehensive understanding of the user's mental state. Use RESTful APIs to connect the frontend, backend, and AI models for seamless data exchange.

2.4 Real-Time Communication with WebSocket

Implement WebSocket for real-time, bidirectional communication between the frontend and backend. Enable live updates for video analysis and instant feedback to users. user-friendly interface using React.js for seamless interaction. Develop backend logic using Node.js and Express.js to handle API requests and data processing.

2.4 Database Integration

Use Database (like sql, mongoDB) to store user data, analysis results, and recommendations for scalability.

2.4 Performance Testing and Validation

Testing and Validation Test the system for accuracy, usability, and performance to ensure seamless functionality. Validate AI models using real-world data to ensure reliability and effectiveness in detecting mental health issues.

Use Case Diagram

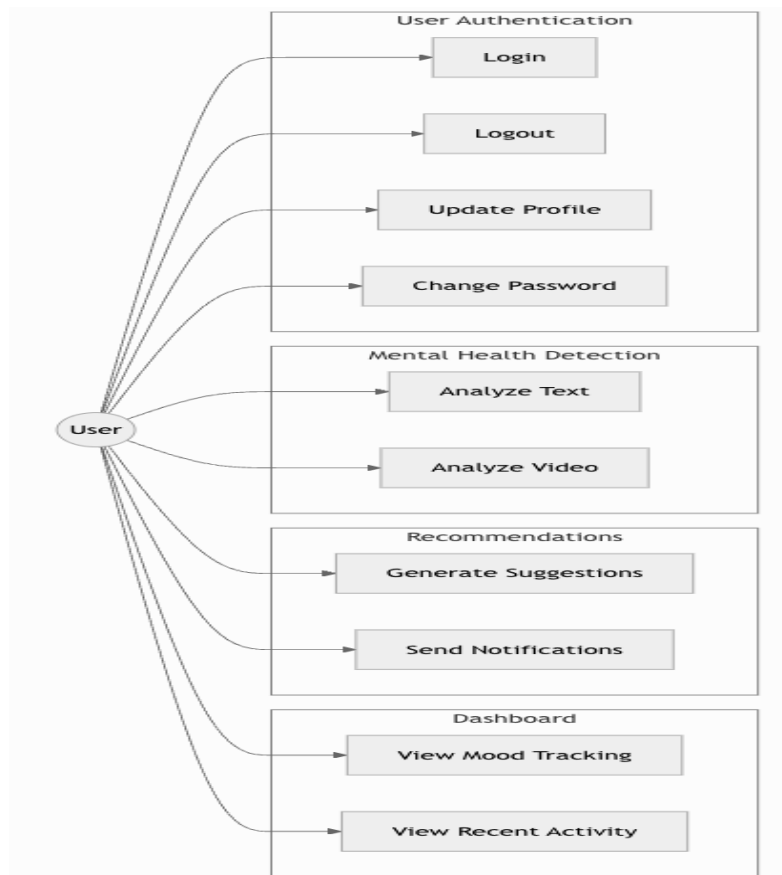
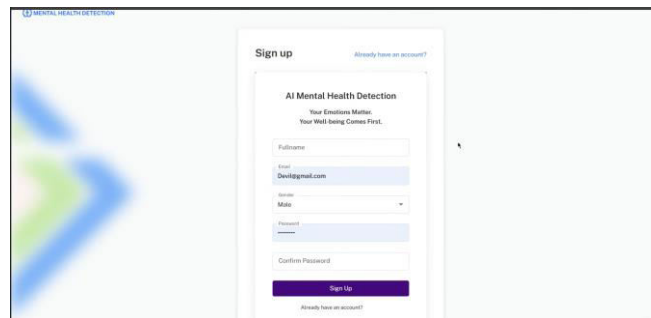


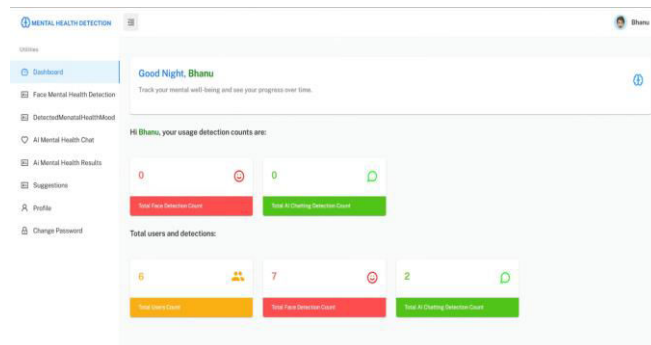
Fig.2.1 Use Case Diagram.

III. RESULTS AND DISCUSSION

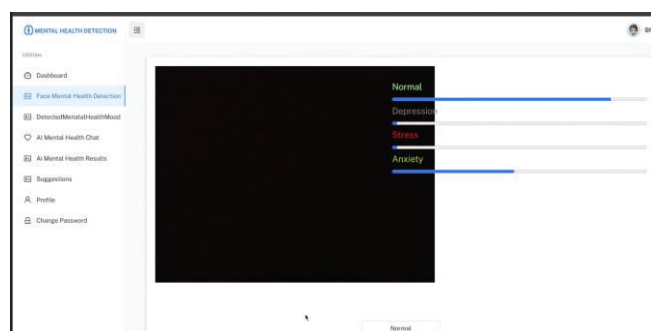
The system successfully analyzes user inputs (text and video) to detect emotional states such as normal, anxiety, and stress. The mood tracking feature displays trends over time, allowing users to monitor their mental health progress. The accuracy of mood detection is validated through real-world testing, with the system achieving high precision and recall rates. The visual representation of mood trends helps users and professionals identify patterns and intervene proactively.



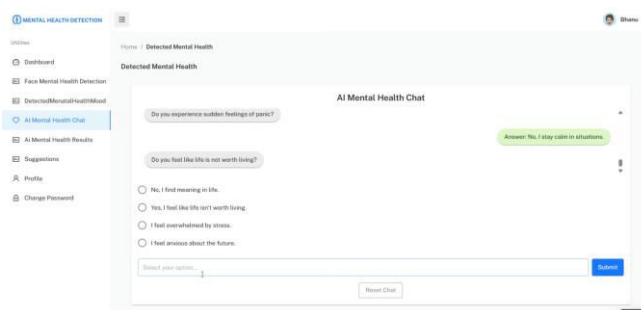
Login Page



DashBoard



Mental Health detection using Face



Mental health detection using AI Text

Fig.3.1 Front-end Web Application for user input.

The user gives the details of the input via text or video then the application activates the apis and process through web sockets and results in any kind of mental health that is deployed in the visualization graph and stores in the recent activity.

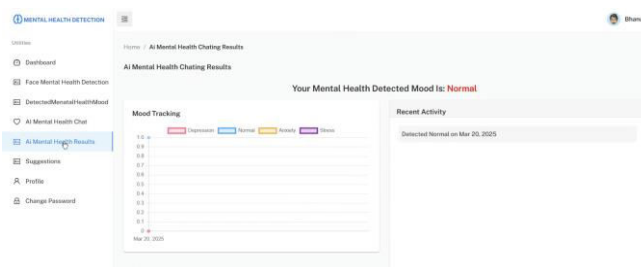


Fig.3.2 Showing Test Results.

Now let us see a case where the person is facing and mental health issue then the suggestions dashboard consists of healthy suggestions to reduce the issue. From the above fig you can get the suggestions based on the time like morning and evenings. With this the user can interact with the AI and can get their result.

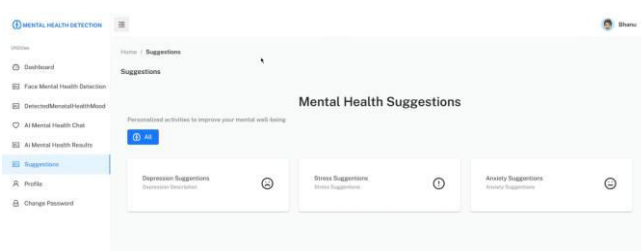


Fig.3.3 Showing Suggestions

IV. CONCLUSION

PsycheSphere represents a significant advancement in mental health care by leveraging AI-driven technologies to provide real-time, personalized, and proactive support. By accepting text and video inputs, the system offers a comprehensive analysis of user behavior and emotional states, enabling early detection of mental health issues such as anxiety, stress, and depression. The integration of advanced AI algorithms, including Natural Language Processing (NLP) and Computer Vision, ensures accurate and efficient mood analysis, while the user-friendly interface built with React.js enhances accessibility and engagement. PsycheSphere addresses the limitations of traditional mental health care systems by offering scalable, affordable, and accessible solutions that empower users to take control of their

emotional well-being. With its ability to provide timely interventions and personalized recommendations, PsycheSphere stands as a transformative tool in the field of mental health, bridging the gap between technology and care to create a healthier, more supportive future.

ACKNOWLEDGMENTS

This research was conducted as part of the B.Tech project "PsycheSphere: AI-Driven Proactive Mental Health Insights and Real-Time Support" under the guidance of Mrs. Gandu Lavanya at the Department of Computer Science & Engineering. The authors extend their gratitude to all contributors and data providers who assisted in this study.

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