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Anxiety and depression predictor with wearable data

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Abstract:

The research, embodied in the "Anxiety and Depression Predictor with Wearable Data" paper, signifies a substantial stride in merging technology with mental health care. By doing so, it not only works toward mitigating the stigma surrounding mental health but also enhances the overall well-being of individuals. This technology is poised to become a valuable asset for both individuals and healthcare professionals in their pursuit of improved mental health outcomes.

Widespread and deeply impactful, mental health disorders, notably anxiety and depression, underscore the importance of early identification and intervention for effective treatment. This study introduces an innovative method for predicting anxiety and depression, harnessing data collected from wearable devices.

Our paper takes advantage of wearable technology to maintain a continuous watch on key physiological markers, activity levels, and other vital parameters of individuals. Subsequently, machine learning algorithms are employed to process this data and construct predictive models. These models excel at gauging the risk of developing anxiety and depression, presenting an early warning mechanism for individuals and healthcare providers.

Keywords:

Mental Health Prediction, Machine Learning, Predictive Models, Anxiety, Depression, Wearable Data.