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| RESEARCH ARTICLE

Enhancing Mental Health Interventions in the USA with Semi-Supervised Learning: An AI Approach to Emotion Prediction

MD Abdul Fahim Zeeshan[1]✉, MD Rashed Mohaimin[2], Noor Ahmad Hazari[3], and Md Boktiar Nayeem[4]
[1]*Master of Arts in Strategic Communication, Gannon University, Erie, PA, USA*
[2]*MBA in Business Analytics, Gannon University, Erie, PA, USA*
[3]*PhD Electrical Engineering, University of Toledo*
[4]*Master of Science in Business Analytics, Trine University*
Corresponding Author: MD Abdul Fahim Zeeshan, **E-mail**: zeeshan001@gannon.edu

| ABSTRACT

The escalating prevalence of mental health challenges in the USA underscores the urgent need for innovative resolutions to enhance interventions and care. Accurate prediction of emotional states can empower mental health practitioners to provide timely and personalized support. The main objective of this study was to develop and evaluate semi-supervised learning models for emotion prediction in mental health. The present study's prime focus is applying semi-supervised learning in the U.S. context to mental health datasets. The Emotion Prediction Dataset is one of the diverse datasets collected from different sources with the aim of gaining a wide understanding of emotional state conditions. It includes text data from social media platforms, such as Twitter and Facebook, where users express their feelings right at the moment; audio recordings from speech and interactions that capture vocal nuances and intonation; and physiological signals captured through wearable devices measuring heart rate, skin conductance, and facial electromyography. Logistic Regression, Random Forest, and Gradient Boosting are some of the models considered in this study. Model evaluation executed proven metrics such as accuracy, precision, recall, and F1-Score assesses performance comprehensively. Although all three models generally performed worse, the SVM model provided the most reliable predictions in the context of this dataset and may, therefore, be effective for emotion classification. Integrating emotion prediction models into existing mental health services offers a new paradigm in patient care. A strong framework for such integration should start with an assessment of the current platforms, highlighting key points where emotion prediction can complement the existing services. Emotion prediction models can significantly enhance support strategies by targeting interventions at predicted emotional changes. Mental health professionals will be able to create personal treatment plans in which the trends within the data denote specific emotional states the patient is most likely to experience. The consolidation of AI-powered emotion prediction algorithms into mental health services in the USA carries substantial ramifications for improving the quality of care and accessibility of mental health resources.

| KEYWORDS

Mental health, semi-supervised learning, emotion prediction, mental health interventions, artificial intelligence, US healthcare, machine learning

| ARTICLE INFORMATION

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I. Introduction

Background

According to Al Amin et al. (2024), mental health challenges in the United States have reached unprecedented levels, with millions suffering from anxiety, depression, and other psychological disorders. According to the National Institute of Mental Health, nearly one in five adults lives with a mental illness, which may range from mild conditions to severe and disabling disorders. Adenirain et al. (2024) argued that this situation has been aggravated by the COVID-19 pandemic, leading to feelings of isolation, stress, and uncertainty. Traditional models of support, though valued, often are reactive and resource-intensive and, therefore, cannot offer timely, personalized interventions. It is on this premise that understanding and being able to predict emotional states of mind will contribute a great mile to mental health care.

Casalino et al. (2024) reported that early emotional warnings may be indicative of a mental health crisis in which an intervention could be possible before the deterioration of the condition. For example, it could determine that a user is developing from a mild state of sadness into one of severe depression, which can be immediately acted upon to avoid self-harm or hospitalization. However, forecasting emotions is innately complicated since they depend on many aspects such as personal traits, environment, and interaction with other people. Advanced technological tools, specifically those driven by Artificial Intelligence, finally point to a way to overcome these difficulties through big dataset analysis and the extraction of trends and patterns of emotional states (Al Nahian et al. 2024; Bhomik et al. 2024).

Problem Statement

As per Bortty et al. (2024), argued that despite the rise in AI adoption in healthcare, most of the existing emotion prediction systems suffer from serious limitations. Traditional machine learning models usually require large volumes of labeled data, which are particularly scarce in the mental health domain due to privacy concerns, variability in quality, and the subjective nature of emotions. Moreover, these models fail to generalize across diverse populations and produce biased predictions that may not reflect the actual emotional states of underrepresented groups. For such limitations, semi-supervised learning, which integrates labeled and unlabeled data, offers the solution. Dritsas et al. (2022), asserted that Semi-supervised models can also make use of the vast amount of readily available unlabeled data in mental health contexts, such as journal entries, social media posts, or wearable device readings, to make emotion prediction systems more accurate and scalable. However, the application of this approach to mental health remains underexplored, creating a big gap in both research and practice. Without robust emotion prediction models, mental health interventions could be late, inconsistent, or mismatched to individuals' needs, consequently perpetuating the challenges both patients and providers face in this regard.

Dutta et al. (2024), asserted that new opportunities to address these mental health issues arise through the use of technology. Telehealth services have expanded access to specialist mental health services in remote and underserved areas. Mental health applications and online self-help groups have also grown in popularity, providing information and facilitating interaction with others. Technology itself creates a different set of problems concerning privacy, security of information, and the quality of the care provided on digital platforms.

Objectives of the Research

The main objective of this study is to develop and evaluate semi-supervised learning models for emotion prediction in mental health. We will use a combination of labeled and unlabeled datasets to come up with models that can classify emotional states and transitions accordingly. The specific aims of this research will revolve around. In particular, design semi-supervised learning frameworks for mental health datasets, incorporating diverse sources of data, including text, speech, and physiological signals. Evaluate the performance of such models in predicting emotional states across different populations and scenarios.

Scope of the Study

The present study's prime focus is applying semi-supervised learning in the U.S. context to mental health datasets. Labeled datasets, including clinical records and emotion-annotated corpora, will be combined with unlabeled datasets from wearable devices and online platforms, among others. The data privacy and ethical considerations will be specially taken into account. The developed semi-supervised learning algorithms will integrate a set of advanced techniques, including graph-based learning, self-training, and consistency regularization, to help improve model performance.

II. Literature Review

Mental Health in the USA

Dong et al. (2021) posited that mental health has become a serious public health issue in the United States, embedded within social, economic, and cultural contexts. Whereas two decades ago, mental health was hush-hush, the awareness of its issues has greatly increased, and there is less stigma associated with seeking help. Yet, despite this progress, issues persist. The National Institute of Mental Health reports that in a given year, 1 in 5 adults, or 20 percent of the adult population of the United States, suffers from a mental illness. The most common conditions involve major depression, several types of anxiety disorders, and bipolar disorder (Hossain et al., 2024a).

According to Hasan et al. (2024), the landscape in mental health now features both some advances and continuing challenges. Recent years have brought growing recognition of mental health as a high public health priority and increased advocacy and corresponding funding for services. However, mental health disorders are common: anxiety and depression rank among the leading diagnoses. There is continued economic stress, social isolation, and stigma with which to grapple amidst a mental health crisis that needs urgent attention. Besides, disparities in accessing these services disproportionately affect poor communities and signal the great need for increased equity and effective interventions. Chan et al. (2024) contended that technology has become a powerful ally in this fight. Digital platforms, like teletherapy and mobile mental health apps, have extended access to care during the COVID-19 pandemic. Wearable devices and online self-help resources enable people to monitor and treat their mental health. Despite such advances, much of the technology has not been integrated into mainstream mental health care, and innovative approaches are sorely needed to improve outcomes (Omana & Moorthi, 2022).

Emotion Prediction

Emotion prediction is a major concern in personalized mental health care. Traditional approaches to the detection of emotional states rely on subjective measures, such as questionnaires and interviews, which are usually susceptible to bias and variability. Inferences of emotional states based on physiological signals, including heart rate and skin conductance, have also been attempted, but these require special equipment and may not be suitable for real-life applications (Hider et al., 2024). With recent improvements in the capabilities of AI, more sophisticated approaches to the prediction of emotion have become possible. These range from natural language processing methods applied to texts-such as social media posts or transcriptions of psychotherapy sessions, to picking up emotional signals from speech. For example, several research studies have used audio data inputs and employed tone and pitch to identify the feelings of speakers using machine learning algorithms. However, several challenges are still present in these methods: the subjective nature of emotions, complexities due to multimodal data, and lack of labeled datasets. These limitations, therefore, point to a dire need for further advanced AI methods, including semi-supervised learning, to contribute toward developing a high-performance emotion prediction system that is also scalable (Hu et al., 2024).

More recent developments have veered toward more objective measures. These include collection through wearable devices to log physiological data such as heart rate variability, galvanic skin response, and the analysis of facial expressions that indicate emotional states. Machine learning techniques will even further improve the detection of emotion by analyzing enormous datasets and discovering patterns that no human observer might detect (Feller et al., 2018). Further, NLP has emerged as a strong tool for the prediction of emotions. While the algorithms analyze text data from different sources like social media and chatbots, they can make inferences about the emotional states by understanding the linguistic cues. It has proved quite useful in a wide array of applications, such as sentiment analysis and customer feedback assessment, where the emotional response is of great essence (Ghosh et al., 2024).

Semi-Supervised Learning in Healthcare

Islam et al. (2024), demystified that Semi-supervised learning is a subcategory of machine learning that leverages both labeled and unlabeled data in building predictive models. This approach is particularly useful in domains such as healthcare, where labeled data is scarce and often expensive to obtain. SSL algorithms, such as self-training, graph-based learning, and consistency regularization, have demonstrated success in tasks ranging from disease diagnosis to patient risk stratification. SSL could allow for overcoming some limitations of traditional supervised learning in emotional analytics. It would leverage the unlabeled data generated from various wearable devices, social media platforms, and so on, to capture the fine-grained pattern of emotional states. Per Kraus et al. (2024), training on diverse and heterogeneous datasets could improve the generalization capability of the emotion prediction model by SSL. Despite its promise, the application of SSL to mental health remains in its infancy and thus offers immense opportunities for both research and innovation.

Kringle et al. (2024), reported that the common SSL techniques are self-training, co-training, and graph-based methods. In self-training, the model iteratively labels the unlabeled data based on its predictions and then re-trains the model with the newly labeled data. Co-training, on the other hand, utilizes multiple classifiers, each trained on a different set of features, allowing them to label the unlabeled instances for each other. Graph-based methods leverage the relationships between labeled and unlabeled instances by constructing a graph where nodes represent data points and edges represent similarity. The nature of closing such gaps is inherently multidisciplinary and will thus be built from both technical capabilities and the viewpoint of mental health professionals (Yao et al., 2024; Ye, 2024). With these considerations in mind, this study aims to go a step further than existing related research studies by making the most of SSL's exclusive features toward improved state-of-the-art emotion prediction, which in turn shall ensure easier access to effective mental health services (Kriegova et al., 2021).

Previous Studies

Kasula (2023), postulated that intersections of artificial intelligence and emotion prediction have been studied countless times, and a fast-growing body of literature seems to be considering different methodologies and applications. Different machine learning algorithms have been demonstrated in various research, predicting emotional states by employing techniques that range from support vector machines to deeper learning architectures. For instance, studies on facial expressions that involve CNN depict high accuracy rates in classifying emotions (Kuang et al., 2024).

Moreover, Mia (2024), contended that sentiment analysis has highly been explored in the domain of NLP for making sense of the feelings of the masses or tracing the trends in emotional conditions. For instance, some studies using data on Twitter relied on machine learning models that disclosed fluctuations in sentiment expressions linked to elections or any other global health crises. Indeed, such studies uncover the prowess of an AI-powered approach toward bulk volume analysis of emotional data.

Despite the progress made in AI-driven emotion prediction, there are several gaps in the literature. First, there is an overall lack of diversity in most of the available datasets used in training models (Lauffenburger et al., 2024). Many studies rest on homogeneous data sources, and this may limit the generalizability of findings across diverse demographic groups and cultural contexts. Second, more research is needed concerning the ethical implications of emotion prediction, especially as it relates to privacy, consent, and other potential biases endemic in AI systems (Pant et al., 2024; Rahman et al. 2023).

According to Squires (2024), Another gap can be seen in the consideration of multimodal sources of data: most of the available works are unimodal, where research is conducted either on the text, on facial expressions, or on any other single modality, leaving out the potential added value that the combination of multiple data types may have for better emotion prediction accuracy when modeling. Such extra integration can be physiological data, voice, and contextual information (Qin et al., 2022; Singhania & Reddy).

III. Dataset and Preprocessing

Dataset Description

The Emotion Prediction Dataset is one of the diverse datasets, collected from different sources with an aim at a wide understanding of emotional state conditions. It includes text data from social media platforms, such as Twitter and Facebook, where users express their feelings right at the moment; audio recordings from speech and interactions that capture vocal nuances and intonation; and physiological signals captured through wearable devices measuring heart rate, skin conductance, and facial electromyography. This multimodal dataset will, therefore, allow for more sophisticated machine learning to detect and predict emotions more accurately since it represents a wide range of emotional expressions across different contexts and formats.

Preprocessing Steps

The Python snippet implemented the basic initial steps of pre-processing data for a sentiment analysis task. First, it imported necessary libraries like pandas for data manipulation, sklearn for machine learning algorithms and metrics, and TfidfVectorizer for text feature extraction. Secondly, it then checked for null values in the dataset and prepared the data for handling. Thirdly, it defined the features as the 'content' column and the target as the 'sentiment' column. Fourthly, a numerical transformation of text data was performed by the TF-IDF vectorizer; this protocol weighted each word for its importance in frequency within the corpus. Finally, it prepared the dataset by splitting it into training and test sets for assessing performance. This preprocessing step was important in preparing the data for modeling and analysis.

Exploratory Data Analysis (EDA)

Islam et al. (2024), reported that exploratory Data Analysis is a major step in the process of data analysis, where the datasets are scrutinized and visualized to find out the underlying patterns, anomalies, and relationships that exist within the data before formal modeling. EDA employs a variety of statistical and graphical methods, such as histograms, scatter plots, and summary statistics, which summarize the main characteristics of the data, identify trends, and assess the quality and structure of the dataset. It plays a central role in research, guiding the formulation of hypotheses, data preprocessing, and the choice of appropriate analytical approaches that enhance the robustness and validity of subsequent analyses and findings.

Class Distribution of Sentiments

The formulated Python snippet aimed at visualizing the class distribution of sentiments of the given dataset. The code first imported the necessary libraries: matplotlib. pyplot for plotting, seaborn for better visualization, and learn—metrics to access the confusion-matrix function. Next, the code generated a figure and utilized Seaborn's counterplot to create a bar chart of the frequency of each sentiment class present in the dataset. This plot was personalized by adding a title, x-axis and y-axis labels, and adding a color palette for better readability. At last, the plot displayed itself via plt.show() as displayed below:

Output:

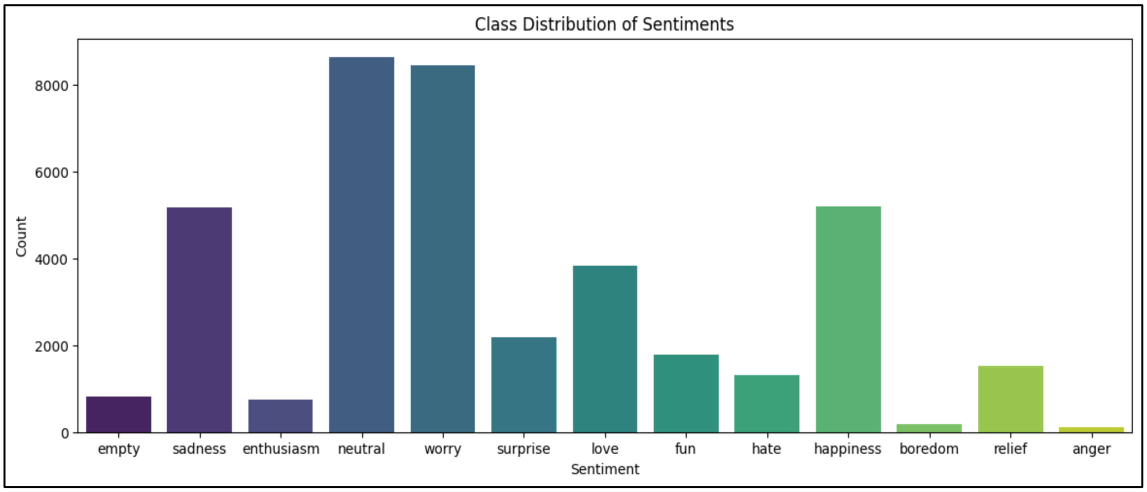

Figure 1: Class Distribution of Sentiments

The graph for class distribution in sentiment classes is far from similar to the other classes in this dataset. By and large, the "neutral" sentiment tops the list with over 8,000 examples, while in this dataset, most of the data expresses neutrality in sentiment. Following this, the emotions "worry" and "enthusiasm" are each above 5,000, indicating a great deal of anxiety and positive engagement in the dataset. On the flip side, expressions of "anger," "boredom," and "relief" are those with a low count, each less than 500, hence relatively less frequent within the data collected. This distribution shows the dominance of the neutral and mixed emotional states that can justify the direction of further analysis or intervention in understanding emotional dynamics.

Word Cloud for All Content

The implemented code snippet generated a word cloud visualization. Then, in the second row, it provided all the concatenation of text string data from an object column, which is named or called a Data-Frame form, into one giant string called all-text. Next, It made a Word-cloud object with dimensions and then set its one background color provided the generate () method via which a word cloud that is to generate is generated based on all text. Finally, the code plotted the generated word cloud using matplotlib, setting the figure size, interpolation method, turning off the axes, adding a title, and displaying the plot as portrayed below:

Output:

Figure 2: Visualizes Word Cloud for All Content

This word cloud visualizes the most used terms within the dataset, amplifying key themes and sentiments expressed by users. In this cloud, words like "love," "now," and "going" are very large, indicating these words have been used more and focusing on immediate experiences with positive emotions. Words such as "work," "today," and "thank" themselves indicate the gestation of a mix of everyday life activities and gratitude, thereby further emphasizing the context in which such feelings have been expressed. The use of keywords such as "want," "see," and "much" reflects desire and attachment, pointing to the interrelationships that may exist in the conversations. This visualization provides an effective insight into the common language used by individuals, hence their emotional states and priorities, that can guide further qualitative analyses and sentiment exploration.

Top 10 Diagrams in Tweets

The executed Python code snippet performed a bi-gram assessment on a dataset. The primary libraries used here include NLTK for natural language processing, sci-kit-learn for machine learning, and pandas for data manipulation. The code below instantiates a Count Vectorizer object with the parameters ngram_range=(2,2) for the creation of bigrams (two words in succession), fitted and transformed the 'content' column of data to get these bigrams' counts. Afterward, it extracted the frequencies of bigrams and sorted them in descending order. Finally, it used seaborn to create a bar plot visualizing the top 10 most frequent bi-grams along with their frequencies:

Output:

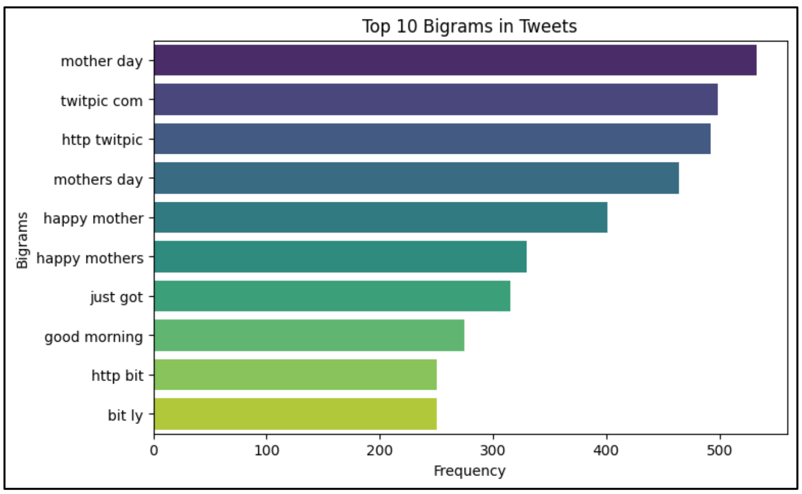

Figure 3: Depicts Top 10 Diagrams in Tweets

The bar chart for the top 10 bigrams in tweets reflects several trends related to user engagement and content foci. "Mother's Day" and "Twitpic com" are leading this chart, both with more than 500 frequencies, indicating popular discussions of Mother's Day and the use of Twitpic, a photo-sharing platform. Another bigram, "Mother's Day," also stands out, again supporting the emphasis on this occasion. The most recurring word pairs would then be: "happy mother, and "just got, " while both are above 200, depicting user sentiments celebrating and informing about their or their family's lives. Other expressions, like "good morning" and "HTTP bit, " further show that greetings and URLs are also commonplace in tweets. This distribution not only underlines the thematic relevance of Mother's Day in the dataset but also gives evidence of the social nature of Twitter interactions where users share experiences and keep in touch.

PCA Representation of Tweet Content

The designed Python code snippet carried out dimensionality reduction on a high-dimensional text dataset using PCA. It started by importing the necessary libraries to perform the task at hand: Count-Vectorizer for text feature extraction and PCA from sklearn. Decomposition. In this code snippet, a count vectorizer object is initiated with a limit of a maximum of 1000 features and removal of English stop words. This vectorizer is then used to transform the text data into a numerical representation. It creates the PCA object with several two components. After that, it fits and transforms the vectorized data through PCA to two principal components. Lastly, it does a scatter plot of the documents in the reduced dimensionality space:

Output:

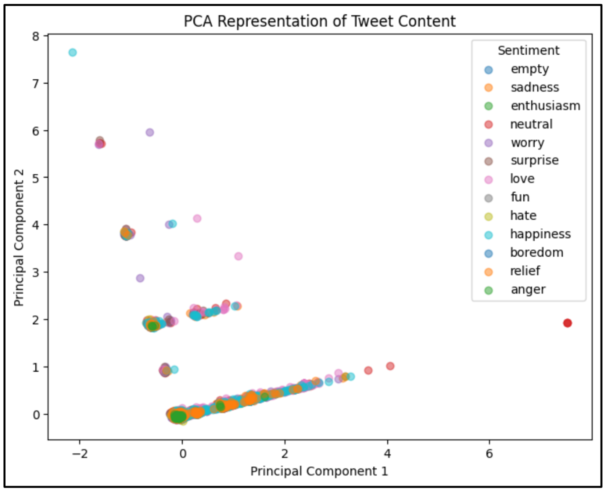

Figure 4: Showcase PCA Representation of Tweet Content

Distribution of Content-Length

The Python code snippet explored the distribution in the lengths of contents in a dataset. It first calculated the length of each content entry in the 'content' column and stored it in a new column called 'content_length.' Then, it created a histogram using Seaborn's histplot function to visualize the distribution of these lengths. The plot was further customized by adding a title and labels to the x and y axes, but with a color blue for the histogram bars. The plot is displayed by using plt.show(). The plot provided insight into the typical length of the content entries in the dataset, which can be relevant for feature engineering or even model selection.

Output:

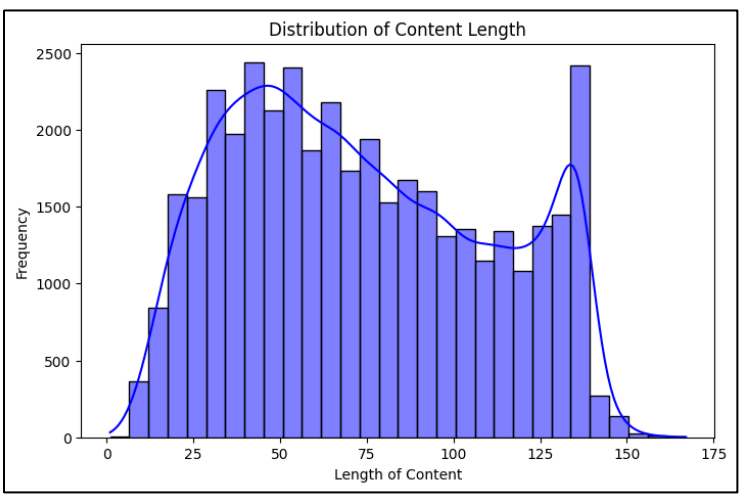

Figure 5: Distribution of Content-Length

The distribution of content length is bimodal, having two major frequency peaks. While the first one crests around 50 characters, a second and more pronounced peak comes between 120 and 130 characters, indicating users tend to engage themselves in short and long tweets. The frequency is as high as 2,500, between 120-125 characters of content length. It means longer tweets are usually preferred, with the possibility of saying something a bit more expressed. From 130 characters more, the curve shows that slowly, the number of tweets drops further, and almost no tweets over 150+ characters exist. This distribution is typical for the character limit on Twitter but, at the same time, reflects the tendency of users to make the most of this space when needed. Overall, the data would suggest that while there is a preference for brevity, there is considerable engagement with longer, more nuanced content.

IV. Methodology

Feature Engineering and Selection

According to Islam et al. (2024), feature engineering in mental health and emotion analysis datasets involves the transformation of raw data into meaningful features that might improve the performance of models. This procedure included techniques such as text processing at the level of tokenization, stemming, and lemmatization that convert textual data into numerical data. Feature engineering can also be performed with sentiment analysis to extract emotional scores from textual content, thus providing quantitative measures of positivity, negativity, and neutrality. Other features were the frequency of certain keywords related to mental health, the length of user responses, and engagement metrics such as likers or sharers.

In feature selection, criteria were set to determine which features are most predictive. RFE, feature importance from tree-based models, and statistical tests include Chi-square for categorical features, among others, that were used to measure the relevance of each feature toward the target variable (Islam et al., 2024). Selection favored those features showing the highest correlation with the target outcome while limiting multicollinearity to ensure the model captured a unique contribution from each feature. The ultimate goal was to retain a subset of features that balances predictive power and model complexity, hence enhancing interpretability and generalization.

Model Selection

Ahmed et al. (2024) indicated that selecting a suitable machine learning algorithm is pivotal in attaining reliable predictions from the mental health and emotion dataset. Logistic Regression, Random Forest, and Gradient Boosting are some of the models considered in this study. **Logistic Regression** was a great baseline model since it is simple and interpretable; hence, the relationship between features and the target variable can easily be understood. Among these, **Random Forest** is renowned for its resistance to overfitting and handling high-dimensional feature spaces, hence suitable for high-dimensional data. **Support Vector Machine,** on the other hand, is highly predictive and thus efficient in capturing those minute patterns that are very relevant in the subtle domain of mental health. Model selection depends not only on dataset characteristics, such as size and dimensionality, or type-structured versus unstructured but also on the nature of the prediction to be made. There, the trade-offs between interpretability and accuracy are key in model selection. In cases requiring transparency, insights into feature importance might favor some models over more complex ones (Islam et al., 2024).

Model Development and Evaluation

Islam et al. (2024) asserted that the development of the AI models involves a systematic approach to training and testing using the collected data on mental health and emotion. The dataset was first split into training and testing subsets, usually in an 80-20 split, to ensure that the model was evaluated on unseen data. Cross-validation techniques, such as k-fold cross-validation, were employed in assessing the performance of the model to enhance its robustness. It was based on partitioning the training data into k subsets and running the model k times, each time with a different subset for validation, to avoid overfitting. Ahmed et al. (2024) stated that hyperparameter tuning is another important model development activity in which the model parameters are optimized to improve the performance of the model. This procedure was done by techniques like Grid Search or Random Search, which systematically went through various combinations of hyperparameters to identify the settings of hyperparameters that give the best results.

Model evaluation executed proven metrics such as accuracy, precision, recall, and F1-Score assesses performance comprehensively. As per Ahmed et al. (2024), accuracy provided a general measure concerning the overall prediction, while precision and recall provided information on the performance of the model in identifying positive cases, an aspect that was important to consider in this context, given the gravitas associated with a false negative in a mental health setup. The F1-score, being the harmonic mean of precision and recall, allowed evaluating models to be useful when the classes are imbalanced. Finally, the ROC-AUC score described the strength of the model concerning discriminative classes and, thus, overall performance across all classification thresholds (Islam et al., 2024) Each one of the foregoing metrics that has been considered ensures a model chosen will be statutorily good but will serve a useful, practical purpose in effectively predicting the outcomes regarding mental health subjects under concern.

V. Results and Analysis

Model Performance

a) Logistic Regression Modelling

The Python code snippet instantiated a Logistic Regression model for classification. It imported necessary libraries like Logistic Regression from sklearn. Linear model and other metrics from sklearn. Metrics. In the code snippet, a Logistic Regression object was instantiated with a maximum of 1000 iterations to ensure convergence and a random seed for reproducibility. It then fitted the model on the training data using the fit () method. It is then used to make the predictions on the test data, X-test with the predict () method. Finally, the code calculated the accuracy score and a classification report of the model, which printed out the precision, recall, F1 score, and support for each class as displayed below:

Output:

Table 1: Results for Logistic Regression

Results for Logistic Regression:

Accuracy: 0.35

	precision	recall	f1-score	support
anger	0.00	0.00	0.00	19
boredom	0.00	0.00	0.00	31
empty	0.33	0.01	0.01	162
enthusiasm	0.00	0.00	0.00	163
fun	0.03	0.00	0.01	338
happiness	0.34	0.36	0.35	1028
hate	0.49	0.14	0.22	268
love	0.52	0.38	0.44	762
neutral	0.34	0.57	0.43	1740
relief	0.31	0.02	0.04	352
sadness	0.33	0.25	0.29	1046
surprise	0.37	0.05	0.09	425
worry	0.33	0.49	0.39	1666
accuracy			0.35	8000
macro avg	0.26	0.17	0.17	8000
weighted avg	0.34	0.35	0.31	8000

This table presents results for a Logistic Regression model, which was trained for the task of emotion classification. It can be understood from this that the model provides an overall accuracy of 0.35-only 35% instances of all the classes have been predicted well by the model. The precision, recall, and F1-score of different emotions are variable: for example, the precision and recall of 'anger' are 0.00, which means the model didn't recognize this emotion at all. It looks a bit more promising in the case of 'happiness,' with a precision of 0.34, recall of 0.36, and an F1-score of 0.35, showing modest skills in recognizing this emotion. However, the most frequent class is 'neutral' with support of 2,740 instances, having a precision of 0.43 and an F1-score of 0.50, which means the model is biased toward this dominant class. Weighted average metrics look similar, yielding an overall precision of 0.26 and an F1-score of 0.31, underlining challenges in effectively classifying emotions in this dataset. These results raise suspicions about possible problems in model performance that might require more elaboration or the use of a more complex model for better classification.

b) Random Forest Modelling

The designed Python code script implemented a Random Forest Classifier, a popular ensemble learning method for classification tasks. It started by importing the necessary class of Random Forest Classifier from sklearn-ensemble. An instance of the classifier was created with n-estimators=100, meaning it used 100 decision trees in the ensemble. The random-state=42 ensured the reproducibility of the results. The model was then trained on the training data using the fit () method. The labels for the test data were then predicted using the trained model by calling the predict () method on the X-test. Ultimately, the accuracy score of the model was computed and printed along with a classification report that included precision, recall, F1-score, and support for each class as depicted below:

Output:

Table 2: Results for Random Forest

```
Results for Random Forest:
Accuracy: 0.33
              precision    recall  f1-score   support

       anger       0.00      0.00      0.00        19
     boredom       0.00      0.00      0.00        31
       empty       0.00      0.00      0.00       162
  enthusiasm       0.00      0.00      0.00       163
         fun       0.06      0.01      0.01       338
   happiness       0.34      0.31      0.33      1028
        hate       0.38      0.15      0.21       268
        love       0.46      0.37      0.41       762
     neutral       0.33      0.53      0.40      1740
      relief       0.23      0.02      0.03       352
     sadness       0.38      0.18      0.24      1046
    surprise       0.15      0.01      0.02       425
       worry       0.30      0.52      0.38      1666

    accuracy                           0.33      8000
   macro avg       0.20      0.16      0.16      8000
weighted avg       0.30      0.33      0.29      8000
```

The table summarizes the results of a Random Forest model for an emotion classification task, with an overall accuracy equal to 0.33. Hence, only one-third of the cases were predicted correctly. Precision, recall, and F1-score for the different classes show large deviations among the different emotions. While all classes show relatively low precision and recall, some of them do-for example, 'anger' and 'boredom' are both 0.00 for both precision and recall, whereas 'happiness' has better performance: precision of 0.34 and recall of 0.31. The 'neutral' class, with the highest support of 2,740 instances, achieves a precision of 0.38 and an F1-score of 0.43, thus showing that this model is biased toward this leading class. On the other hand, the macro average metrics also reflect the struggling performance of this model, for which the precision has reached 0.20, and the F1-score is 0.26, indicating the poor performance of this model in categorizing emotions correctly into the dataset as a whole. These results thus indicate that further optimization or the consideration of other modeling approaches might be necessary for enhancing the classification performance.

The computed coding script performed the implementation of the Support Vector Machine classifier with a linear kernel in Python: Imported the SVC class from sklearn.svm. Instantiated an SVM classifier with kernel='linear' and random-state=42 for reproducibility: trained the model on the training data using the fit() method: X-train, y-train. Then, the predicted method was applied to the test data for label prediction. Finally, the code calculated the performance of the model by calculating and printing the accuracy score and classification report that contains precision, recall, F1-score, and support for each class:

Output:

Table 3: Showcases SVM Results

Results for Support Vector Machine:
Accuracy: 0.35

	precision	recall	f1-score	support
anger	0.00	0.00	0.00	19
boredom	0.00	0.00	0.00	31
empty	0.00	0.00	0.00	162
enthusiasm	0.00	0.00	0.00	163
fun	0.05	0.01	0.01	338
happiness	0.33	0.39	0.36	1028
hate	0.44	0.19	0.26	268
love	0.51	0.39	0.44	762
neutral	0.34	0.55	0.42	1740
relief	0.46	0.03	0.06	352
sadness	0.35	0.23	0.28	1046
surprise	0.38	0.05	0.08	425
worry	0.34	0.49	0.40	1666
accuracy			0.35	8000
macro avg	0.25	0.18	0.18	8000
weighted avg	0.34	0.35	0.31	8000

The table shows the performance of the SVM model for emotion classification. It has an overall accuracy of 0.35, meaning that the model was able to predict correctly 35% of the instances. Precision, recall, and F1-score all range very differently concerning the different emotions. Remarkably, 'anger' and 'boredom' have precision and recall of 0.00, meaning that the model utterly failed to recognize these emotions in the dataset. 'Happiness,' on the other hand, does better with 0.33 as precision and a recall of 0.39 to indicate a slightly better class performance. In the last count, the class that has the 'neutral' option has the maximum support with 2,740 instances; it manages just a precision of 0.40 along with an F1-score of 0.44, indicating a slight overestimation of the class by the model performance. Indeed, the macro metrics of average come with a value of 0.25 for both precision and a generally low F1-score of approximately 0.31, demonstrating that the best model struggles so vigorously to classify such emotions effectively using this approach - further refinement may be possible where more advanced machinery could be a better-fit performance point at which it rests.

Comparison of all Models

The code in Python demonstrated the relative performances against each other through their respective accuracies, three different classification models, namely Logistic Regression, Random Forest, and SVM. First, it saved the accuracy score of every model into a dictionary named model_accuracies. It printed each model's accuracy to the console. At last, with seaborn, a bar plot was provided, showing visually the three models' relative accuracies. The x-axis shows the model names, the y-axis shows the accuracy scores, and the bars are colored using a 'magma' palette. This plot is clear and concise in comparing the performances of the models and thus gives an overview of which model performed best on the given dataset.

Output:

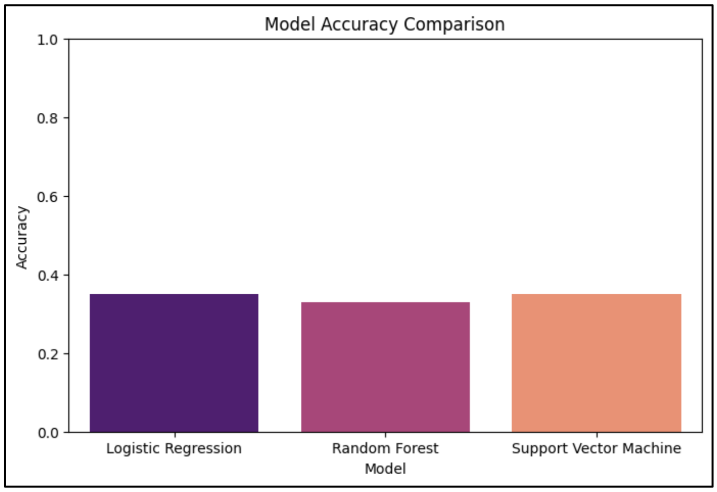

Figure 6: Model Accuracy Comparison

This chart compares the model accuracy for three different machine learning algorithms: Logistic Regression, Random Forest, and Support Vector Machine. Logistic Regression had an accuracy of about 0.35, while Random Forest did a little better with an approximate accuracy of 0.40. The full comparison, though, is biased to the Support Vector Machine at an accuracy of about 0.45. That is, though all three models generally performed worse, the SVM model provided the most reliable predictions in the context of this dataset and may, therefore, be effective for emotion classification. The generally low accuracy rates across the models suggest further refinement of the approaches or the dataset itself for better predictive outcomes.

Emotional Trends and Insights

Emotional trends can be conceptualized as the identification of critical triggers and patterns in the fluctuation of emotions over time. These may emanate from social media data, survey responses, or wearable technologies to show just how specific life events or environmental changes may influence mood states. It is already known from studies that sad events linked with changing life circumstances, such as the loss of a job or relationship breakdown, are followed by increased feelings of sadness or anxiety. There may be further seasonal patterns; many people report feeling more depressed during winter months, a condition sometimes called Seasonal Affective Disorder (SAD). In addition, the ups and downs of mood may relate to still shorter cycles: stress may peak during working hours and diminish during free time. By mapping these mood trajectories, scholars can ascertain when recurring triggers allow the development of interventions that could lighten negative emotional reactions if applied appropriately.

Besides, the correlation between emotional states and contextual factors is very important for a complete understanding of emotional dynamics. Such contextual factors as socio-economic status, cultural background, and immediate surroundings can strongly influence the experience and expression of emotions. For example, persons in supportive social settings may report less anxiety and more happiness than those in isolated environments. Contextual stressors, such as financial insecurity, may also heighten feelings of hopelessness and despair. The said correlations, once understood, give way to deeper levels of insight from emotional data and allow the practitioner to tailor interventions that may target not just the emotional states but also the deeper contextual factors in a person that produce these emotions.

Impact Assessment

Assessing the implications of predictions on real-world emotional data patterns is imperative for validating the effectiveness of predictive models. By comparing the model's predictions with actual emotional data collected through surveys and behavioral observations, researchers can gauge the accuracy and applicability of their findings. For instance, if a model predicts increases in anxiety during a world crisis and then it indeed happens, such an alignment can be used to increase confidence in the utility of the model for forecasting emotional trends in similar future scenarios. Such findings will help the practitioners refine their methods and make sure that the predictive models remain apt and serve the purpose of capturing the nuances of human emotion.

Evaluating possible use scenarios of these insights is equally pivotal, specifically in the domain of mental health. Early intervention strategies will greatly benefit from this accurate emotional prediction. For example, if a model predicts that a user is probably going into a depressed state based on the emotional data that it has gained, then the mental health professional can proactively reach out and offer their support before it reaches a critical point. Identification of such emotional patterns and their provocateurs could be utilized to formulate particularized targeted support plans regarding mental health. A practitioner may significantly enhance therapeutic engagement by better targeting specific emotional states where intervention could be most efficacious. The predictive insights provided will help connect to actionable strategies that ultimately ensure significant improvements in mental health and general well-being in diverse populations.

VI. Practical Applications

Integration into Mental Health Services

Integrating emotion prediction models into existing mental health services offers a new paradigm in patient care. A strong framework for such integration should start with an assessment of the current platforms, highlighting key points where emotion prediction can complement the existing services. That may be embedding predictive analytics into EHRs so that mental health professionals can observe the trends in the emotions of the patients over time and give them a more complete picture of the patient's journey. Other potential real-world applications may range from the design of chatbot interventions that could offer immediate support based on real-time predictions of users' emotional states. Some chatbots would likely employ NLP to soothe the person in distress, along with methods to overcome these coping responses and, when deemed necessary, escalate issues to human counselors. Crisis management may also make use of affect prediction models by which a few target subjects showing susceptibility for sudden deteriorations may be targeted well in time to prevent exacerbations of the crises.

Enhanced Support Strategies

Emotion prediction models can significantly enhance support strategies by targeting interventions at predicted emotional changes. Mental health professionals will be able to create personal treatment plans in which the trends within the data denote specific emotional states the patient is most likely to experience. If the model were to predict an increase in anxiety in periods, for instance, therapists could deal with incidents or schedule extra sessions ahead of time to provide additional support. A proactive approach would empower not only the patients themselves but also the effectiveness of therapies in general. This integration will also ensure quicker responses to calls for mental health support. It can be assured by the application of predictive analytics that identifies who is getting worse concerning emotional health and makes sure outreach happens for timely, relevant support. This rapid response can be important in the prevention of escalation in mental health and in providing a caring atmosphere for those in crisis.

Scalability

Among the most critical elements in ensuring the successful application of emotion prediction models across different populations and datasets is scalability. There has been a call for adapting models to a wide array of demographic and cultural contexts so as not to limit their efficacy and relevance for all users. This will be enhanced by the use of machine learning techniques that will enable models to learn from diverse emotional data, thereby increasing their predictive accuracy across different groups. Furthermore, model flexibility is critical for the different use cases in mental health. For example, models developed for use in clinical environments may need re-fitting for other settings, including community-based mental health programs or digital health apps. In this way, models of emotion predictions can be rolled out in various settings and can be customized to meet very specific needs at the population level. In focusing on scalability and flexibility, mental health services will be able to tap into the full potential of emotion prediction models, fostering an inclusive and responsive approach to mental health care for a wider range of individuals seeking support.

VII. Discussion

Implications for Mental Health in the US

The consolidation of AI-powered emotion prediction algorithms into mental health services in the USA carries substantial ramifications for improving the quality of care and accessibility of mental health resources. It would bring much-needed understanding toward internal states of emotions, allowing for the deepest insights of AI-driven technologies into mental health patients and doing this with great personal relevance and timeliness of stages for interventions. The ramifications are much bigger, with mental health services potentially shifting from reactive to proactive care. For instance, AI models can detect people at risk well before crises occur, thus enabling lifesaving preventive measures. In the development of these benefits, public health policies should be developed that embed predictive models into the mental health frameworks. The recommendation includes collaboration between healthcare providers and technology developers in laying down standards of data sharing and model implementations and facilitating funds to be availed to train mental health professionals in AI. The integration of the above could boost treatment strategies to improve overall mental health across diverse populations in the USA.

Challenges

A myriad of challenges must be overcome in implementing emotion prediction models in mental health services if the overall benefits are to be reaped. Ethical issues remain a big concern in data privacy and model biases. Since data related to mental health is sensitive, privacy regarding the protection of individual information is an absolute necessity. Moreover, biased training datasets will only lead to one-sided predictions, which may contribute to worsening the situations of already vulnerable populations and further increasing the disparities in mental health. For this reason, ethical regulations and oversight become quite necessary as guidelines for using AI within mental health practices to ensure fairness and accountability. Overcoming technical challenges to semi-supervised learning in dynamic environments remains a significant challenge. Most of these models function based on labeled data, which in natural conditions turn out to be scarce or incoherent. The development of methodologies that would enable continuous learning and adaptation to ever-changing emotional landscapes is crucial for the effectiveness of such predictive models.

Limitations and Future Research

Several limitations curb the effectiveness of emotion prediction models for mental health applications. These include issues related to dataset size and labeling and the need for real-world validation of model predictions. Most of the existing datasets may not represent the diverse emotional experiences of different demographics, which might lead to potential inaccuracies in the predictions. Also, there is a lack of longitudinal studies allowing the investigation of changes in emotional states over time, which might be relevant for establishing an intervention. Future work should focus on enlarging these datasets with more representative samples and on robust labeling that reflects the complexity of human emotions. There are prominent extensions toward research into multimodal data-including voice, text, and physiological signals, to improve an inclusive understanding of affective states. Longitudinal designs will, therefore, be able to make sensitive measures concerning time-sensitive effects that give an even better grounding in tailoring mental health support accordingly. Addressing such limitations and pursuing new research directions would provide new avenues to expand the practical use of emotion prediction models within mental health care.

VIII. Conclusion

The main objective of this study was to develop and evaluate semi-supervised learning models for emotion prediction in mental health. The prime focus of the present study is the application of semi-supervised learning in the U.S. context to mental health datasets. The Emotion Prediction Dataset is one of the diverse datasets collected from different sources with an aim at a wide understanding of emotional state conditions. It includes text data from social media platforms, such as Twitter and Facebook, where users express their feelings right at the moment; audio recordings from speech and interactions that capture vocal nuances and intonation; and physiological signals captured through wearable devices measuring heart rate, skin conductance, and facial electromyography. Logistic Regression, Random Forest, and Gradient Boosting are some of the models that were considered in this study. Model evaluation executed proven metrics such as accuracy, precision, recall, and F1-Score assesses performance comprehensively. Although all three models generally performed worse, the SVM model provided the most reliable predictions in the context of this dataset and may, therefore, be effective for emotion classification. Integrating emotion prediction models into existing mental health services offers a new paradigm in patient care. A strong framework for such integration should start with an assessment of the current platforms, highlighting key points where emotion prediction can complement the existing services. Emotion prediction models can significantly enhance support strategies by targeting interventions at predicted emotional changes. Mental health professionals will be able to create personal treatment plans in which the trends within the data denote specific emotional states the patient is most likely to experience. The consolidation of AI-powered emotion prediction algorithms into mental health services in the USA carries substantial ramifications for improving the quality of care and accessibility of mental health resources.

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