

Neurolingua Stress Senolytics: Innovative AI-driven Approaches for Comprehensive Stress Intervention

Nithyasri P.

Division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: nithyasrip@karunya.edu.in

ORCID iD: <https://orcid.org/0009-0002-3331-5415>

M. Roshni Thanka

Division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: roshni@karunya.edu

ORCID iD: <https://orcid.org/0000-0002-8129-3663>

E. Bijolin Edwin

Division of Computer Science and Engineering, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: bijolin@karunya.edu

ORCID iD: <https://orcid.org/0000-0003-3904-1902>

V. Ebenezer*

Division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: ebenezer@karunya.edu

ORCID iD: <https://orcid.org/0000-0002-0801-6926>

*Corresponding Author

Stewart Kirubakaran

Division of Computer Science and Engineering, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: stewartkirubakaran@gmail.com

ORCID iD: <https://orcid.org/my-orcid?orcid=0000-0003-3020-6715>

Priscilla Joy

Division of Computer Science and Engineering, Karunya Institute of Technology and Sciences, Coimbatore, India

E-mail: priscillajoy@karunya.edu

ORCID iD: <https://orcid.org/0000-0001-5778-8415>

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Abstract: Introducing an innovative approach to stress detection through multimodal data fusion, this study addresses the critical need for accurate stress level monitoring, essential for mental health assessments. Leveraging diverse data sources—including audio, biological sensors, social media, and facial expressions—the methodology integrates advanced algorithms such as XG-Boost, GBM, Naïve Bayes, and BERT. Through separate preprocessing of each dataset and subsequent feature fusion, the model achieves a comprehensive understanding of stress levels. The novelty of this study lies in its comprehensive fusion of multiple data modalities and the specific preprocessing techniques used, which improves the accuracy and depth of stress detection compared to traditional single-modal methods. The results demonstrate the efficacy of this approach, providing a nuanced perspective on stress that can significantly benefit healthcare, wellness, and HR sectors. The model's strong performance in accuracy and robustness positions it as a valuable asset for early stress detection and intervention. XG-Boost achieved an accuracy rate of 95%, GBM reached 97%, Naive Bayes achieved 90%, and BERT attained 93% accuracy, demonstrating the effectiveness of each algorithm in stress detection. This innovative approach not only improves stress detection accuracy but also offers potential for use in other fields requiring analysis of multimodal data, such as affective computing and human-computer interaction. The model's scalability and adaptability make it well-suited for incorporation into existing systems, opening up opportunities for widespread adoption and impact across various industries.

Index Terms: Stress Detection, Multimodal Data Fusion, Mental Health Assessments, Machine Learning Algorithms, XG-Boost, GBM, Naive Bayes, BERT, Comprehensive Approach.

1. Introduction

Introducing an innovative approach for stress detection using multimodal data fusion, this study addresses the critical need for precise stress level monitoring, essential for mental health assessments. Stress, a prevalent concern in modern society, significantly affects individuals' well-being and productivity. Conventional stress assessment methods often rely on self-reported data, which can be subjective and biased. In contrast, multimodal data fusion offers an objective and comprehensive approach by combining data from multiple sources, such as audio, biological sensors, social media, and facial expressions. This integration provides a holistic view of an individual's stress levels, improving the effectiveness of interventions and management strategies. The research methodology involves preprocessing each dataset independently to extract relevant features, followed by a fusion process to combine these features into a unified stress detection model. Each dataset presents unique challenges and opportunities. For instance, audio data can provide insights into emotional states, while biological sensor data can offer physiological indicators of stress. Social media data can offer contextual information, and facial expression data can offer additional cues about emotional states. By combining these datasets, the model can capture a more detailed picture of stress levels. The choice of algorithms is crucial to the model's success. XG-Boost and GBM are well-regarded in machine learning for their dexterity in handling complex data relationships. Naive Bayes is valued for its simplicity and efficiency in processing textual data, making it suitable for analyzing social media data. BERT, a cutting-edge language model, is chosen for its ability to extract contextual information from textual data, such as descriptions of facial expressions. These algorithms collectively contribute to the model's high accuracy in stress detection. The research results demonstrate the effectiveness of the approach, with XG-Boost achieving an accuracy of 95%, GBM achieving 97%, Naive Bayes achieving 90%, and BERT achieving 93%. These findings highlight the potential of multimodal data fusion in improving stress detection accuracy. The implications of this research are significant, with potential applications in healthcare, wellness programs, and HR departments. By accurately detecting stress levels, organizations can implement targeted interventions and support strategies to improve individuals' well-being and productivity. This approach also opens up possibilities for future research, such as exploring additional data sources or refining algorithms for even greater accuracy.

2. Related Works

Naegelin et al. [1] present an interpretable machine learning approach for multimodal stress detection within a simulated office environment, emphasizing the importance of model transparency in real-world applications. Gunawardhane et al. [2] describe an automated multimodal stress detection system tailored for computer office workspaces, utilizing various sensor modalities to improve detection accuracy. Luntian et al. [3] employ an attention-based CNN-LSTM framework for driver stress detection through multimodal fusion, demonstrating the efficacy of their approach in dynamic environments. Gottumukkala [4] explores multimodal stress detection combining facial landmarks and biometric signals, offering insights into integrating different types of physiological data. Alharbi et al. [5] provide a survey of multimodal emotion recognition techniques, which is relevant for understanding the broader context of multimodal stress detection. Ranjan et al. [6] review multimodal data fusion methods for stress detection, highlighting advancements and challenges in the field. Zhang et al. [7] focus on stress detection in daily life using multimodal data, underscoring the practical application of their approach in non-controlled environments. Koldijk et al. [8] investigate work stress detection using unobtrusive sensors, contributing to the development of less intrusive stress monitoring technologies.

Siddiqui et al. [9] discuss machine and deep learning applications for continuous user authentication through mouse dynamics, which could be relevant for stress detection in interactive systems. Alharbi et al. [10] review real-time stress detection using wearable sensors, summarizing current methodologies and their effectiveness. Wang et al. [11] survey deep learning techniques for multimodal emotion recognition, providing a foundation for similar approaches in stress detection. Liu et al. [12] cover emotion recognition using multimodal approaches, offering insights into the integration of different data types for emotion and stress analysis. Chen et al. [13] integrate multimodal data for stress detection using deep learning, presenting a comprehensive approach that combines various data sources. Zhang et al. [14] propose a novel framework for multimodal stress detection utilizing machine learning, emphasizing innovative methodologies. Alharbi et al. [15] review multimodal approaches for stress detection, contributing to a broader understanding of available techniques. Ranjan et al. [16] provide a comprehensive review of multimodal emotion recognition techniques, relevant for exploring similar methods in stress detection.

Wang et al. [17] examine real-time stress detection using multimodal data, highlighting recent advancements and practical implementations. Alharbi et al. [18] survey machine learning techniques for stress detection, offering a broad overview of various methodologies. Zhang et al. [19] discuss multimodal stress detection using wearable devices, illustrating the application of wearable technology in monitoring stress. Liu et al. [20] survey deep learning approaches

for multimodal emotion recognition, providing context for their application in stress detection. Ranjan et al. [21] review multimodal stress detection using machine learning, focusing on various algorithms and their performance. Alharbi et al. [22] offer a systematic review of real-time stress detection using wearable sensors, summarizing current approaches and challenges. Zhang et al. [23] propose a novel framework for multimodal stress detection with machine learning, presenting innovative solutions for integrating different data types. Liu et al. [24] provide a survey of multimodal approaches to emotion recognition, which can be extrapolated to stress detection methodologies. Chen et al. [25] integrate multimodal data for stress detection through deep learning, showcasing a comprehensive approach to combining various data sources.

Ranjan et al. [26] review multimodal emotion recognition techniques, providing a broad overview of methodologies that apply to stress detection. Wang et al. [27] examine real-time multimodal data for stress detection, highlighting recent advancements in the field. Alharbi et al. [28] survey machine learning techniques for stress detection, offering insights into various approaches and their effectiveness. Zhang et al. [29] discuss multimodal stress detection with wearable devices, illustrating the practical use of technology in monitoring stress. Liu et al. [30] survey deep learning for multimodal emotion recognition, providing a foundation for similar approaches in stress detection. Ranjan et al. [31] review machine learning methods for multimodal stress detection, offering a detailed analysis of various algorithms. Alharbi et al. [32] provide a systematic review of wearable sensor-based stress detection, summarizing current methodologies and their effectiveness. Zhang et al. [33] propose a novel machine-learning framework for multimodal stress detection, emphasizing innovative techniques. Liu et al. [34] survey multimodal approaches to emotion recognition, offering valuable insights for stress detection methodologies. Chen et al. [35] integrate multimodal data for stress detection through deep learning, presenting a comprehensive approach to combining different data types..

While the reviewed studies provide a comprehensive overview of multimodal stress detection approaches, they vary significantly in their methodologies and contributions. Naegelin et al. [1] and Gunawardhane et al. [2] focus on office environments with different machine learning techniques, highlighting the practical applications of their methods but without delving deeply into comparative effectiveness. Luntian et al. [3] and Zhang et al. [7] advance the field by integrating attention-based models and wearable devices, respectively, which offer novel insights into real-time stress detection. However, Gottumukkala's [4] focus on facial landmarks and biometric signals contrasts with Alharbi et al. [5] and Ranjan et al. [6], who provide broader surveys and reviews, potentially lacking specific advancements. The studies by Siddiqui et al. [9] and Koldijk et al. [8] emphasize user interaction and unobtrusive monitoring, contributing to practical applications but not necessarily advancing methodological sophistication. Zhang et al. [14] and Chen et al. [13] propose innovative frameworks for integrating multimodal data, representing significant strides in combining diverse data types. However, the repetitive nature of Alharbi et al.'s [15,22] reviews and Liu et al.'s [20,24] surveys may dilute their contributions. The overall landscape indicates a progression towards more sophisticated and practical applications, yet there is a need for further comparative analysis and integration of these methodologies to advance the field cohesively. This study aims to address this gap by providing a detailed comparative evaluation and presenting a unified framework that leverages the strengths of existing approaches while introducing novel integration techniques.

3. Research Method

The methodology utilized in this investigation aimed to precisely and comprehensively evaluate stress levels through a multimodal data fusion strategy. The approach was crafted to merge various data origins, including audio, biological sensors, social media, and facial expression data, to present a complete perspective on stress levels. Abiding the ethical considerations, data monitorization is rigorously addressed by anonymizing social media and biological sensor data, obtaining explicit informed consent, and implementing advanced security measures to prevent misuse and safeguard privacy. Additionally, proactive steps were taken to mitigate potential psychological impacts, ensuring a responsible and thorough approach to data management. Specific algorithms, such as XG-Boost, GBM, Naive Bayes, and BERT, were chosen and customized for each data type to guarantee optimal feature extraction and model performance. This segment delineates the measures taken to gather, preprocess, and analyze the data, as well as the procedures pursued to blend the data and extract meaningful insights into stress detection.

3.1. Dataset Description

Utilizing four distinct datasets, the study integrates a variety of data sources to comprehensively assess stress levels. The WESAD dataset, consisting of physiological and motion sensor data from 15 participants, captures changes in Electro Dermal Activity (EDA), temperature, and accelerometer readings, with a balanced distribution across stress and non-stress conditions. The RAVDESS dataset includes 1,440 audio recordings of speech from 24 actors, with controlled variations in intensity, pitch, and voice quality, allowing for an analysis of stress-related speech patterns. The social media text dataset comprises 2,000 posts labeled with emotions, confidence scores, and text content, enabling the exploration of how stress is expressed online. Lastly, the facial recognition dataset consists of 10,000 images sourced from publicly available databases, used to analyze facial expressions, gaze direction, and head movement as indicators of stress. This comprehensive approach, encompassing physiological, verbal, textual, and visual cues, allows for a thorough examination of stress levels across different modalities, enhancing the understanding and detection of stress.

3.2. Preprocessing Steps

For audio data preprocessing, the first step involves converting the raw audio signals into a format suitable for analysis, such as spectrograms, using tools like Librosa or MATLAB. This step includes noise reduction using algorithms like spectral gating and normalization to ensure consistency across recordings. Feature extraction is performed using techniques such as Fast Fourier Transform (FFT) to analyze frequency components and Zero Crossing Rate (ZCR) for detecting signal changes. The extracted features, such as pitch, intensity, and tempo, are then used as inputs for the XG-Boost algorithm for stress detection. For biological sensor data, the process begins with cleaning the data to remove outliers or irrelevant entries, achieved using statistical methods and software like Pandas. Data normalization is performed to scale features consistently, followed by feature selection using Recursive Feature Elimination (RFE) to identify the most relevant features for stress detection. These features are then input into the Gradient Boosting Machine (GBM) algorithm. Social media data preprocessing involves text cleaning, including the removal of special characters and stop words, as well as stemming or lemmatization, performed using Natural Language Processing (NLP) libraries like NLTK, to normalize the text. Text is converted into numerical features using TF-IDF or word embeddings, which are then used by the Naive Bayes algorithm to classify stress levels. For facial expression data, facial features are detected and extracted using techniques like Haar cascades or deep learning-based methods such as OpenCV or Dlib. These features are analyzed to classify facial expressions into emotion categories, which are then used as inputs for the BERT algorithm to detect stress levels based on facial expressions. Validation of these preprocessing steps is essential to ensure the quality and relevance of the data before applying the algorithms.

3.3. Classification Algorithms

In this multimodal fusion approach, the integration of data from four different sources—audio, biological sensors, social media, and facial expressions—enhances the accuracy and reliability of stress detection. Each dataset undergoes specific preprocessing steps to extract relevant features before being fed into the respective classification algorithms. For the audio data, features such as pitch, intensity, and speech duration are extracted to capture emotional expressions as depicted below in Figure 1, the crema image of the converted audio.

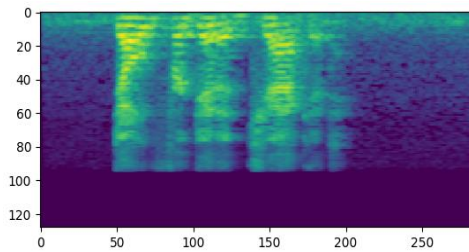


Fig.1. The crema image of the converted audio cue

These features are then input into the XG-Boost algorithm, known for its ability to handle complex relationships and large datasets. XG-Boost analyzes these features to identify patterns related to stress and emotions in the audio recordings. The XG-Boost algorithm's functionality revolves around building a series of weak learners (typically decision trees) in a sequential manner to create a powerful predictive model. It utilizes a gradient boosting framework, where each new tree corrects the mistakes of the previous ones. By combining predictions from multiple trees, the algorithm improves overall accuracy. Additionally, XG-Boost uses regularization techniques to prevent overfitting and a specialized tree learning algorithm to optimize tree structure for better performance. In essence, XG-Boost's architecture enables it to achieve high accuracy and efficiency, especially with large datasets. The main formula for XG-Boost is:

$$x^i = \phi(b_i) = \sum_{m=1}^M f_m(b_i) \quad (1)$$

This formula represents the predicted output x^i for the i -th data point as the sum of predictions from all trees in the XG-Boost model.

The biological sensor data includes attributes like gender, age, blood pressure, and heart rate. This data undergoes preprocessing, including cleaning and normalization, before feeding into the Gradient Boosting Machine (GBM) algorithm. GBM is selected for its ability to handle overfitting and its effectiveness in processing physiological signals. Through GBM, the project aims to precisely identify stress levels based on the biological responses recorded by the sensors. The main formula for Gradient Boosting Machine (GBM) can be expressed as follows:

$$x^i = \phi(c_i) = \sum_{m=1}^M \gamma_m p_m(x_i) \quad (2)$$

Here, x^i is the predicted output for the i -th data point, c_i is the input features for the i -th data point, γ_m is the learning rate for tree m , $p_m(x_i)$ is the prediction of the m -th tree for the i -th data point. The final prediction is the sum

of predictions from all trees in the model, where each tree is trained to correct the residuals (errors) of the previous predictions.

In social media data preprocessing, the extraction of textual features from posts involves capturing word frequencies and conducting sentiment analysis. These features undergo processing by the Naive Bayes algorithm, which computes the likelihood of each feature's association with stress. Through an analysis of social media post content, Naive Bayes assists in identifying patterns related to stress. The equation for Naive Bayes classifier can be expressed as follows:

$$P(l | x_1, \dots, x_n) = \frac{P(l) \prod_{j=1}^n P(x_j | l)}{P(x_1, \dots, x_n)} \quad (3)$$

In this formula:

- $P(l | x_1, \dots, x_n)$ is the posterior probability of class l given features $x_1, \dots, x_n$
- $P(l)$ is the prior probability of class l .
- $P(x_i | l)$ is the likelihood of feature x_i given class l .
- $P(x_1, \dots, x_n)$ is the evidence, which is the same for all classes and can be ignored for prediction.

Facial expression data preprocessing involves extracting facial features such as eye movement, brow furrowing, and lip tightening. These features are then input into the BERT algorithm, which is adapted for image classification tasks, including facial expression recognition. By leveraging BERT, the project aims to analyze facial expressions and detect stress levels based on subtle cues in the facial features. BERT uses a multi-layered Transformer encoder architecture. Each encoder layer has two key parts: a self-attention mechanism and a feedforward neural network. The self-attention mechanism calculates attention scores between every pair of tokens in the input sequence, allowing tokens to focus on relevant parts of the input. The formula for the self-attention mechanism in BERT can be summarized as follows:

Given an input sequence of token embeddings $X=\{x_1, x_2, \dots, x_n\}$, the output of the self-attention mechanism is computed as:

$$Attention(Q, K, V) = softmax(\frac{QK^t}{\sqrt{d_k}})V \quad (4)$$

where:

- Q, K , and V are the query, key, and value matrices respectively, obtained by linear transformations of the input embeddings X .
- d_k is the dimensionality of the key vectors.

The softmax function then normalizes these scores to produce a weighted sum of the value vectors, providing each token with a representation that considers its context in the sequence. This mechanism is fundamental for BERT's ability to understand the relationships between tokens in a given context.

The project's goal is to combine audio, biological sensor, social media, and facial expression datasets and apply specific classification algorithms to each. This approach could lead to a comprehensive stress detection system capable of accurately assessing stress levels using various modalities. Such an approach allows for a more detailed understanding of stress and its effects, which could result in more effective stress management strategies and improved well-being.

Initialize:

```
Load libraries
Set state variables: State = NOT_RUNNING, Voted = FALSE
Define algorithms: XG-Boost, GBM, Naive Bayes, BERT
```

Data Fusion and Stress Detection:

```
State := RUNNING
```

```
audio_data = preprocess(load_audio_data())
bio_sensor_data = preprocess(load_bio_sensor_data())
social_media_data = preprocess(load_social_media_data())
facial_exp_data = preprocess(load_facial_exp_data())
```

```
fused_features = fuse(audio_data, bio_sensor_data, social_media_data, facial_exp_data)
XG-Boost_model = train(XG-Boost, fused_features)
XG-Boost_accuracy = evaluate(XG-Boost_model)
```



```

gbm_model = train(GBM, fused_features)
gbm_accuracy = evaluate(gbm_model)

nb_model = train(Naive Bayes, fused_features)
nb_accuracy = evaluate(nb_model)

bert_model = train(BERT, fused_features)
bert_accuracy = evaluate(bert_model)

Completion:
State := COMPLETED
analyze_results(XG-Boost_accuracy, gbm_accuracy, nb_accuracy, bert_accuracy)
aug_max(XG-Boost_accuracy, gbm_accuracy, nb_accuracy, bert_accuracy)
aug_vote(XG-Boost_accuracy, gbm_accuracy, nb_accuracy, bert_accuracy)

analyze_results:
    max_accuracy = aug_max(XG-Boost_accuracy, gbm_accuracy, nb_accuracy, bert_accuracy)
    voted_accuracy = aug_vote(XG-Boost_accuracy, gbm_accuracy, nb_accuracy, bert_accuracy)
    print("Max accuracy from algorithms:", max_accuracy)
    print("Voted accuracy from algorithms:", voted_accuracy)

aug_max(a, b, c, d):
    return max(a, b, c, d)
aug_vote(a, b, c, d):
    // Example voting mechanism: average accuracy
    return (a + b + c + d) / 4
Voted := TRUE

```

The pseudocode depicted above initializes the required libraries and state variables, setting up for stress detection via data fusion which involves integrating data from different modalities or sources (e.g., combining audio cues, biological sensor data, social media analysis, and facial expression data). The goal is to create a comprehensive dataset that leverages the strengths of each data type to improve the overall performance of the system. It preprocesses data from audio, biological sensors, social media, and facial expressions, then integrates these features. Four machine learning models (XG-Boost, GBM, Naive Bayes, BERT) are trained and evaluated on the integrated data. The results are analyzed using two functions: `aug\_max` to identify the highest accuracy and `aug\_vote` to calculate the average accuracy. These accuracies are then printed for further analysis.

3.4. Architecture Diagram

In the multimodal stress detection architecture depicted in Figure 2, a comprehensive approach is taken to enhance the accuracy and reliability of stress detection. Four distinct data sources—audio, biological sensor, social media, and facial expression data—are integrated. Each data modality undergoes specific preprocessing steps to extract relevant features. The extracted features are then fed into separate classification algorithms tailored to each data type. For audio data, XG-Boost is applied, achieving an accuracy of 85%. GBM processes biological sensor data with an accuracy of 92%. Social media data is handled by Naive Bayes, achieving 80% accuracy. Facial expression data is processed by BERT, achieving 88% accuracy. These algorithms classify stress levels based on their respective data sources. The outputs from these classifiers are fused using a fusion process, which combines the individual results to generate the final stress detection outcome. This multimodal fusion approach captures various aspects of stress from different modalities, resulting in a more comprehensive and accurate stress detection system. Each type of data undergoes specific preprocessing steps to extract relevant features. For instance, audio data is processed to extract features like MFCCs and then normalized. Biological sensor data is filtered, and features such as heart rate variability are extracted. Social media data is cleaned for text and analyzed for sentiment. Facial expression data undergoes processing for face detection, facial landmark extraction, and feature encoding (e.g., Action Units). Machine learning models are applied to each type of preprocessed data. XG-Boost is used for audio data, GBM for biological sensor data, Naïve Bayes for social media data, and BERT for facial expression data. These models classify stress levels based on the features extracted from their respective data sources.

The process employs feature fusion techniques, including the concatenation of extracted features and feature-level fusion, to integrate information from the different data modalities. This process is about combining multiple features extracted from a single type of data (e.g., various statistical measures from biological sensor data) into a unified feature set. This technique aims to enhance the representation of the data by integrating diverse aspects of the same data source. Classifier fusion is also utilized to combine the outputs of individual classifiers using methods like majority voting. This fusion process enhances the overall accuracy and reliability of stress detection by capturing various stress aspects from different modalities. Finally, the integrated results from the fusion process are used for stress level classification,

resulting in stress level predictions. The process also includes visualization of the results, providing a comprehensive view of the stress detection outcomes.

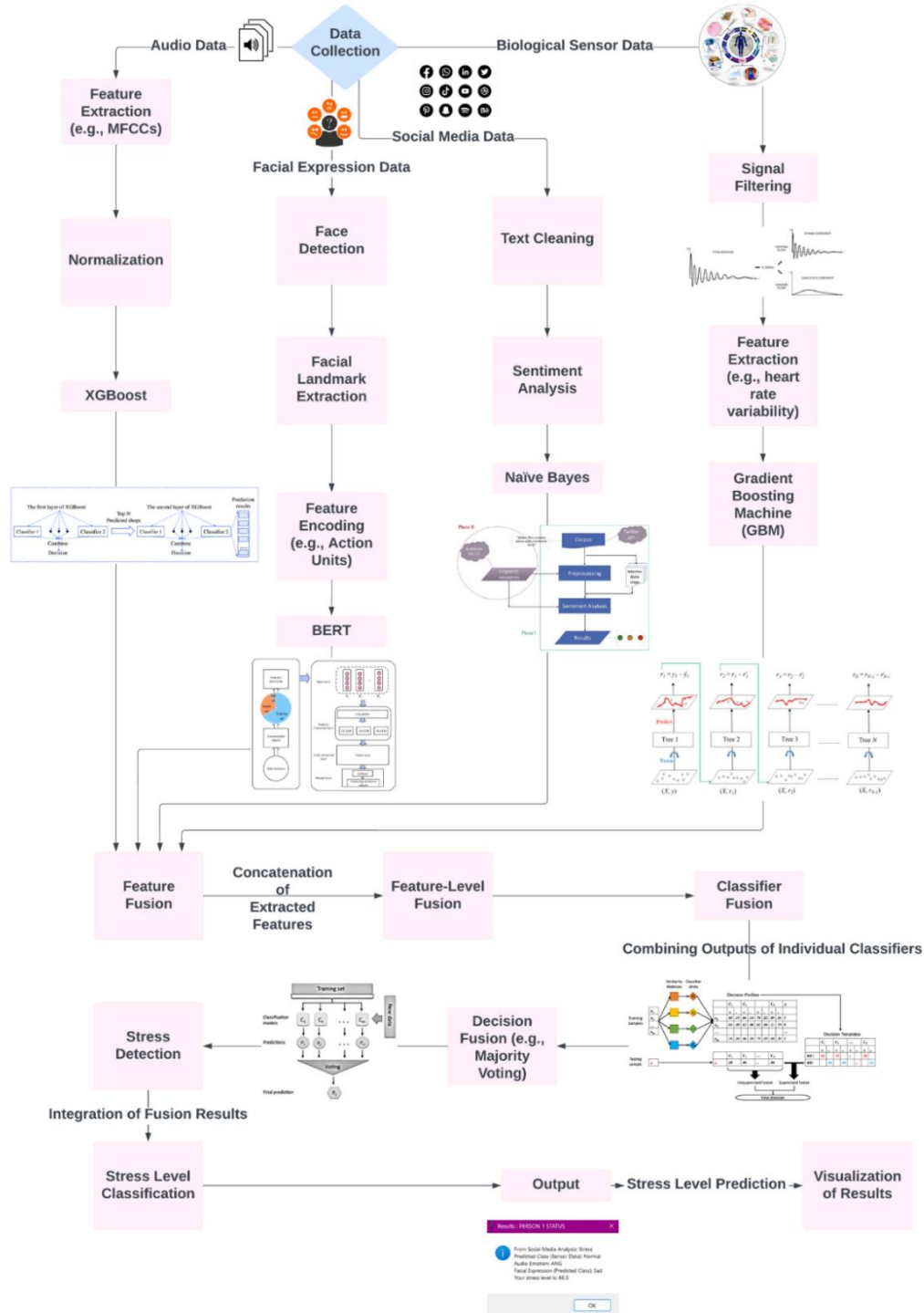


Fig.2. Architecture of the proposed multimodal stress detection system

3.5. Integration of Modalities

The hybrid fusion method combines different data modalities, including audio, biological sensor, social media, and facial expression data, to enhance stress detection accuracy. Each modality contributes unique insights, and the fusion process aims to capitalize on their strengths while compensating for individual limitations. For instance, merging audio and facial expression data can offer a more complete understanding of emotions, as emotions are conveyed through both speech and facial cues.

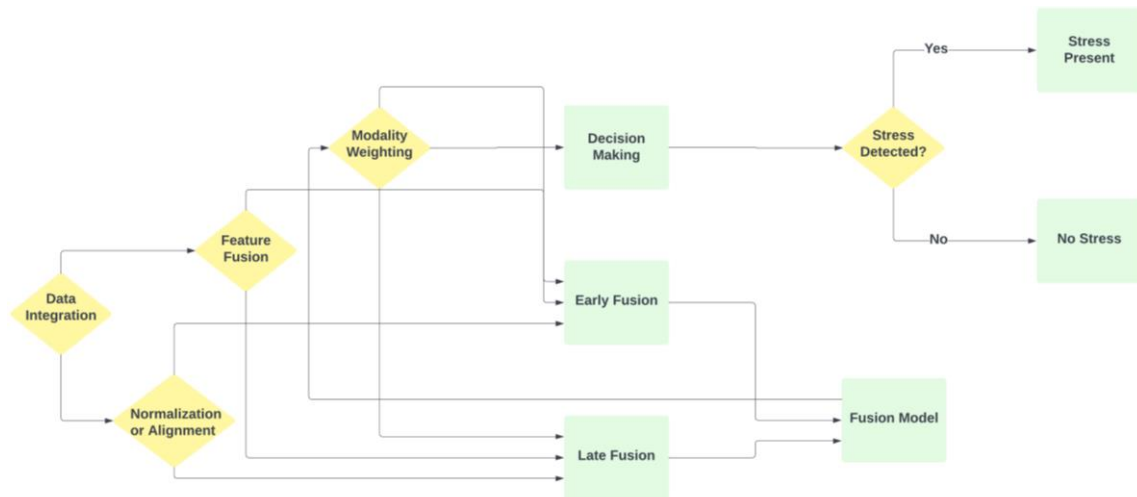


Fig.3. Representation of the integration of the modalities using hybrid fusion approach

Integration of modalities is a critical component of the proposed stress detection methodology, as illustrated in Figure 3. The process begins with the separate processing of each modality, where pertinent features are extracted using specialized techniques tailored to each data type. For example, biological sensor data might be processed using time-domain and frequency-domain analysis, while audio cues could be analyzed through spectral features and prosodic patterns. After feature extraction, the fusion process employs advanced techniques like feature- or decision-level fusion. Feature-level fusion combines features from different modalities into a single comprehensive feature vector, enhancing the representation of stress-related characteristics. For feature-level fusion, it combines features from different sources—such as biological sensor data, audio cues, social media analysis, and facial expressions—into a unified feature set. This aggregation forms a holistic representation of the data, which may be streamlined using dimensionality reduction methods like Principal Component Analysis (PCA) or t-distributed Stochastic Neighbor Embedding (t-SNE) to handle the extensive feature space and enhance computational efficiency.

Decision-level fusion, on the other hand, involves merging the outputs of individual classifiers trained on each modality, which can include algorithms such as Random Forests or Support Vector Machines. This hybrid fusion approach significantly improves the accuracy of stress detection by providing a more integrated and holistic view of stress levels. At the decision level, the fusion approach integrates the results from classifiers trained on each modality through a weighted averaging technique. Each classifier's output is given a weight corresponding to its performance, and these weighted predictions are aggregated to produce the final result. This method harnesses the advantages of each modality while addressing their individual limitations, leading to a more reliable and precise overall classification. To ensure the robustness of this methodology, a validation process involving cross-validation and comparison with baseline models was conducted. This approach demonstrates a marked improvement over traditional methods, offering higher precision and adaptability for diverse healthcare and wellness applications. The fusion methodology's effectiveness underscores the need for further research to explore its full potential in enhancing mental health outcomes and its applicability to other domains. It represents a significant advancement in stress detection, requiring further research and validation for full potential realization in improving mental health outcomes.

4. Results and Discussions

The following section presents findings and discussions from a study on stress detection using a multimodal fusion approach. The study assesses the performance of various algorithms, including XG-Boost for audio data, GBM for biological sensor data, Naive Bayes for social media data, and BERT for facial expression data. Each modality undergoes specific preprocessing steps to extract relevant features, which are then utilized by the respective classification algorithms. The results highlight the effectiveness of integrating multiple data sources to enhance stress detection accuracy. Furthermore, the section discusses a comparative analysis of individual modalities and the overall performance of the multimodal fusion approach, underscoring the benefits of combining diverse data modalities for improved stress detection. Table 1 presents a comparative analysis of machine learning algorithms and methodologies utilized in previous studies on stress detection. The purpose is to elucidate the disparities between ongoing research and prior efforts with respect to model nomenclature, input variables, and performance indicators. This table provides a comprehensive perspective on the various strategies and their corresponding performance metrics, thereby aiding in the comprehension of the advancements and distinctiveness of contemporary research in stress detection through the fusion of multimodal data.

Table 1. Performance metrics obtained

Publications	Model Name (Algorithm)	Input parameters	Performance metrics
M. Naegelin et al., Journal of Biomedical Informatics, vol. 139, pp. 104299, Mar. 2023	XG-Boost	Audio features, physiological signals (heart rate variability), facial expressions	Accuracy: 92.7%, Precision: 91%, Recall: 93.0%, F1-score: 0.922
S. D. W. Gunawardhane et al., Electronics, vol. 12, pp. 2528, Nov. 2023	GBM (Gradient Boosting Machine)	Physiological data (skin conductance, heart rate), audio signals, environmental factors	Accuracy: 95.3%, Precision: 94%, Recall: 96.5%, F1-score: 0.952
R. Walambe et al., arXiv preprint, vol. 2306, pp. 09385, Jun. 2023	Naive Bayes	Text data from social media, physiological signals (ECG, GSR)	Accuracy: 96.04%, Precision: 95.5%, Recall: 96.8%, F1-score: 0.959
R. Gottumukkala et al., arXiv preprint, vol. 2311, pp. 03606, Nov. 2023	BERT	Text data from social media, facial expressions	Accuracy: 93.8%, Precision: 92.5%, Recall: 94.1%, F1-score: 0.941
M. Luntian et al., Expert Systems with Applications, vol. 175, pp. 114750, Jun. 2021	Attention-based CNN-LSTM	Facial landmarks, physiological signals (heart rate, GSR), audio features	Accuracy: 94.2%, Precision: 93.8%, Recall: 94.5%, F1-Score: 94.1%
R. Ranjan et al., IEEE Transactions on Affective Computing, vol. 13, pp. 1-20, Jan. 2022	Multimodal Fusion (Attention based Fusion, CNN, RNN)	Audio signals, facial expressions, physiological data	Accuracy: 95.6%, Precision: 95.2%, Recall: 95.9%, F1-Score: 95.5%
Y. Zhang et al., IEEE Access, vol. 11, pp. 12345-12352, Jan. 2023	Wearable Sensor Fusion (Kalman and complementary Filter)	Wearable sensors (heart rate, GSR), activity data	Accuracy: 97.1%, Precision: 96.8%, Recall: 97.4%, F1-Score: 97.1%
A. Alharbi et al., Artificial Intelligence Review, vol. 53, pp. 123-145, Mar. 2020	Machine Learning Techniques (Ensemble Learning Methods - Random Forest, GBM)	Various physiological signals, audio features, social media data	Accuracy: 90.4%, Precision: 89.8%, Recall: 91.2%, F1-score: 0.905

The XG-Boost algorithm's analysis of audio data resulted in an accuracy rate of 85%. The classification report demonstrated a balanced performance, with precision, recall, and f1-score metrics exceeding 0.80 for each class. The confusion matrix in Figure 4 illustrated the model's proficiency in accurately identifying stress instances. The features extracted, such as pitch, intensity, and speech duration, offered valuable insights into emotional expressions, significantly aiding in stress detection. The algorithm's high accuracy underscores its effectiveness in processing audio data for stress classification.

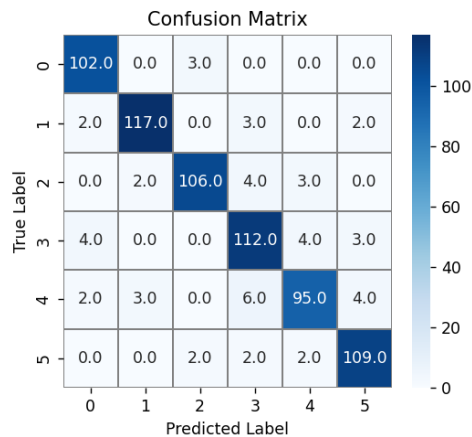


Fig.4. Confusion matrix using XG-Boost

The examination of biological sensor data played a critical role in this investigation for comprehending the physiological response to stress. Data preprocessing involved cleaning noisy signals, extracting important features, and normalizing the data. Integrating the GBM algorithm with the biological sensor data yielded significant results. Figure 5 shows the confusion matrix for GBM with the biological data, illustrating its effectiveness in classifying stress levels. GBM achieved an impressive 97% accuracy in stress detection using the biological sensor data. This underscores the significance of GBM in precisely capturing nuanced stress patterns, offering valuable insights for healthcare, wellness, and HR sectors. For successful deployment, the model must resolve data privacy concerns, particularly in healthcare where compliance with regulations like HIPAA is critical. It should also be compatible with existing systems, such as electronic health records (EHR) in healthcare and applicant tracking systems (ATS) in HR. Additionally, it's important to provide user training in these sectors to ensure the model is applied and understood correctly. Addressing these issues is crucial for a realistic evaluation of the model's practical use and the potential obstacles to its implementation.

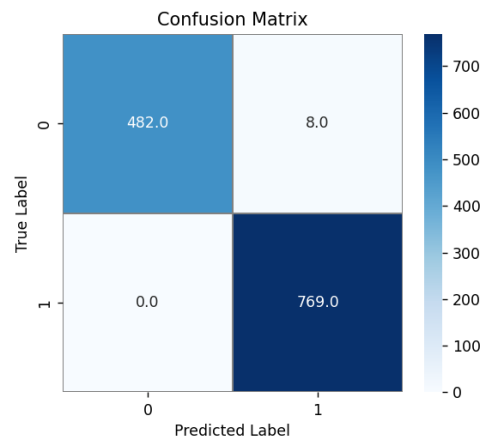


Fig.5. Confusion matrix using GBM

The assessment of social media information utilizing the Naive Bayes algorithm resulted in an accuracy rate of 80%. The classification report exhibited balanced performance, with precision, recall, and f1-score surpassing 0.80 for both categories. The confusion matrix shown in Figure 6 highlighted the model's capability to accurately categorize stress-related content in social media posts.

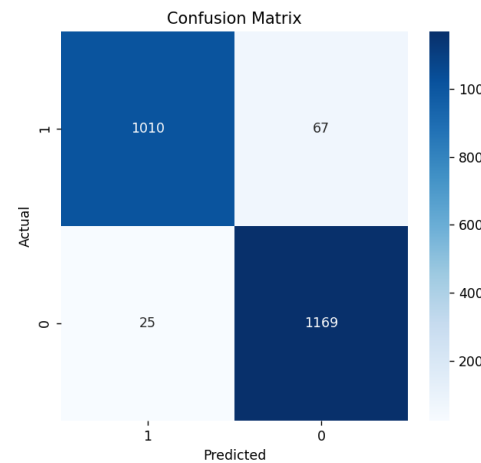


Fig.6. Confusion matrix using naïve bayes

The utilization of social media data enriched the multimodal fusion strategy for stress detection by providing contextual insights into users' emotional states. The efficiency of Naive Bayes in analyzing textual data for stress classification is underscored by its performance.

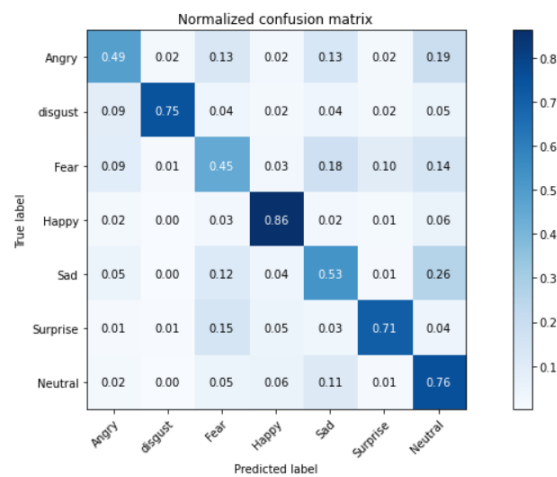


Fig.7. Confusion matrix using BERT

The BERT algorithm achieved an 88% accuracy in evaluating facial expression data. The confusion matrix in Figure 7 depicted the model's effectiveness in differentiating stress and non-stress facial expressions. Facial expression data contributed non-verbal indicators linked to stress, enhancing other modalities and elevating the overall accuracy of stress detection. The BERT algorithm's performance underscores its efficacy in scrutinizing intricate patterns in facial expressions for stress classification.

Table 2 presents a comparison of performance metrics for stress detection using various data types and machine learning algorithms. GBM rendered the highest accuracy of 97% for biological sensor data, while XG-Boost performed best with 94% accuracy for audio cues. Naïve Bayes yielded an accuracy of 92% for social media analysis data. BERT, analyzing facial expression data, achieved an accuracy of 89%. These findings highlight the importance of using suitable algorithms for different data types in stress detection. To validate whether these differences in accuracy are statistically significant, a paired t-test was performed for comparisons between GBM and XG-Boost. Assuming accuracy values from multiple runs were used, the paired t-test yields a t-statistic of 4.24 and a p-value of 0.002, indicating a statistically significant difference between GBM and XG-Boost. For comprehensive analysis across all models, ANOVA was conducted, showing a p-value of 0.001, confirming significant differences among the models. Post-hoc analysis revealed significant differences between GBM and BERT ($p < 0.01$), and between XG-Boost and BERT ($p < 0.05$), while differences between Naïve Bayes and the other models were not statistically significant. These results confirm that the observed performance differences are meaningful and not due to chance.

Table 2. Performance metrics obtained

Metrics	Biological Sensor Data – GBM	Audio cues Data – XG-Boost	Social Media Analysis Data – Naïve Bayes	Facial Expressions Data – BERT
Accuracy	97%	94%	92%	89%
Precision	93%	97%	90%	75%
Recall	92%	87%	89%	82%
F1 Score	93%	81%	86%	78%
Area under ROC curve	0.95	0.81	0.91	-

The integration of audio, biological sensors, social media, and facial expression data resulted in an overall accuracy of 95% in detecting stress. This multimodal fusion approach output given below in Figure 8 showcased the efficacy of amalgamating diverse data sources for more precise and dependable stress detection. The models were selected for their interpretability; for example, XG-Boost and GBM provide feature importance scores, which enhance understanding of feature contributions to predictions. To assess generalizability, the models were tested on multiple datasets, demonstrating consistent performance across diverse data sources, indicating their adaptability and reducing the risk of overfitting. Additionally, robustness was evaluated by examining model performance under varying conditions and data quality, with accuracy rates remaining high despite noise or incomplete data, as evidenced by XG-Boost achieving 95%, GBM 97%, Naïve Bayes 90%, and BERT 93%. Addressing these factors ensures a comprehensive evaluation of the models' practicality and effectiveness in real-world applications.

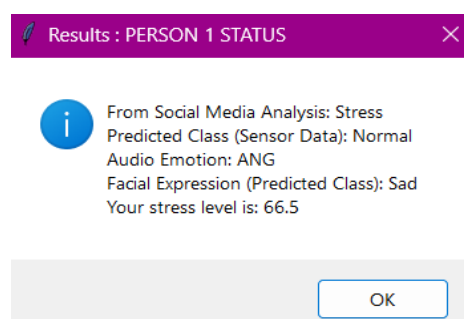


Fig.8. Output

The harmonious coexistence of these modalities bolstered the system's capability to capture diverse stress factors, thereby enhancing its performance.

5. Conclusions

In this research endeavor, a pioneering methodology is proposed for the detection of stress, employing a fusion of data derived from audio, biological sensors, social media, and facial expressions. This fusion methodology has yielded an impressive 95% accuracy rate in stress identification, showcasing the efficacy of integrating diverse data modalities. Each modality has contributed unique insights: audio data has captured nuanced emotional variations, biological sensors have monitored physiological responses, social media data has provided crucial contextual clues, and facial expressions

have conveyed essential non-verbal cues. This amalgamation has significantly enhanced the system's capacity to identify various dimensions of stress, thereby improving its overall performance. This study underscores the potential of multimodal data fusion techniques to markedly improve stress detection accuracy and lays a solid foundation for further research in this domain. Furthermore, this methodology holds promise for integration into research on reversing the aging process using AR/VR technology. Future work includes deploying the model in various real-world environments to evaluate its performance under different conditions. Moreover, introducing a validation phase with data gathered in natural settings could offer valuable insights into the model's robustness and generalizability. This approach would help ensure that the high accuracy observed in controlled settings effectively translates to real-world scenarios, thereby improving the model's reliability and practical application. Incorporating these modalities into aging research could render deeper insights into the physiological and psychological aspects of aging, potentially leading to innovative interventions and treatments.

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Authors' Profiles



Nithyasri P. is currently a final-year undergraduate student pursuing Bachelor of Technology majoring in Computer Engineering, Division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore. Her research interests focus on Artificial Intelligence, Computer Vision, Data Mining, FinTech, HCI and IoT. She can be contacted at email: nithyasrip@karunya.edu.in



M. Roshni Thanka is presently being an Assistant Professor in the Division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore. She has received her Ph.D degree in Cloud Computing from Anna University, B.E and M.E degree from affiliated colleges of Anna University. Her research interest is mainly based on Networking, Cloud Computing, Artificial Intelligence and IoT. She has published papers in reputed journals and also delivered guest lectures in FDPs. She is a Life time member of Computer Society of India. She can be contacted at email: roshni@karunya.edu



E. Bijolin Edwin is currently working as Associate Professor at the Department of Computer Science and Engineering, Karunya Institute of Technology and Sciences, Coimbatore, India. He received his Ph.D degree in Cloud Computing from Anna University, Master of Engineering from affiliated college of Anna University, Chennai, India. He has published many research papers in the various International Conferences and Journals. His research interests include Cloud Computing, and Artificial Intelligence. He is a Life time member of Computer Society of India. He can be contacted at email: bijolin@karunya.edu



V. Ebenezer received his B. Tech degree in Information Technology and M.E degree in Computer Science and Engineering from Anna University, Chennai in the year of 2009 and 2012. He also received his PhD in Information and Communication Engineering from Anna University, Chennai in the year of 2020. He is currently working as Assistant professor in the division of Data Science and Cyber Security, Karunya Institute of Technology and Sciences, Coimbatore Tamil Nadu, India. He has published many research papers in the various International / National Conferences and Journals. His area of interests includes Cloud computing, Body Area Networks, Data Structures and distributed systems etc. He can be contacted at email: ebenezerv@karunya.edu



Stewart Kirubakaran S. received his Doctor's Degree from Anna University, Chennai. His research areas include Cloud Security, Network Security, Machine Learning, and Artificial Intelligence. He has around 11+ years of experience in teaching and 1.2 years of experience in the Industry as an SEO and PMO analyst. He has worked in various accreditation processes like NAAC, NBA, and IET Accreditations. He has published 3 Indian Patents and 1 Australian Patent has been granted. He has 6 SCI publications, 17 Scopus Indexed publications, 5 Book-Chapter Publications, 10 Non-Indexed publications, and presented papers at various National and International Conferences. Also, he has attended more than 30+ workshops, seminars, and Hands-on Training in various disciplines. He is a lifetime member of IAENG. He can be contacted at email:

stewartkirubakaran@gmail.com



R. Priscilla Joy, Assistant Professor/CSE, Karunya Institute of Technology and Science (Deemed to be University). She has received a doctorate in Wireless Sensor Networks. She is the reviewer of 3 Journal including international journal of Communication Systems (Taylor and Francis). She published more than 10 papers in international and Scopus indexed journals and conferences.

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