

## Stress and Depression Detection using Machine Learning

A. M. Magar<sup>1</sup>, Vikrant Kharosekar<sup>2</sup>, Aakash Patil<sup>3</sup>, Suraj Lakade<sup>4</sup>, Rajendra Sang<sup>5</sup>

Assistant Professor, Department of Information Technology<sup>1</sup>

Scholar, Department of Information Technology<sup>2,3,4,5</sup>

Sinhgad Academy of Engineering, Savitribai Phule Pune University, Pune, India

**Abstract:** *One of the most generally recognised and debilitating mental issues that materially affects society is stress and depression. [Citation needed] [Citation needed] The improvement of a system for detecting sadness and stress through the use of social networking could significantly benefit from the implementation of automatic health monitoring systems. The term "sentiment analysis" refers to the practise of identifying feelings or opinions through the application of natural language processing and content mining methodologies. replete with emotion The study and development of systems and devices that can detect, decode, analyse, and simulate human actions is what computing is all about. The techniques of sentiment analysis and deep learning could provide effective algorithms and frameworks for the evaluation and observation of mental issues, particularly depression and stress. In this article, we explain how methods from sentiment analysis and deep learning can be applied to the detection and monitoring of mental health conditions such as depression and stress. In addition, a fundamental plan of an integrated multimodal framework for testing for stress and depression is proposed. This plan includes estimating investigation as well as full of emotion processing procedures. In particular, the study retraces the fundamental difficulties and then carries on to provide a comparison analysis of the structure of such a framework.*

**Keywords:** Anxiety and Depression; E-Health; Deep Learning, Social Media, and Sentiment Analysis.

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