

# General Practices in Mental Health Prediction

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## Description

Mental health prediction aids in the early detection of mental problems, the reduction of serious mental illnesses, and the health system's ability to offer patients with tailored health care. The global proliferation of COVID-19, in particular, poses a major threat to the mental health of medical personnel. Anxiety and sadness are common among these workers [1]. In many countries, mental health services are in high demand. Furthermore, delta variations have been found in at least 98 countries and regions, and they are still evolving and mutating. The delta variations account for nearly all new cases of COVID-19, and they are quickly becoming the dominant pandemic strain in many countries. The public's and medical personnel's anxieties are likely to be exacerbated by the delta variant pandemic. As a result, anticipating future psychological symptoms in medical employees benefits their mental health and aids in maintaining the high efficiency of worldwide medical institutions.

Now, social media is being utilised to model mental health and to better understand health consequences. Quantitative techniques are increasingly being used by computer scientists to predict the presence of mental diseases and symptomatology such as depression, suicidality, and anxiety. This study has the potential to improve monitoring, diagnosis, and intervention design for many mental health conditions. There is, however, no defined approach for assessing the validity of this research and the methods used in its creation.

Mental illness is a medical condition that affects a person's emotions, thinking, and social interactions. These challenges have demonstrated that mental illness has major societal effects, necessitating novel prevention and therapeutic measures. Early mental health detection is critical in order to use these techniques. Medical predictive analytics will reform the healthcare industry in general. In most cases, mental illness is diagnosed based on an individual's self-report, which necessitates the use of questionnaires designed to detect specific patterns of mood or social interactions. Many people with mental illness or emotional disorders should be able to recover with proper care and treatment.

The high prevalence of mental illness and the need for efficient mental health care, combined with recent developments in AI, has prompted more research into how Machine Learning (ML) might help with the detection, diagnosis, and treatment of mental health issues. ML approaches have the ability to open up new avenues for learning human behaviour patterns, recognising mental health symptoms and risk factors, making illness progression predictions, and customising and improving therapies. Despite the potential benefits of employing machine learning in mental health, this is a new field of study, and developing successful ML-enabled systems that can be implemented in practice is fraught with a slew of complicated, intertwined obstacles [2,3].

National lockdown has been imposed in most countries as the world fights the bizarre and dangerous new coronavirus. It is vital for public health, yet it is harmful to people's mental health on the other hand. While the psychological effects of COVID-19 lockdown are predictable during the period of lockdown, this enforcement can also result in long-term behavioural changes after the lockdown has ended. Furthermore, psychological consequences can take months or even years to uncover. To cope and continue with the Corona-anxiety, this mental health crisis condition necessitates prompt, proactive help (Corona-related).

With this new abrupt arrangement, people are having mental health crises. The World Health Organization (WHO) has acknowledged that the crisis is causing stress and has encouraged people to avoid watching, reading, or listening to news that makes them feel anxious or distressed. While it is critical to be informed, information overload can exacerbate the symptoms of stress, anxiety, and depression. Stopping the spread of fear, assessing stress levels, and implementing techniques to maintain mental wellness are all crucial. Everyone's demand for control, tolerance for uncertainty, and ability to be resilient is different. Reaching out to friends and family can help in certain circumstances, while official professional help may be required in others [4,5].

## Conflict of Interest

None.

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