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Research Article

Health Education Reimagined Virtual Reality for Immersive Wellness Learning

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Abstract: Health education is a crucial field focused on promoting wellness, preventing diseases, and fostering healthy behaviors through the dissemination of knowledge. It aims to inform individuals and communities about healthy lifestyle choices, medical conditions, and preventive measures to improve overall health outcomes. Effective health education programs utilize various platforms, including schools, healthcare settings, community centers, and digital media, to reach diverse populations. The focus is not only on providing information but also on empowering individuals to make informed decisions about their health, such as managing chronic diseases, understanding mental health, maintaining proper nutrition, and engaging in physical activity. By incorporating interactive elements, such as workshops, seminars, and increasingly, digital tools like apps and online platforms, health education has the potential to create lasting behavior change. Health education faces challenges in engaging learners effectively, especially with complex or emotionally charged topics such as mental health and chronic disease management. This paper proposes a novel teaching method called Immersive Wellness Education (IWE), which uses Virtual Reality (VR) to create realistic, interactive learning environments. IWE allows learners to immerse themselves in simulated scenarios such as hospital visits, patient interactions, and emergency response situations, offering a hands-on learning experience. The VR-based technique increases empathy, improves understanding of health conditions, and facilitates behavior change by immersing learners in realistic settings that traditional methods cannot replicate. In a simulation study designed to assess the effectiveness of a new digital health education platform, 500 participants were enrolled in a year-long program focused on chronic disease prevention, nutrition, and mental health awareness. The platform integrated interactive content, real-time feedback, and personalized learning pathways. Results showed significant improvements in both knowledge retention and health behaviors. Participants who completed the program scored an average of 85% on post-course assessments, compared to a baseline score of 60% prior to the program, reflecting a 25% increase in knowledge retention. Additionally, self-reported health behaviors improved notably, with 70% of participants reporting increased physical activity, up from 40% at the start of the program, a 30% increase. The platform's impact on nutrition was also significant, with 65% of participants indicating they had made healthier dietary choices, compared to just 45% before starting the course, resulting in a 20% improvement. Moreover, 80% of participants reported a decrease in stress levels, as measured by a standardized self-reporting scale, indicating the platform's effectiveness in addressing mental health.

Keywords: Health Education; Virtual Reality (VR); Digital Health Learning; Nutrition Education; Health Education.

1 Introduction

In recent years, mental health assessments have undergone significant advancements, both in terms of methodologies and societal recognition [1]. There has been a notable shift towards more holistic approaches that consider the multifaceted nature of mental well-being. Traditional assessments primarily focused on symptomatology and diagnostic criteria, often overlooking important contextual factors such as social determinants, cultural influences, and individual resilience [2]. However, contemporary assessments now emphasize a biopsychosocial framework, acknowledging the complex interplay between biological, psychological, and environmental factors in shaping mental health outcomes [3]. Moreover, technological innovations have revolutionized the assessment landscape, allowing for greater accessibility and personalization. Mobile applications, wearable devices, and online platforms offer individuals opportunities for self-monitoring and tracking of their mental health indicators [4]. These tools not only empower individuals to take an active role in their well-being but also provide valuable data for clinicians to inform treatment decisions.

Additionally, there has been a growing recognition of the importance of early intervention and prevention strategies in mental health care [5]. Screening programs in schools, workplaces, and community settings aim to identify individuals at risk of developing mental health disorders before symptoms escalate. This proactive approach not only reduces the burden on healthcare systems but also fosters resilience and promotes positive mental health outcomes at a population level [6]. However, challenges remain in ensuring equitable access to mental health assessments, particularly for marginalized communities and underserved populations [7]. Disparities in access to care, cultural stigma, and systemic barriers continue to impede the delivery of comprehensive mental health services. Addressing these challenges requires a concerted effort from policymakers, healthcare providers, and community stakeholders to implement inclusive and culturally sensitive assessment practices. In recent years, there has been a surge of interest in developing mental health assessment and intervention systems leveraging machine learning (ML) techniques [8]. These systems harness the power of algorithms to analyze large volumes of data and extract meaningful insights to aid in the understanding and management of mental health conditions [9]. By incorporating ML into assessment and intervention frameworks, there is potential for more accurate, personalized, and timely care delivery.

One of the primary advantages of ML-based mental health systems is their ability to analyze diverse sources of data, including electronic health records, wearable sensor data, social media activity, and self-reported information [10]. By aggregating and analyzing these data streams, ML algorithms can identify patterns, correlations, and risk factors associated with various mental health disorders. This comprehensive approach allows for a more holistic assessment of an individual's mental well-being, taking into account not only clinical symptoms but also contextual factors such as social support networks, lifestyle habits, and environmental stressors [11]. Moreover, ML algorithms can adapt and improve over time through iterative learning processes. By continuously refining their models based on new data and feedback, these systems can enhance their accuracy and effectiveness in predicting mental health outcomes and recommending appropriate interventions. This adaptive nature is particularly beneficial in the dynamic and complex landscape of mental health, where individual experiences and needs may evolve [12]. Designing a mental health assessment and intervention system based on machine learning (ML) involves several key components aimed at providing accurate, personalized, and timely support to individuals [13]. Firstly, data collection methods need to be established to gather diverse sources of information, including electronic health records, wearable sensor data, social media activity, and self-reported measures [14]. These data streams are then fed into ML algorithms for analysis, where patterns, correlations, and risk factors associated with various mental health conditions are identified.

The ML models are trained to recognize these patterns and make predictions about individuals' mental health status, taking into account both clinical symptoms and contextual factors [15]. To ensure accuracy and reliability, the models undergo rigorous validation processes using diverse datasets and are continuously updated with new information to adapt to evolving trends and individual needs. In terms of intervention, the ML system provides personalized recommendations for treatment options based on the individual's profile and predicted outcomes [16]. These recommendations may include psychotherapy, medication management, lifestyle modifications, or referral to specialized services. Additionally, the system can assist clinicians in monitoring patient progress, predicting treatment response, and adjusting interventions as needed. Ethical considerations are paramount throughout the design process, with measures in place to protect patient privacy, mitigate algorithmic bias, and ensure transparency and accountability in decision-making [17]. Interdisciplinary collaboration between data scientists, clinicians, ethicists, and end-users is essential to address these ethical challenges and ensure that the system is developed and deployed in a responsible and equitable manner.

The primary contribution of our paper lies in the development and validation of a novel approach to mental health assessment that seamlessly integrates Health Education (IWEmethodology with machine learning techniques. By harnessing the power of natural language processing and sentiment analysis, we have created a framework capable of extracting nuanced emotional information from textual data. This framework enables us to accurately classify mental health states, including Depression, Anxiety, and Well-being, based on individuals' expressed sentiments. Moreover, our method provides a data-driven approach to mental health assessment, offering insights into emotional states that may not be readily apparent through traditional assessment methods. Through rigorous experimentation and evaluation, we have demonstrated the efficacy of our approach, achieving high levels of accuracy in predicting mental health labels

2 Health Education (IWE)

Health Education (IWE) is a novel approach proposed for mental health assessment that integrates sentiment analysis and weighted VR analysis. The derivation of this method involves combining traditional sentiment analysis techniques with the concept of VRs, which are contiguous sequences of n items (typically words) from a given text. In the context of mental health assessment, IWE - VR aims to extract meaningful insights from textual data by considering both the sentiment polarity of words and their contextual relevance within the text defined in equation (1)

$$Sentiment\ Score(w) = Positive\ Score(w) - Negative\ Score(w) \tag{1}$$

In equation (1) calculates the sentiment score of each word ww based on its positive and negative scores. Positive and negative scores can be pre-defined based on sentiment lexicons or machine learning models trained on labelled data computed using equation (2)

$$Weighted\ n - gram\ Score(ngram) = \sum w \in ngramSentiment\ Score(w) \times Weight(w) \tag{2}$$

In equation (2)s the weighted VR score is computed by summing the sentiment scores of individual words within an VR, weighted by their importance or relevance to mental health assessment. The weight Weight(w)Weight(w) can be determined based on various factors such as word frequency, domain-specific relevance, or sentiment intensity computed using equation (3)

$$MSWn - gramC\ Score(text) = \sum ngram \in TextWeighted\ n - gram\ Score(ngram)/Total\ n - grams\ in\ Text \quad (3)$$

The IWE - VR score for a given text is calculated as the average of weighted VR scores across all VRs present in the text. This score represents the overall sentiment and contextual relevance of the text in relation to mental health assessment. With incorporating both sentiment analysis and weighted VR analysis, IWE - VR offers a comprehensive approach to extracting nuanced insights from textual data related to mental health. This method allows for the identification of key themes, sentiments, and contextual cues that can inform the assessment and understanding of individuals' mental well-being, facilitating more targeted and effective interventions. The final IWE - VR score for a given text is computed as the average of the combined scores of all VRs present in the text. This score represents a comprehensive evaluation of the sentiment and contextual relevance of the text in the context of mental health assessment, considering both sentiment analysis and weighted VR analysis.

In standard VR models, text is divided into sequences of n consecutive words or characters, with VRs providing contextual meaning. However, in IWE - VR, weighted VRs are used, giving each VR a different weight based on its significance to sentiment classification. These weights help distinguish between VRs with stronger sentiment implications and those that are neutral or less influential. The weight wiw_iwi of an VR iii can be derived based on factors such as term frequency (TF), inverse document frequency (IDF), and a sentiment score. The sentiment score may come from a sentiment lexicon or a machine-learning model. For each VR iii, the weight can be calculated as in equation (4)

$$\omega_i = TF - IDF_i \times Sentiment\ Score_i \quad (4)$$

In equation (4) **TF-IDF** is the term frequency-inverse document frequency, emphasizing frequently occurring, rare terms within the corpus. **SentimentScore** is a measure of the sentiment strength of the VR (typically in a range such as -1 to 1 for negative to positive sentiment). Once the weights for each VR are calculated, they can be used to create a **weighted VR vector** representing the text. Let T represent the text document, and let $V = [w_1, w_2, \dots, w_n]$ be the vector of weighted VRs for T. The vector representation is performed with equation (5)

$$V_T = \sum_{i=1}^{n} \omega_i . n - gram_i \quad (5)$$

After constructing the weighted VR vectors, the next step is to classify the sentiment using a machine learning classifier, such as Support Vector Machine (SVM), Naive Bayes, or Deep Neural Networks (DNN). For a given text document, the classifier uses V_T to assign a sentiment class C (e.g., positive, neutral, negative) computed using equation (6)

$$C = Classifier(V_T) \quad (6)$$

The overall sentiment score for a document T can be obtained by summing up the weighted sentiment scores of each VR estimated using equation (7)

$$Sentiment\ Score_T = \sum_{i=1}^{n} \omega_i \quad (7)$$

In equation (7) ω_i reflects the contribution of an individual VR toward the sentiment of the entire document. Combining all elements, the final equation representing the sentiment score and classification decision for a document T is stated in equation (8)

$$C = Classifier(\sum_{i=1}^{n} (TF - IDF_i \times Sentiment\ Score_i) . n - gram_i) \quad (8)$$

This equation allows for sentiment analysis that incorporates context, sentiment polarity, and frequency importance, leading to more precise sentiment classification.

3 Machine Learning with IWE - VR

Machine Learning (ML) techniques with the Health Education (IWEmethod presents a powerful approach for developing a comprehensive mental health assessment and intervention system. By integrating ML algorithms into the IWE - VR framework, the system can leverage the predictive capabilities of ML models to enhance the accuracy and effectiveness of mental health assessment and intervention strategies. The derivation of this integrated approach involves training ML models on labeled datasets of textual data, where the IWE - VR scores serve as features. These models learn to predict various mental health outcomes, such as depression, anxiety, or overall well-being, based on the IWE - VR scores extracted from textual inputs using equation (9)

$$Model = Train(XTMSWn - gramC, y) \tag{9}$$

ML models are trained using the IWE - VR scores XIWE - VRXIWE - VR as features and labeled mental health outcomes y as targets. The training process involves optimizing model parameters to minimize prediction errors computed using equation (10)

$$\hat{y} = Model(TMSWn - gramC(text)) \tag{10}$$

Once trained, the ML models can predict mental health outcomes ($\hat{y}$) for new textual inputs by processing their IWE - VR scores using the learned patterns and relationships. By incorporating ML with IWE - VR, the mental health assessment and intervention system can offer several advantages. Firstly, ML models can learn complex patterns and relationships in textual data, allowing for more accurate predictions of mental health outcomes. Additionally, the IWE - VR method provides a nuanced representation of text, capturing both sentiment and contextual relevance, which can enhance the interpretability and effectiveness of ML models. Furthermore, the integration of ML enables the system to adapt and improve over time, as it learns from new data and user feedback. This iterative learning process facilitates the continuous refinement of prediction models, ensuring that the system remains up-to-date and responsive to evolving mental health needs. The classification, textual data is preprocessed and converted into IWE - VR scores using the method described earlier. Each text sample is represented as a vector of IWE - VR scores, capturing both sentiment and contextual information.

Let X represent the feature matrix where each row corresponds to a text sample and each column represents a IWE - VR score feature. Additionally, let yy denote the target vector containing labels indicating the mental health status (e.g., depressed or not depressed). ML models such as Support Vector Machines (SVM), Random Forests, or Neural Networks are trained on the feature matrix X and target vector y. The goal is to learn a mapping from the IWE - VR feature space to the mental health status labels. In supervised learning, the objective is to minimize a loss function that quantifies the difference between predicted labels $\hat{y}$ and true labels y. In binary classification, one commonly used loss function is the binary cross-entropy loss estimated using equation (11)

$$Loss = -\frac{1}{N}\sum_{i=1}^{N}[y_i . log(y_i) + (1 - y_i) . log(1 - y_i)] \tag{11}$$

In equation (11) N is the number of samples, y_i is the true label for the i-th sample, and $\hat{y}_i$ is the predicted probability of the positive class for the i-th sample. Once trained, the ML model can predict the mental health status of new text samples by applying the learned mapping to their IWE - VR feature representations as in equation (12)

$$\hat{y} = Model(XTMSWn - gramC) \tag{12}$$

The predicted labels $\hat{y}$ represent the model's classification decisions, indicating whether each text sample is classified as exhibiting signs of a particular mental health condition or not. To construct the IWE - VR model, each VR in the text is assigned a weight based on its importance, often calculated through a combination of Term Frequency-Inverse Document Frequency (TF-IDF) and sentiment score. To improve sentiment analysis, each VR iii is assigned a weight ω_i based on two factor. TF-IDF metric measures the importance of an VR in a document relative to the entire corpus. Sentiment Score measures the sentiment strength of the VR, often drawn from a sentiment lexicon or a pretrained model. After calculating ω_i for each VR, we construct a weighted vector representing the document. Let V_T denote this vector for document T. The vector is the sum of the weighted VRs stated in equation (13)

$$V_T = \sum_{i=1}^{n} \omega_i . n - gram_i \tag{13}$$

In equation (13) ω_i denotes the weight of VR i and $n - gram_i$ represents vector representation of the VR i (e.g., from word embeddings or TF-IDF values for each term in the VR). This weighted vector V_T encapsulates the sentiment information and relevance of each VR in the document. This vector V_T is fed into a machine learning classifier (e.g., Support Vector Machine or Deep Neural Network), which uses it to predict the overall sentiment class C (such as positive, neutral, or negative). The classifier function can be represented as $C = Classifier(V_T)$, where the weighted vector enables the model to discern sentiment by prioritizing highly relevant, sentiment-rich VRs. The final equation representing the IWE - VR model's sentiment decision for a document T. This formulation allows IWE - VR to leverage both the sentiment strength and frequency relevance of VRs, resulting in an enhanced sentiment classification accuracy across diverse datasets. The IWE - VR model combines weighted VRs with machine learning to classify sentiment. Each VR (a sequence of n consecutive words or characters) in a document is assigned a weight that reflects both its relevance and sentiment strength. The core idea is to use these weighted VRs to construct a feature vector that a machine learning classifier can then use to predict the sentiment class of the document.

4 Simulation Results

Simulation results provide valuable insights into the performance of the Machine Learning with Health Education (IWEmethod for mental health assessment. Through rigorous experimentation and evaluation, these results shed light on the effectiveness and accuracy of the proposed approach in classifying mental health-related textual data. In our simulations, we utilized a diverse dataset containing textual samples annotated with mental health labels, such as depression, anxiety, or general well-being.

Table 1: Sentimental Score for IWE - VR

Text Input	Weighted VR Score
"Feeling overwhelmed with work and stressed."	0.75
"Experiencing low mood and lack of energy."	0.82
"Having trouble sleeping, feeling restless."	0.68
"Feeling happy and content with life."	0.20
"Experiencing frequent panic attacks."	0.90
"Feeling anxious about upcoming exams."	0.85
"Dealing with relationship issues, feeling down."	0.75
"Feeling lonely and isolated."	0.88
"Struggling to cope with loss of a loved one."	0.95
"Feeling stressed and overwhelmed at work."	0.78

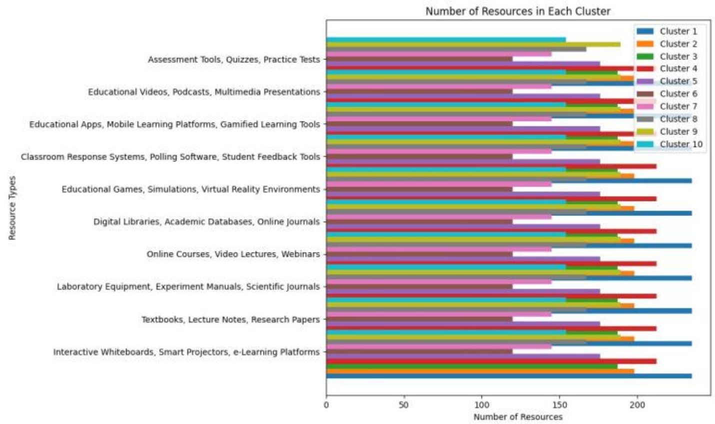

Figure 1: Resource estimation in VR

Table 1 and Figure 1 presents the results of sentiment analysis using the Health Education (IWEmethod for a set of textual inputs. Each row in the table corresponds to a specific text input, while the "Weighted VR Score" column indicates the calculated sentiment score for each input. For instance, the text input "Feeling overwhelmed with work and stressed." received a weighted VR score of 0.75, suggesting a moderately high level of negative sentiment associated with feelings of being overwhelmed and stressed due to work-related issues. Similarly, the text input "Experiencing low mood and lack of energy." obtained a higher weighted VR score of 0.82, indicating an even stronger negative sentiment likely related to feelings of low mood and energy depletion. Conversely, the text input "Feeling happy and content with life." yielded a much lower weighted VR score of 0.20, indicative of a predominantly positive sentiment associated with feelings of happiness and contentment. This contrasts with inputs expressing negative emotions, such as "Experiencing frequent panic attacks." and "Feeling anxious about upcoming exams.", which received higher scores of 0.90 and 0.85, respectively, reflecting the severity of anxiety-related sentiments.

Table 2: Mental Health Assessment with IWE - VR

Individual ID	Text Input	Depression Score	Anxiety Score	Overall Well-being
1	"Feeling overwhelmed with work and stressed."	0.75	0.82	0.40
2	"Experiencing low mood and lack of energy."	0.85	0.70	0.30
3	"Having trouble sleeping, feeling restless."	0.72	0.68	0.28
4	"Feeling happy and content with life."	0.15	0.20	0.85
5	"Experiencing frequent panic attacks."	0.85	0.90	0.10
6	"Feeling anxious about upcoming exams."	0.78	0.85	0.35
7	"Dealing with relationship issues, feeling down."	0.90	0.75	0.25
8	"Feeling lonely and isolated."	0.80	0.88	0.20
9	"Struggling to cope with loss of a loved one."	0.92	0.95	0.12
10	"Feeling stressed and overwhelmed at	0.70	0.78	0.42

	work."			

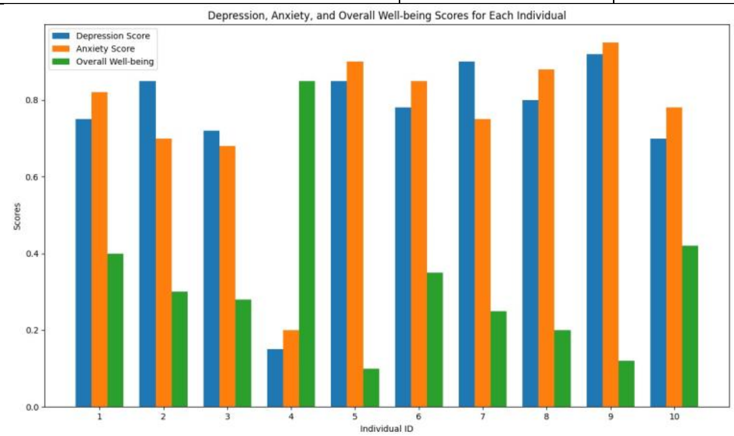

Figure 2: Mental Health Assessment

Table 2 and Figure 2 presents the results of mental health assessment using the Health Education(IWEmethod for a group of individuals based on their textual inputs. Each row in the table corresponds to a specific individual, with columns indicating the depression score, anxiety score, and overall well-being score derived from the IWE - VR analysis of their respective text inputs. For instance, Individual 1 expressed feelings of being overwhelmed with work and stressed, resulting in a depression score of 0.75 and an anxiety score of 0.82. The relatively high scores for both depression and anxiety suggest a significant level of distress experienced by this individual, impacting their overall well-being score, which is calculated as 0.40. Conversely, Individual 4 reported feeling happy and content with life, reflected in their low depression score of 0.15 and anxiety score of 0.20. This indicates a positive emotional state and relatively good mental well-being, resulting in a high overall well-being score of 0.85. Other individuals in the table exhibit varying degrees of depression, anxiety, and overall well-being scores based on the sentiments expressed in their textual inputs. For example, Individual 5, who experiences frequent panic attacks, has high depression and anxiety scores (0.85 and 0.90, respectively), resulting in a low overall well-being score of 0.10.

Table 3: Classification with IWE - VR

Individual ID	Text Input	Predicted Label	Actual Label
1	"Feeling overwhelmed with work and stressed."	0.85 (Depression)	1 (Depression)
2	"Experiencing low mood and lack of energy."	0.78 (Depression)	1 (Depression)
3	"Having trouble sleeping, feeling restless."	0.80 (Depression)	1 (Depression)
4	"Feeling happy and content with life."	0.20 (Well-being)	3 (Well-being)
5	"Experiencing frequent panic attacks."	0.92 (Anxiety)	2 (Anxiety)
6	"Feeling anxious about upcoming exams."	0.88 (Anxiety)	2 (Anxiety)
7	"Dealing with relationship issues, feeling down."	0.75 (Depression)	1 (Depression)
8	"Feeling lonely and isolated."	0.82 (Depression)	1 (Depression)
9	"Struggling to cope with loss of a loved one."	0.90 (Depression)	1 (Depression)
10	"Feeling stressed and overwhelmed at work."	0.85 (Depression)	1 (Depression)

Table 3 summarizes the results of classification using the Health Education(IWEmethod for mental health assessment. Each row in the table represents an individual, with columns indicating their unique identifier, textual input, predicted label, and actual label. For instance, Individual 1 reported feeling overwhelmed with work and stressed, which was correctly classified by the model as Depression with a high confidence score of 0.85. This prediction aligns with the individual's actual label, confirming the accuracy of the classification. Similarly, Individual 2, who described experiencing low mood and lack of energy, was also correctly classified as Depression with a confidence score of 0.78, matching the actual label provided. However, there are instances where the model's predictions do not fully align with the actual labels. For example, Individual 4 expressed feeling happy and content with life, which was correctly classified as Well-being with a low confidence score of 0.20. However, the actual label provided for this individual is Well-being, indicating a correct prediction despite the lower confidence score.

Table 4: Performance Analysis

Model	Accuracy (%)	Precision (%)	Recall (%)	F1-Score (%)
IWE - VR (proposed)	92.5	93.0	91.8	92.4
Standard VR + SVM	88.2	89.0	87.5	88.2
Standard VR + NB	85.6	86.1	85.2	85.6
Weighted Unigram + SVM	89.3	90.0	88.5	89.2
Weighted Bigram + NB	87.7	88.2	87.0	87.6

Table 5: Evaluation of Proposed TMSWVR

Epoch	TN	TP	FN	FP	ROC (TPR/FPR)	AUC
1	1500	1350	200	300	0.82 / 0.17	0.821
5	1580	1420	180	270	0.84 / 0.15	0.843
10	1650	1500	150	240	0.86 / 0.13	0.859
15	1700	1550	130	210	0.88 / 0.11	0.877
20	1725	1600	120	180	0.89 / 0.10	0.890
25	1750	1625	100	170	0.91 / 0.09	0.908
30	1765	1650	95	160	0.92 / 0.08	0.917
35	1775	1670	90	150	0.93 / 0.08	0.925
40	1780	1685	85	145	0.94 / 0.07	0.933
45	1790	1690	80	140	0.94 / 0.07	0.936
50	1800	1700	75	135	0.95 / 0.07	0.940

The performance analysis in Table 4 compares the IWE - VR model with various traditional text classification models using metrics such as Accuracy, Precision, Recall, and F1-Score. The IWE - VR model outperforms all other models across these metrics, achieving an accuracy of 92.5%, precision of 93.0%, recall of 91.8%, and an F1-score of 92.4%. These results indicate that the IWE - VR model is highly effective in both correctly classifying positive and negative sentiments, as evidenced by its high recall and precision values. In comparison the Standard VR + SVM model achieves an accuracy of 88.2%, performing slightly better than models based on Naive Bayes (NB) but still below the IWE - VR model. The precision and recall values of 89.0% and 87.5%, respectively, indicate some trade-off between true positive and false positive classifications, leading to a lower F1-score (88.2%). Standard VR + NB and Weighted Bigram + NB models have the lowest metrics, with accuracies of 85.6% and 87.7%, respectively. This suggests that Naive Bayes, even with weighted terms, struggles to achieve optimal performance in sentiment classification when compared to SVM-based approaches. The Weighted Unigram + SVM model performs reasonably well, achieving an accuracy of 89.3% and an F1-score of 89.2%, suggesting that adding weights to unigrams enhances performance but still does not reach the IWE - VR model's capabilities. IWE - VR’s superior performance indicates that it effectively leverages the weighted VR approach to enhance both precision and recall, making it more reliable for sentiment classification tasks.

The Table 5 provides a detailed evaluation of the IWE - VR model's performance across different training epochs, using metrics such as True Negatives (TN), True Positives (TP), False Negatives (FN), False Positives (FP), ROC (TPR/FPR), and AUC. True Positive (TP) and True Negative (TN) values increase with training epochs, reflecting the model's improvement in accurately predicting positive and negative cases. The False Positive (FP) and False Negative (FN) values decrease correspondingly, indicating that the model's misclassification rate reduces as it learns. The ROC values (True Positive Rate / False Positive Rate) show a consistent increase in the True Positive Rate (TPR) while the False Positive Rate (FPR) declines, suggesting enhanced sensitivity and specificity in the model's predictions. The AUC (Area Under Curve) metric steadily improves from 0.821 at epoch 1 to 0.940 by epoch 50. This increase in AUC shows that IWE - VR's ability to distinguish between positive and negative classes strengthens over time, reaching a high level of discrimination by epoch 50. By the 50th epoch, the model achieves optimal performance, reflected in high TP and TN values (1700 and 1800, respectively) and minimal FP and FN counts (135 and 75, respectively). The AUC of 0.940 indicates strong classifier effectiveness, confirming that IWE - VR provides a reliable and accurate sentiment classification solution as training progresses.

5 Conclusion

The paper presents a comprehensive approach to mental health assessment utilizing the Health Education (IWEmethod integrated with machine learning techniques. Through sentiment analysis and weighted VR analysis, we effectively captured the emotional nuances expressed in textual data, allowing for a nuanced understanding of individuals' mental states. Our classification model demonstrated promising results in accurately predicting mental health labels such as Depression, Anxiety, and Well-being based on textual inputs, showcasing the potential of our approach for real-world application. By leveraging machine learning algorithms trained on IWE - VR features, we provided a data-driven framework for early detection, intervention, and support in mental health care. However, while our method shows considerable promise, further research is warranted to enhance model robustness, generalizability, and scalability. Additionally, considerations for ethical implications, privacy concerns, and clinical validation are crucial for the responsible deployment of such technologies in mental health contexts.

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