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UTILIZING PSYCHOMETRIC DATA AND FREQUENCY MUSIC ANALYSIS FOR PSYCHOLOGICAL HEALING USING MACHINE LEARNING

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Abstract

The increasing prevalence of mental health issues has highlighted the need for more effective and personalized therapeutic interventions. This research introduces a novel approach that integrates psychometric data with music therapy recommendations using advanced machine learning techniques. The proposed Hybrid Psychometric and Music Therapy Model leverages psychometric assessments and therapeutic music features to provide highly personalized recommendations tailored to individual psychological profiles. This model utilizes a combination of feature selection methods, including the Best Incremental Ranking Subset (BIRS) technique, and dimensionality reduction techniques, such as Principal Component Analysis (PCA), to enhance predictive accuracy. By incorporating a comprehensive dataset that merges psychometric data with music features, our model captures a more detailed understanding of the individual's needs and preferences. It employs advanced machine learning algorithms, including Random Forests and Convolutional Neural Networks (CNNs), to analyze the data and generate recommendations. Performance evaluation demonstrates that the proposed model significantly outperforms existing algorithms, achieving an accuracy of 90.5%, compared to 87.8% for the best-performing current models. Additionally, our model exhibits superior precision, recall, and F1-score, highlighting its effectiveness in delivering accurate and relevant therapeutic interventions.The integration of psychometric and music data with reinforcement learning enables the model to adapt and refine recommendations based on patient feedback, further enhancing its effectiveness. This research contributes to the field of personalized mental health treatment by providing a more nuanced and effective approach to music therapy, ultimately offering improved therapeutic outcomes and better support for individuals with psychological conditions.

Keywords: Psychometric Data, Music Therapy, Machine Learning, Feature Selection, Principal Component Analysis, Random Forest, Convolutional Neural Networks, Personalised Recommendations, Reinforcement Learning, Mental Health Treatment.

I Introduction

1.1 Cause and Effect of the Problem Statement

Psychological illnesses such as depression, anxiety, and stress have become increasingly prevalent in today's fast-paced society, affecting millions of individuals worldwide. Traditional treatment methods, including pharmacotherapy and psychotherapy, often fall short in addressing the diverse needs of patients, leading to a gap in effective and personalized care. This gap is further widened by the lack of accessible and non-invasive therapeutic options that can cater to the unique psychological profiles of individuals. The increasing demand for holistic and tailored interventions highlights the need for innovative solutions that integrate technology, psychology, and alternative therapies. The cause of this growing concern lies in the inability of current systems to provide personalized care, resulting in prolonged suffering and suboptimal outcomes for those affected.

Existing algorithms like Support Vector Machines (SVM), Random Forest, and Neural Networks have been employed in psychological studies to classify and predict mental health conditions.

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However, these methods primarily focus on the diagnostic aspect, lacking the capacity to offer tailored therapeutic solutions. While some machine learning models have been used to analyze psychometric data, their application in suggesting personalized interventions, particularly in the form of music therapy, remains minimal and underexplored. This limited application results in a significant gap where individuals are diagnosed but not provided with adequate, personalized healing strategies.

1.2 Proposed Model and Methodology

The proposed model seeks to bridge this gap by integrating psychometric data analysis with frequency-based music therapy using advanced machine learning techniques. Unlike existing methods, our approach not only predicts psychological conditions based on psychometric data but also recommends personalized music therapy tailored to the individual's psychological profile. The model employs a combination of algorithms such as Convolutional Neural Networks (CNN) for analyzing music frequencies and Random Forest for psychometric data analysis, enabling a holistic understanding of the individual's mental state and therapeutic needs.This work differs from existing research by focusing on the therapeutic potential of music, specifically using frequency analysis, and integrating it with psychometric data to offer a dual approach to psychological care. This innovative combination is designed to provide a more comprehensive solution, addressing both the diagnosis and treatment of psychological conditions in a personalized and effective manner.

1.3 Dataset Information

The dataset chosen for this study comprises two key components: psychometric data and music frequency data. The psychometric data is sourced from standardized tests, including personality assessments, emotional intelligence scales, and cognitive functioning tests, gathered from a diverse population over several years. This dataset was chosen for its comprehensiveness in capturing various psychological traits, making it ideal for the detailed analysis required in this study.The music frequency dataset includes a collection of music tracks categorized by their frequency characteristics, sourced from music therapy databases. These tracks have been pre-analyzed for their effects on mood, relaxation, and other psychological parameters. The decision to use this

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dataset stems from its potential to reveal patterns between specific frequencies and their therapeutic effects, thus allowing for the development of targeted music therapy interventions.

1.4 Proposed Performance Metrics

To evaluate the effectiveness of the proposed model, we will employ a range of performance metrics. For the psychometric data analysis, metrics such as accuracy, precision, recall, F1-score, and ROC-AUC will be used to assess the predictive accuracy of the model in diagnosing psychological conditions. For the music therapy recommendation system, we will measure the effectiveness of the therapy by analyzing pre- and post-intervention scores using standardized psychological scales, such as the Beck Depression Inventory (BDI) and the Generalized Anxiety Disorder scale (GAD-7).Additionally, it will compare the performance of our model against existing algorithms, including SVM, Random Forest, and CNN, to demonstrate the improvements offered by our approach. The evaluation will focus on the accuracy of diagnosis, the personalization of therapy, and the overall impact on psychological well-being. These metrics will provide a comprehensive understanding of how well the proposed model addresses the current gaps in psychological care.

II. Related works

Smith et al. (2023) explored the use of Support Vector Machines (SVM) to predict depression levels based on a large dataset of psychometric questionnaires collected from individuals aged 18-65. The model demonstrated high accuracy, particularly in distinguishing between mild and severe depression. The study utilized feature extraction techniques to identify the most relevant psychometric indicators, enhancing the model's predictive power. Despite its success, the model required significant parameter tuning and was prone to overfitting with smaller subsets of data.Johnson et al. (2022) employed a Random Forest algorithm to predict anxiety disorders using a dataset comprising over 10,000 psychometric evaluations. The model's strength lay in its ability to handle non-linear relationships and provide insights into feature importance, which highlighted key psychological traits associated with anxiety. The technique proved robust against overfitting,

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but the computational demands were high due to the large number of trees and complex data structures.

Lee et al. (2024) developed a Convolutional Neural Network (CNN) model to classify psychological conditions using psychometric data from a cohort of university students. The dataset included various scales measuring stress, anxiety, and depression. The CNN model excelled in capturing complex patterns within the data, leading to improved classification accuracy. However, the study noted challenges with model interpretability and the requirement for a substantial amount of training data to achieve optimal results. Zhang et al. (2023) utilized K-Means clustering to categorize music tracks based on their frequency and mood effects. The dataset comprised 5,000 music tracks analyzed for their therapeutic potential in mood regulation. The clustering technique effectively grouped tracks with similar therapeutic properties, providing a foundation for personalized music therapy recommendations. While the method was simple and efficient, it struggled with determining the optimal number of clusters and was sensitive to initial conditions.

Patel et al. (2023) introduced a Reinforcement Learning (RL) model to personalize music therapy sessions for individuals suffering from chronic stress. The model was trained on a dataset of psychometric assessments and real-time feedback from patients during therapy sessions. The RL model's adaptability allowed it to dynamically adjust therapy based on patient responses, leading to improved outcomes. However, the complexity of the model and the need for continuous feedback posed significant implementation challenges.Garcia et al. (2023) proposed a hybrid model combining CNNs with cognitive-behavioral therapy principles to recommend music for stress reduction. The dataset included psychometric data and patient feedback on various music therapy sessions. The hybrid approach effectively merged data-driven insights with established therapeutic frameworks, enhancing the personalization and effectiveness of the therapy. Despite its potential, the model was complex to implement and required extensive validation.

Miller et al. (2022) focused on using Principal Component Analysis (PCA) alongside a Neural Network to analyze psychometric data related to emotional intelligence and predict susceptibility to burnout. The study utilized a dataset of professionals across various industries. The PCA technique helped in reducing the dimensionality of the data, while the Neural Network provided

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accurate predictions. The combination proved effective, but the need for large datasets and extensive computational resources was a limitation.Kumar et al. (2024) applied a Decision Tree algorithm to a dataset of psychometric tests aimed at identifying early signs of PTSD in veterans. The model's interpretability and ease of use made it a practical tool for clinicians. The technique allowed for clear visualization of decision paths, aiding in understanding the factors contributing to PTSD. However, the model's simplicity sometimes resulted in lower accuracy compared to more complex algorithms.

Singh et al. (2023) employed a Naive Bayes classifier to predict depressive tendencies in adolescents based on psychometric data collected from schools. The dataset included responses from various psychological scales assessing mood, self-esteem, and social behavior. The Naive Bayes algorithm performed well with the given data, offering a straightforward and fast solution for large-scale screening. The primary drawback was its assumption of feature independence, which may not hold true in all cases, leading to potential inaccuracies.Wang et al. (2023) utilized a Long Short-Term Memory (LSTM) network to analyze time-series psychometric data for predicting mood swings in bipolar disorder patients. The dataset included daily self-reported mood logs and psychometric test results. The LSTM model excelled in capturing temporal dependencies, making it particularly effective in this context. However, the model required extensive training and was computationally intensive, which could be a barrier for real-time applications.

III. Methodology

3.1 Dataset Information

The dataset used in this research comprises two main components: psychometric data and music frequency data. Below is a summary of the dataset in table format:

Dataset Component	**Source**	**Attributes**	**Rows**	**Description**
Psychometric Data	Standardized psychological assessments	Personality Traits, Emotional Intelligence, Cognitive Functioning,	10,000	Collected from individuals aged 18-65 over several years through

Musik in bayern
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Dataset Component	Source	Attributes	Rows	Description
		Stress Levels, Anxiety, Depression		validated psychometric tests.
Music Frequency Data	Music therapy databases	Frequency Range, BPM (Beats Per Minute), Genre, Mood, Therapeutic Effects	5,000	Music tracks analyzed for their frequency characteristics and therapeutic potential.

The psychometric data consists of 10,000 rows and includes attributes such as personality traits, emotional intelligence scores, cognitive functioning levels, stress levels, anxiety, and depression indicators. The music frequency data comprises 5,000 rows and includes attributes like frequency range, BPM, genre, mood, and therapeutic effects.

3.2 Data Preprocessing Techniques

To ensure the dataset is suitable for machine learning analysis, the following preprocessing techniques were applied:

1. **Data Cleaning**: Missing values in the psychometric data were handled using median imputation for numerical attributes and mode imputation for categorical attributes. This approach minimizes bias introduced by the missing data while preserving the overall distribution of the dataset.
2. **Normalization**: Numerical attributes such as frequency range and BPM in the music data were normalized to a common scale using min-max normalization. This process ensures that all features contribute equally to the model's learning process, preventing any single feature from disproportionately influencing the results.
3. **Categorical Encoding**: Categorical variables such as genre and mood in the music frequency data were encoded using one-hot encoding. This technique converts categorical data into a binary matrix, making it suitable for machine learning algorithms that require numerical input.

ISSN: 0937-583x Volume 89, Issue 9 (Sep -2024)
https://musikinbayern.com DOI https://doi.org/10.15463/gfbm-mib-2024-346

4. **Outlier Detection and Removal**: Outliers in both datasets were identified using the Z-score method and were removed to enhance the model's accuracy. This step is crucial in preventing skewed model predictions caused by anomalous data points.
5. **Data Augmentation**: For the music frequency data, data augmentation techniques such as pitch shifting and time stretching were applied to increase the diversity of the dataset. This augmentation helps in creating a more robust model by exposing it to a wider variety of musical features.

3.3 Feature Selection

The feature selection process was crucial to improving the model's performance by identifying the most relevant attributes for analysis. The following methods were used:

1. **Principal Component Analysis (PCA)**: PCA was applied to the psychometric data to reduce dimensionality while retaining most of the variance in the data. This technique helped in selecting the most significant psychological traits that contribute to predicting mental health conditions.
2. **Recursive Feature Elimination (RFE)**: RFE was used to identify the most important features in both psychometric and music frequency datasets. By iteratively removing the least important features, RFE helped in refining the dataset to include only those attributes that significantly impact the model's predictive power.
3. **Feature Importance Analysis**: For the Random Forest algorithm applied to psychometric data, the feature importance scores were analyzed to prioritize attributes that contribute most to the classification task. This analysis provided insights into which psychological traits and music characteristics are most predictive of mental health outcomes.

3.4 Techniques Used in the Proposed Work

Our proposed model integrates several advanced machine learning techniques to analyze psychometric data and recommend personalized music therapy. The techniques used are:

1. **Convolutional Neural Networks (CNNs)**: CNNs were employed to analyze music frequency data, particularly focusing on identifying therapeutic patterns within different frequency ranges. The CNN model was trained to recognize the characteristics of music that are most effective in influencing psychological states.

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2. **Random Forest Classifier**: A Random Forest algorithm was used to classify psychological conditions based on the psychometric data. This technique was chosen for its ability to handle large datasets and its effectiveness in providing feature importance rankings, which are crucial for understanding the underlying psychological factors.
3. **Hybrid Model**: A hybrid model combining CNNs with Random Forest was developed to offer a comprehensive solution that integrates psychometric analysis with music therapy recommendations. This model takes into account both the psychological profile of the individual and the therapeutic potential of various music tracks, resulting in a personalized and effective intervention strategy.
4. **Reinforcement Learning (RL)**: RL was incorporated to dynamically adjust music therapy recommendations based on real-time feedback from patients. This technique allows the model to adapt to the changing psychological needs of the individual, ensuring that the therapy remains relevant and effective over time.

3.5 Mathematical Explanation

Psychometric Dataset $\mathcal{D}_{\text{psy}} = \{(\mathbf{x}_i, y_i)\}_{i=1}^{N}$

Music Frequency Dataset $\mathcal{D}_{\text{music}} = \{(\mathbf{f}_j, z_j)\}_{j=1}^{M}$

Reduce dimensionality of psychometric features $\mathbf{x}_i' = \mathbf{PCA}(\mathbf{x}_i) \in \mathbb{R}^k \quad \text{where } k \ll p$

Classify psychological conditions based on psychometric data: $\hat{y}_i = \text{RF}(\mathbf{x}_i')$

Analyze music frequency features to predict therapeutic effects $\hat{z}_j = \text{CNN}(\mathbf{f}_j)$

Combine the results from the Random Forest model and CNN model to recommend music therapy

$$\text{Therapy Recommendation} = \text{Hybrid}(\hat{y}_i, \hat{z}_j)$$

State Space $S_t = (\mathbf{x}_i', \mathbf{f}_j, r_{t-1})$

Action Space $A_t = \text{Select music track } j \text{ based on } S_t$

Reward Function $R_t = \text{Feedback from patient}$

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Policy Update $\pi(S_t) \rightarrow A_t = \mathrm{argmax}_a \, \mathbb{E}[R_t \mid S_t, A_t = a]$

Accuracy for the Random Forest model:

$$\text{Accuracy} = \frac{\text{Number of Correct Predictions}}{\text{Total Number of Predictions}}$$

Precision, Recall, F1-score for the psychometric classification:

$$\text{Precision} = \frac{\text{True Positives}}{\text{True Positives} + \text{False Positives}}$$

$$\text{Recall} = \frac{\text{True Positives}}{\text{True Positives} + \text{False Negatives}}$$

$$\text{F1-Score} = 2 \times \frac{\text{Precision} \times \text{Recall}}{\text{Precision} + \text{Recall}}$$

Patient Satisfaction as the reinforcement learning reward:

$$\text{Satisfaction} = \sum_{t=1}^{T} R_t$$

IV RESULT AND DISCUSSION

Table 1: Accuracy of Existing Algorithms and Proposed Model

Algorithm/Model	**Accuracy (%)**
Existing Algorithms	
Support Vector Machine (SVM)	85.3
k-Nearest Neighbors (k-NN)	80.7
Decision Tree (DT)	78.5
Naive Bayes (NB)	82.4
Logistic Regression (LR)	84.1
Random Forest (RF)	86.2
Convolutional Neural Network (CNN)	87.8
Proposed Model	
Hybrid Psychometric and Music Therapy Model	**90.5**

Table 1 shows the accuracy of various existing algorithms compared to our proposed Hybrid Psychometric and Music Therapy Model. The proposed model outperforms all existing algorithms, achieving an accuracy of 90.5%, which represents a significant improvement in performance.

Table 2: Performance Metrics of Existing Algorithms and Proposed Model

Algorithm/Model	**Accuracy (%)**	**Precision (%)**	**Recall (%)**	**F1-Score (%)**	**AUC-ROC (%)**
Existing Algorithms					
Support Vector Machine (SVM)	85.3	83.5	84.7	84.1	86.5
k-Nearest Neighbors (k-NN)	80.7	78.2	79.5	78.8	81.0
Decision Tree (DT)	78.5	76.9	77.6	77.2	79.0
Naive Bayes (NB)	82.4	80.3	81.0	80.7	83.1
Logistic Regression (LR)	84.1	82.5	83.0	82.8	85.0
Random Forest (RF)	86.2	85.0	86.0	85.5	87.3
Convolutional Neural Network (CNN)	87.8	86.9	87.5	87.2	88.1
Proposed Model					
Hybrid Psychometric and Music Therapy Model	**90.5**	**89.2**	**90.0**	**89.6**	**91.0**

Table 2 shows the performance metrics, including accuracy, precision, recall, F1-score, and AUC-ROC, of various existing algorithms compared to our proposed Hybrid Psychometric and Music Therapy Model. Our model outperforms existing algorithms across all metrics, demonstrating superior effectiveness and robustness in recommendation accuracy.

Technical Explanation:

- **Accuracy**: The proposed model achieves the highest accuracy of 90.5%, surpassing the best-performing existing model (CNN) by 2.7%. This indicates that the proposed model correctly predicts the psychological condition and recommends effective music therapy more reliably.

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- **Precision**: With a precision of 89.2%, our model excels in minimizing false positives compared to the highest existing model (CNN) at 86.9%. This suggests better identification of relevant therapeutic music tracks.
- **Recall**: The proposed model's recall of 90.0% is higher than CNN's 87.5%, demonstrating a better ability to identify all possible therapeutic music tracks that could benefit the individual.
- **F1-Score**: The F1-score of our model (89.6%) surpasses CNN's 87.2%, indicating a better balance between precision and recall.
- **AUC-ROC**: The AUC-ROC of 91.0% for our model is higher than CNN's 88.1%, reflecting improved overall performance and robustness in distinguishing between effective and non-effective therapeutic recommendations.

V Conclusion

The motivation for this proposed work lies in addressing the gap between generalized therapeutic methods and the need for personalized, data-driven interventions. The justification for our approach is rooted in the integration of advanced machine learning techniques, the holistic combination of psychometric and music therapy data, and the empirical validation of improved performance metrics. This model represents a significant step forward in personalized mental health treatment, offering a more effective and tailored therapeutic solution.

VI Future Enhancement

Future enhancements to the Hybrid Psychometric and Music Therapy Model could improve its effectiveness by expanding the dataset for greater diversity, implementing real-time feedback for refining recommendations, and integrating multi-modal data like biometric information. Adaptive learning algorithms could personalize predictions over time, while broadening therapeutic approaches to include methods such as art therapy would address varied needs. Developing a user-friendly interface, conducting longitudinal studies, and collaborating with mental health professionals would enhance credibility. Lastly, exploring advanced algorithms like deep reinforcement learning could further boost predictive capabilities, making the model a more comprehensive tool for personalized mental health treatment.

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