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# Symptom Based Disease Prediction with Real Time Chat and Mental Wellness

***Vineet Khemani[1], Gaurav Vijla[2], Devesh Chandiramani[3], Purva Jagtap[4], Sanjay Wankhede[5], Vaishali Bodhale[6]***

[1]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India co2022.vineet.khemani@ves.ac.in
[2]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India co2022.gaurav.vijla@ves.ac.in
[3]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India co2022.devesh.chandiramani@ves.ac.in
[4]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India co2022.purva.jagtap@ves.ac.in
[5]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India sanjay.wankhede@ves.ac.in
[6]Computer Engineering ,VES Polytechnic VES Polytechnic Chembur,India vaishali.bodhale@ves.ac.in

ABSTRACT—

The **Disease Predictor with Real-Time Chat & Mental Healthcare** application aims to provide users with a comprehensive platform for symptom assessment, disease prediction, and mental health support. Leveraging advanced algorithms and real-time communication, the application allows users to input symptoms, receive potential disease predictions, and consult with healthcare professionals through an integrated chat feature. This dual approach combines automated diagnosis with expert intervention, ensuring users receive timely and accurate health guidance.The application also focuses on mental healthcare by offering users personalized mental wellness exercises, progress tracking, and reminders, which are customized based on individual needs. This aspect encourages proactive mental health management and provides users with tools to maintain their mental well-being. Developed using a combination of technologies, including machine learning for disease prediction and Python for a scalable, efficient codebase, the platform emphasizes reliability and user-friendliness. Real-time chat functionality ensures seamless interaction between users and medical professionals, promoting accessibility to healthcare services.The application integrates secure data handling practices, ensuring user privacy, and incorporates third-party APIs for enhanced functionality, such as accessing up-to-date medical databases and syncing with wearable devices. By combining these features, the **Disease Predictor with Real-Time Chat & Mental Healthcare** platform not only empowers users to take control of their physical and mental health but also demonstrates the potential of technology in transforming healthcare delivery.

**Keywords**—Disease Prediction, Machine Learning, Real-Time Chat, Mental Healthcare, AI in Healthcare, Symptom Analysis, Digital Health, Web-Based Healthcare.

## Introduction :

In today's rapidly advancing digital landscape, access to healthcare is increasingly reliant on technology. With the growing demand for timely medical information and mental health support, digital health platforms are transforming how individuals manage their health. Disease prediction tools and mental healthcare applications have emerged as vital resources, allowing users to assess symptoms, access expert consultations, and receive personalized wellness guidance. As healthcare systems become more digitized, there is a pressing need for user-friendly, accessible platforms that can bridge the gap between individuals and healthcare providers. This project focuses on developing a Disease Predictor with Real-Time Chat & Mental Healthcare application, aimed at helping users identify potential health conditions based on their symptoms and receive professional medical advice in real time. The application also offers personalized mental health exercises, wellness tracking, and reminders to support emotional well-being.

Built using Python, a highly versatile and powerful programming language, the application ensures robust performance, data security, and cross-platform compatibility. Python's rich ecosystem of libraries and frameworks makes it ideal for developing complex, reliable healthcare solutions. The application integrates machine learning algorithms for symptom-based disease prediction and utilizes real-time chat features to facilitate seamless communication between users and healthcare professionals. With the rise of mobile and digital health technologies, this project addresses the growing need for accessible healthcare solutions, combining disease prediction with mental health support to provide a comprehensive and reliable platform for users seeking both physical and mental healthcare assistance.

## LITERATURE SURVEY :

The development of health-focused applications, particularly those related to disease prediction and mental healthcare, has gained significant traction as digital health technologies evolve. Numerous studies have examined how technology can enhance early diagnosis, provide mental health support, and increase accessibility to healthcare professionals. This literature survey provides an overview of key research and studies that inform the development

of a Disease Predictor with Real-Time Chat & Mental Healthcare application, particularly focusing on symptom-based disease prediction systems, mental health platforms, and the role of real-time communication in telemedicine. Research has shown that early diagnosis through symptom-tracking applications can significantly improve patient outcomes by facilitating prompt medical intervention. Studies have also emphasized the growing importance of real-time chat interfaces in healthcare apps, enabling patients to receive immediate advice and personalized care from professionals. Moreover, advancements in machine learning and AI have been crucial in enhancing the accuracy of disease prediction models, which form the core of many health-related applications.

In the context of mental health, various works have explored the role of mobile apps in providing psychological support and helping users manage stress, anxiety, and depression. These apps often include features such as mood tracking, motivational tips, and professional consultations. The integration of mental healthcare into digital platforms has been a major trend, supported by the growing acceptance of telemedicine and the increasing demand for accessible mental health services.

This literature survey highlights the intersection of healthcare, technology, and user experience, providing a foundation for the development of this project. By leveraging the insights from existing research, the Disease Predictor with Real-Time Chat & Mental Healthcare application aims to offer a robust, user-friendly platform that enhances health outcomes and provides real-time mental health support.

**Table 1: Interpretation of references**

| Sr no. | Description/Intrepreted result | Referrence |
|---|---|---|
| 1 | Provided insights into AI-based disease prediction methods, helping in the selection of machine learning models for symptom analysis. | [2] |
| 2 | Assisted in implementing ML-based classification algorithms such as Random Forest and Neural Networks for accurate disease prediction. | [3] |
| 3 | Guided the development of mental wellness features, including mood tracking, stress management exercises, and motivational tips. | [4] |
| 4 | Influenced the design of real-time chat functionality using WebSockets and Django Channels for doctor-patient interactions. | [5] |
| 5 | Helped in integrating data encryption (AES) and authentication (JWT) to ensure secure storage and communication of patient data. | [6] |
| 6 | Assisted in evaluating different deep learning approaches (e.g., LSTM, BERT) for improving symptom-based diagnosis accuracy. | [7] |
| 7 | Helped in understanding real-time health tracking using wearable devices for continuous symptom monitoring. | [8] |
| 8 | Provided insights into global trends in digital mental health, guiding the app's mental wellness module. | [9] |
| 9 | Contributed to defining data privacy protocols to meet healthcare data compliance standards. | [10] |
| 10 | Helped in integrating NLP-based chatbot features for automated health inquiries and symptom assessment. | [11] |

## PROBLEM DEFINITION :

**A. Challenges for Patients**

One of the major challenges MediPlus aims to address is the lack of accessible and accurate symptom-based disease prediction and real-time medical consultation. Patients often struggle with self-diagnosis, relying on scattered and sometimes misleading online health information, which can lead to delayed or incorrect treatment decisions [1]. Many existing healthcare applications either lack AI-powered diagnostic capabilities or fail to provide instant connectivity with healthcare professionals, leaving users with unreliable self-assessments and no clear path to expert advice [2]. Additionally, mental wellness support is often overlooked, with very few applications integrating mental health exercises and personalized emotional well-being tracking alongside physical health assessments [3].

**B. Challenges for Healthcare Professionals**

Healthcare providers also face challenges in efficiently managing patient interactions and providing timely consultations. Traditional systems require manual patient intake, delaying diagnosis and increasing workloads for doctors [4]. Additionally, there is no unified platform that seamlessly integrates AI-based symptom analysis, patient history tracking, and real-time chat functionality, making it difficult for doctors to provide personalized and data-driven consultations [5]. Moreover, the absence of automated mental health monitoring tools means that early signs of stress, anxiety, or depression may go unnoticed, further impacting patient well-being [6].

## Methodology :

**A. Data Collection and Preprocessing**

- The symptom-disease mapping dataset consists of structured medical data from clinical sources.
- Data cleaning techniques such as tokenization, lemmatization, and stop-word removal refine user inputs for better accuracy.
- Augmented training data improves model robustness, reducing false predictions.

**B. Symptom Analysis and Disease Prediction**

- The system processes symptoms using TF-IDF, BERT embeddings, and LSTM-based deep learning models.
- Multiple classification models (Random Forest, Neural Networks, and SVM) are tested to determine optimal accuracy.
- The system outputs ranked disease predictions along with confidence scores.

**C. Real-Time Chat Module**

- AI-powered chatbots handle initial medical inquiries before escalating complex cases to human professionals.
- Sentiment analysis techniques assess user distress levels and prioritize emergency cases.
- Real-time WebSockets ensure instant doctor-patient communication for accurate guidance.

**D. Mental Wellness Support System**

- AI-driven personalized mental health exercises are recommended based on user emotional state analysis.
- CBT-based chatbots guide users in stress reduction and coping mechanisms.
- Tracking tools allow users to monitor mood patterns and habit formation for mental well-being.

## System Architecture :

The system is designed with a modular and scalable architecture, ensuring flexibility and efficient performance. The key components include:

- Frontend: Developed using HTML, CSS, and JavaScript, providing a responsive and user-friendly interface.
- Backend: Built with Python and Django, handling authentication, data processing, and AI-driven analytics.
- Database: PostgreSQL stores user records, symptom logs, chat histories, and mental health progress.
- Machine Learning Model: Uses NLP-based AI trained on verified medical datasets to predict potential diseases.
- Real-Time Chat Module: Uses Django Channels and WebSockets to enable live communication with medical professionals.
- Security and Privacy: Employs AES encryption for secure data handling and JWT authentication for user privacy.
- Third-Party API Integration: Accesses real-time medical databases and syncs with wearable devices for continuous health monitoring.

**A.User**

The workflow for a user (likely a patient) begins when they log into the system through the "User Login" pathway. Once authenticated, the user is presented with multiple options to interact with the healthcare application:

- **Check Symptoms**: The user can input their symptoms (e.g., fever, cough, fatigue) into the system. This data is then fed into an ML Model (Machine Learning Model), which analyzes the symptoms using algorithms trained on medical data. The model processes the input and performs a Predict Disease step, generating a probable diagnosis (e.g., "You may have a viral infection"). This feature aims to provide users with a preliminary understanding of their condition before consulting a professional.
- **Real-time Chat**: After receiving the disease prediction, the user can initiate a Real-time Chat with a doctor. This step, labeled "Chat with Doctor," facilitates direct communication, allowing the user to discuss the predicted diagnosis, ask questions, or seek advice on treatment options. For example, if the ML model predicts a viral infection, the user might ask the doctor about specific symptoms or recommended medications. This feature bridges the gap between automated diagnosis and human expertise, ensuring users receive personalized guidance.

- **View Yoga**: The user also has the option to access a View Yoga feature. This likely provides yoga exercises or routines, which could be tailored for general wellness, stress relief, or as a complementary therapy for the predicted condition. For instance, if the ML model predicts stress-related issues, the system might recommend yoga poses like Child's Pose or breathing exercises. This feature promotes holistic health and empowers users to take proactive steps toward their well-being.
- **Rate Doctor**: After the consultation via real-time chat, the user can Rate Doctor, providing feedback on their experience. This step might involve rating the doctor on metrics like communication, helpfulness, or responsiveness (e.g., a 5-star rating system). The rating feature ensures accountability and helps improve the quality of care by allowing users to share their satisfaction or concerns. It also provides data for the system to evaluate doctors' performance
- **Logout**: At any point, the user can choose to Logout, which terminates their session and directs them to the End node. This ensures that the user can exit the system securely after completing their tasks, such as receiving a diagnosis, consulting a doctor, or exploring yoga recommendations.

**B. Doctor**

The doctor workflow begins when a doctor logs into the system through the "Doctor Login" pathway. Doctors play a critical role in providing expert medical advice and interacting directly with users:

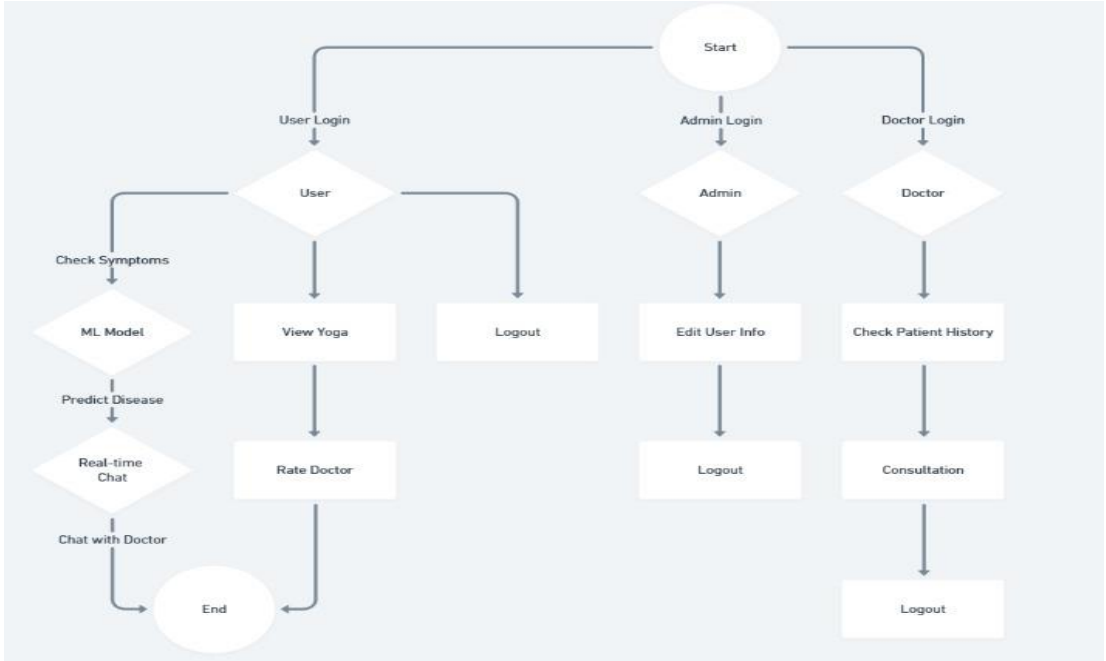
- **Check Patient History**: After logging in, the doctor can access the Check Patient History feature. This allows them to view a patient's medical records, which might include past diagnoses, treatments, medications, allergies, or results from the ML model's disease predictions. For instance, if a user has a history of asthma, the doctor can see this information and consider it during the consultation. This step ensures that the doctor has a comprehensive understanding of the patient's health background, enabling them to provide informed and personalized advice. The patient history might also include data from previous interactions with the system, such as symptom logs or prior consultations.
- **Consultation**: The doctor can engage in a Consultation with the user, which is likely the backend counterpart to the user's "Real-time Chat" feature. During this step, the doctor communicates directly with the user, addressing their concerns, discussing the ML model's predicted disease, and recommending treatment plans. For example, if the ML model predicted a viral infection, the doctor might confirm the diagnosis, suggest rest and hydration, or recommend further tests if needed. The consultation could involve answering questions, providing reassurance, or prescribing medications, depending on the system's capabilities and legal regulations. This feature ensures that users receive professional medical guidance, complementing the automated predictions made by the ML model.
- **Logout**: After completing their tasks—such as reviewing patient history and conducting consultations—the doctor can Logout. This action terminates their session and leads to the End node, ensuring that the system remains secure and that the doctor's session data is not accessible to others. The logout step is essential for maintaining privacy, especially since doctors handle sensitive patient information.

**C. Admin**

The admin workflow starts when an administrator logs into the system via the "Admin Login" pathway. Admins are typically responsible for managing the backend operations of the application, and their role focuses on user data management:

- **Edit User Info**: After logging in, the admin can access the Edit User Info functionality. This step allows them to update or manage user profiles, which might include editing personal details (e.g., name, age, contact information), medical history, or account settings (e.g., resetting passwords, updating preferences). For example, if a user reports an error in their recorded medical history, the admin can correct it to ensure accurate data for doctors and the ML model. This feature is critical for maintaining the integrity of the system, as accurate user information is essential for effective diagnoses and consultations. The admin might also use this function to deactivate accounts, assign roles, or update permissions, depending on the system's design.
- **Logout**: Once the admin has completed their tasks—such as updating user information—they can Logout. This action ends their session and directs them to the End node, ensuring that the system remains secure by requiring re-authentication for future access. The logout step is a standard security measure to prevent unauthorized access to sensitive user data.

**Figure 1: Flow of the Disease Predictor with Real-Time Chat & Mental Healthcare application**



## VI. Conclusion & Future Work

This research presented *Symptom-Based Disease Prediction with Expert Consultations and Mental Wellbeing*, a platform that integrated symptom-based disease prediction, real-time expert consultations, and mental health support using Python, HTML, CSS, SQL, and PostgreSQL. The system leveraged Python's versatility and machine learning capabilities to deliver accurate health predictions, supported by secure data management through relational databases, as underscored by literature highlighting the role of real-time data and user engagement features like chat and recommendations in improving health outcomes. In future work, plans included adding a video calling feature for direct patient-doctor interactions, alongside enhanced security measures, advanced predictive analytics, and deeper integration with wearable devices, utilizing the platform's modular design to adapt to evolving healthcare needs.

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