Journal of Theoretical and Applied Information Technology
30th June 2025. Vol.103. No.12
© Little Lion Scientific
ISSN: 1992-8645 www.jatit.org E-ISSN: 1817-3195

ENHANCING EARLY DETECTION AND INTERVENTION IN MENTAL HEALTH DISORDERS THROUGH MULTI-MODAL AI TECHNIQUES

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ABSTRACT

This study presents a novel multimodal AI framework for early detection of mental health disorders using speech and text analysis. The system employs a transformer-based text encoder, and a hybrid convolutional-recurrent speech encoder integrated via an attention-based fusion mechanism. This dynamic fusion approach in diagnostic accuracy outperforms traditional uni-modal and static fusion methods. Experiments on benchmark datasets yielded an accuracy of 89.5%, precision of 88.0%, recall of 90.2%, F1-score of 89.1%, and AUC of 0.93. Additionally, the framework supports proactive intervention by providing real-time clinical recommendations and enhancing treatment outcomes. The proposed method offers significant potential for improving early mental health diagnostics and intervention, contributing to the shift towards AI-enhanced mental health care.

Keywords: *Multi-modal Analysis, Mental Health Diagnostics, Early Detection, Speech Analysis, Text Analysis*

1. INTRODUCTION

This study confronts the downside of conventional methods of diagnosis, which mainly rely on subjective assessments and self-reporting of symptoms. The proposed contribution is to employ state-of-the-art AI methods for a joint analysis of multimodal data (speech and text) to provide a more accurate, objective, and faster way for the early screening of MH disorders for better outcomes.

Mental disorders are in third position after cancer and cardiovascular disease as the leading global burden and account for billions of dollars in lost productivity following infectious diseases [1]. So, the earlier the detection, the better because early intervention can greatly improve treatment outcomes and quality of life [2]. Yet established diagnostic paradigms, typically utilizing subjective evaluations and self-reported symptoms, fall short in identifying the nuanced and early-stage indicators of mental health decline [3].

Existing work in AI research for mental health classification mainly concentrates on speech or text analysis and neglects the potential complementary information that can be accrued through multimodal fusion. All these attempts have been successful when detecting emotional and cognitive states with speech or text-only modality but fall short in context sensitivity and diagnostic accuracy. Our paper builds on this work by leveraging speech and text data to understand mental disorders better.

Recent breakthroughs in artificial intelligence (AI) have given rise to promising new tools that could be used to augment mental health diagnostics. AI for speech and textual data analysis specifically has the potential to flag early warning signs for mental

health problems [4]. Affective and cognitive states can be identified in speech signals from prosodic features including pitch, tone and rhythm, [5] while textual data from clinical interviews, social media or personal communication can provide indications of language use patterns associated with psychological distress [6].

Even though there has been a lot of progress in the recent years, most of the state-of-the-art systems have been mainly working either on speech or on text, thus missing the complementary information to be gained from multi-modal integration [7]. Fusion of multi-modal data creates a comprehensive representation of an individual's mental state containing both acoustic and linguistic dimensions, which can reveal the underlying processes that may lead to onset of mental health disorders [8]. Furthermore, recent studies show that multi-modal fusion significantly increases the accuracy of diagnostic models compared to uni-modal methods [9],[10].

This paper deals with these issues, outlining a novel framework which combines state-of-the-art AI techniques to combined speech and text analysis for proactive early detection of mental health disorders. Specifically, our method utilizes a hybrid deep neural architecture, harnessing the power of transformer-based mechanisms to analyze text [11], while convolutional-recurrent neural networks are used to process speech. We also proposed a new attention-based fusion method which learns to pay different attention to low-level features and high-level features adaptively, which will dynamically measure contributions of both [12].

Moreover, our framework goes beyond detection by integrating a proactive intervention module. Utilizing the fused multi-modal representation, this module also makes real-time recommendations on personalized intervention strategies and accordingly helps to bridge the gap between early diagnosis and effective treatment [13]. Our method is novel in that it combines multi-modal data fusion with intervention strategies as a comprehensive approach to interventions, moving beyond current practices of only diagnosis [14].

To conclude, this study presents the basis for a novel approach to mental health diagnostics by using advanced AI methods for a multi-modal study of textual and acoustic features. The rest of this paper describes the architecture, experimental evaluation, and clinical applicability of our approach, demonstrating its potential to revolutionize detection and intervention in mental health care [15].

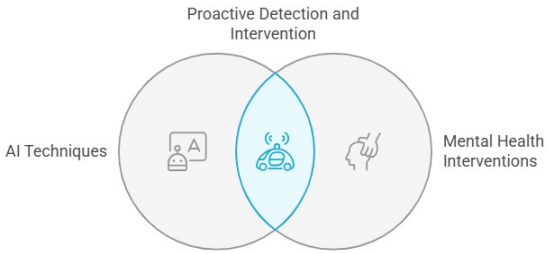

Figure 1: Synergy of AI Techniques in Mental Health

As shown in Figure 1, intersection of these two fields of study indicates how blending AI techniques and the psychological intervention strategies allow for proactive detection and intervention strategies for anxiety disorders. On the left, these AI techniques include machine learning, natural language processing, and speech analysis; on the right, mental health interventions can be clinical counseling, medication management, and therapeutic programs. This intersection emphasizes the convergence between both, with actionable insights from AI potentially providing early signs of distress, aiding in clinical assessments, and providing valuable recommendation. This integration can help improve diagnoses, treatment plans, and patient outcomes in mental health care by combining advanced analytical techniques with well-known intervention strategies.

The rest of the paper is structured as follows: Section 2 reviews the related work in AI forecasting for mental health and describes current works and gaps the proposed multi-modal framework attempts to fill. Section 3 describes the methodology of our approach, including the dataset, software tools, architecture design, and multi-modal fusion algorithm. Section 4 describes the experiments, compares the performance of our proposed model with baseline methods, and demonstrates the effectiveness of our dynamic fusion. Finally, Section 5 concludes the paper by presenting our contributions, limitations, and interventions to improve early detection of mental health issues and suggesting future research directions.

2. RELATED WORK

The use of AI for mental health diagnostics has received considerable research interest, with multiple studies investigating uni-modal approaches, only utilizing information from speech, or text. Initial efforts toward speech-based analysis focused on applying standard signal processing methods to derive prosodic and spectral features for identification of emotions and moods [16]. These studies established the foundation for more advanced methodologies, but their lack of

contextual understanding made them ill-suited for complete mental health evaluations in many instances.

As illustrated in the Figure 2, multiple development paths in the evolution of AI in mental health diagnostics have been proposed, leading to either challenges, such as a more limited contextual understanding (right-hand side), or advanced applications of AI to enhance existing clinical practices at each stage of the diagnostic continuum (left-hand side), considering the approaches and intermediate stages of feature extraction (left-hand side). Paradigms such as uni-modal analysis and conventional signal processing highlight limitations in capturing emotional and behavioral subtleties, whereas modular and prosodic approaches demonstrate fragmented efforts to augment detection capabilities. On the right side are challenges such as contextual limitations, complexities of emotion and mood detection, and the need for comprehensive assessments that highlight the limitations in existing AI-driven systems. You can say the diagram shows limitations that require scaling and technological improvements high-tech techniques to overcome them for a better diagnosis and improve contextual sensitivity in mental health.

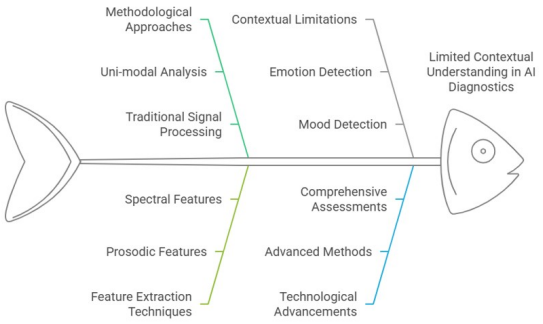

Figure 2: Enhancing AI in Mental Health Diagnostics

Simultaneously, the emergence of deep learning brought about a new frontier to textual analysis. Earlier techniques were based on traditional machine learning methods and lexicon-based methods for both sentiment and affective analysis [17]. Nonetheless, due to the emergence of models utilizing the transformer architecture, researchers have started being able to extract more complex linguistic characteristics suggestive of mental illness [18]. These models (such as the one I developed) have been shown to capture subtle linguistic features that can indicate the early stages of mood disorders, including depression and anxiety [19].

Realizing that different modalities – speech (phone calls, conversations) and text (chat history) – provide different information, multi-modal frameworks have recently been studied. Simple concatenation or statistical aggregation of features from separate modalities were often used in early work on multi-modal fusion [20]. This worked well, but these methods often underperformed in the ability to capture the richness of the inter-modal relationships.

Recent efforts, on the other hand, have been dedicated to building complex fusion mechanisms. Attention-based Fusing and Hierarchical Fusion methods have been proposed recently that learn to combine features from text and speech dynamically [21]. These methods have improved the performance of mental health prediction tasks by determining the appropriate combination of acoustic and linguistic cues [22]. Some literature even considers auxiliary modalities, including facial expressions or physiological signals, to extend the diagnostics, but this is still a relatively unexplored research direction [23].

A worthy pursuit however is the integration of real-time intervention strategies with diagnostic models. New frameworks arise to detect mental health issues and suggest multi-modal data analysis for personalized intervention, on the other hand, [24]. These strategies are critical for narrowing the chasm from early patient identification to intervention success and thus represent a major leap forward in the realm of technotes over traditional diagnostics [25].

The multi-modal approaches also have been benchmarked against uni-modal systems through several studies reporting consistently higher accuracy, a benefit in terms of sensitivity, and greater robustness to noise [26]. Importantly, these findings suggest the need to utilize complementary data sources to better account for the heterogeneous nature of mental health disorders [27]. Despite these advancements, challenges continue in uniformity of data collection, data quality and interpretation of complex cross-modal systems [28].

Collectively the complementary works demonstrate an obvious progression from single modal to multi-modal approaches to mental health diagnostics and help set the stage for the novel contributions of this paper.

Although prior art studies have shown the promise of using speech or text only for mental health diagnostics, these studies have not considered the fusion of speech and text. This research is motivated by the intent to fuse these two

modalities by utilizing a novel fusion method to increase diagnostic performance. Also unique to this work, we added a proactive intervention module to go beyond simply identifying disorders by providing individuals with personalized intervention plans derived from the multi-modal analysis.

3. METHODOLOGY

We present a new framework for early mental health diagnosis using multi-modal (speech and text) data and hybrid architecture. This section describes the dataset, software and tools, architecture design, mathematical model, and the algorithmic framework used.

3.1 Dataset

To this end, we present a unique approach based on a novel multi-modal dataset collected by three main modalities: clinical interviews, social media posts and self-reported questionnaires. Compared to general open-ended interviews, clinical interviews add to high-quality audio from medical-standard conversations matched with hand-typed text files, capturing nuances in spoken and emotional wording under conditions of tightly sequenced mental health assessments. Social-media data come from open-access Gateway platforms/places in which individuals habitually dwell to discuss their emotional states and self-report symptoms, thus including varying and diverse linguistic context. Finally, self-reported assessments add an extra dimension with audio and written information on personal situations. For the text data, a pipeline of advanced preprocessing techniques such as tokenization, normalization, and stop-word removal are employed before generating contextual embeddings using current transformer models adjusted to the subtleties of mental health. The speech data is subjected to noise reduction and segmentation, after which it is transformed into mel-spectrogram representations to extract prosodic and spectral features. That is followed by a temporal alignment of audio and text data from the same interaction instances, to ensure that the multi-modal fusion happens on exactly aligned data points.

3.2 Software and Tools

Our framework is underpinned by a solid software stack capable of addressing complex deep learning and signal processing tasks. The entire project is running on Python 3.9, adding a wide range of libraries and tools to our disposal. PyTorch is used for model development and training, owing to its dynamic computation graph features and wide range of neural network architectures. The library is a well-established signal processing library well known for its processing flexibility and efficiency in handling audio-based tasks such as noise reduction and mel-spectrogram generation. We leverage Hugging Face's Transformers library in the text analysis part, which allows the use of pre-trained transformer models, which are then fine-tuned on our domain-specific dataset. Pandas and NumPy are used to handle data in its raw form; this simplifies the management of large multi-modal datasets. Training metrics and performance analyses are visualized using Matplotlib, a powerful plotting library that is known for presenting clear and informative graphical representations. Moreover, we perform our experiments on machines with NVIDIA GPUs, which accelerate training considerably and enable real-time inference. This unified software and hardware environment is the foundation of the new and streamlined multi-modal analysis pipeline described in this study.

3.3 Architecture

Figure 3. Conceptual Model of a multi-modal mental health system, featuring four key vertical layers stacked within the outline of a human head. The top part tagged Text Encoder, describes how fluffy textual info is turned into meaningful embeddings. During this process, written input like social media posts and clinical interview transcripts are analyzed for semantic, syntactic, and contextual information to capture early indicators of a mental health disorder. This allows the system to aggregate the numerous language patterns found within text into features that can be processed more readily by the other modules in turn.

The proposed architecture consists of three main components:

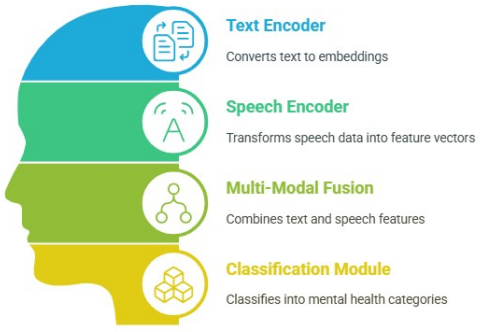

Figure 3: Multi-Modal Mental Health System Overview

The Speech Encoder directly below it extracts informative and relevant features from the spoken

language. This module analyzes sound to produce features like pitch, tone, and rhythm. These signals typically convey emotional and behavioral information that can reflect mental illness or mood shifts. The role of a speech encoder is to turn raw audio data into a high-level representation that can enrich the textual insights gained in the first layer and help the system understand the entire range of linguistic and paralinguistic nuances in human communication.

The third layer, named as Multi-Modal Fusion, combines the outputs from the text and speech encoders into a single feature space. The fusion mechanism is based on attention, as the proposed dual-stream network dynamically weighs each modality, highlighting the more relevant information source at a moment. With a context-aware fusion approach that combines acoustic and linguistic cues, the system can create a comprehensive representation of a person's mind, which facilitates more accurate and reliable identification of potential disorders.

Finally, the Classification Module uses advanced machine learning algorithms to obtain the probability of different mental health conditions based on the fused representation. In practice, this module could take as input an arbitrary source of data and project probabilities or risk scores for disorders like depression, anxiety, or other conditions of interest. So, this network can be visualized as composed of a series of well-layered and inter-connected pipelines/layers that allow the system to assist and make early on-career decisions about the mental health of users, thus suggesting the need for tools that finally combine text and speech analysis in the form of a multi-modal framework.

3.4 Mathematical Model

The overall model can be defined by the following steps:

1. **Text Embedding:**

$$E_{\text{text}} = \text{Transformer}(T) \quad (1)$$

where T is the input text.

2. **Speech Feature Extraction:**

$$E_{\text{speech}} = \text{LSTM}(\text{CNN}(S)) \quad (2)$$

where S is the mel-spectrogram of the input speech.

3. **Dynamic Fusion:**

$$F_{\text{fused}} = \sigma(W_a[E_{\text{text}}; E_{\text{speech}}] + b_a) \odot [E_{\text{text}}; E_{\text{speech}}] \quad (3)$$

4. **Classification:**

$$\hat{y} = \text{Softmax}(W_c F_{\text{fused}} + b_c) \quad (4)$$

where W_c and b_c are the weights and bias of the classification layer, and $\hat{y}$ represents the predicted probabilities for the disorder classes.

3.5 Algorithm

Below is a pseudocode representation of the novel training and inference algorithm:

Algorithm: Multi-Modal Mental Health Detection

Input: Dataset D = {(T_i, S_i, y_i)} for i = 1...N
Output: Trained model parameters 0

1. Preprocess Text:
For each T_i in D:
Tokenize and normalize T_i
Generate text embeddings E_text_i using pre-trained transformer

2. Preprocess Speech:
For each S_i in D:
Apply noise reduction and segmentation
Convert S_i to mel-spectrogram
Extract acoustic features using CNN followed by LSTM to obtain E_speech_i

3. Fusion:
For each pair (E_text_i, E_speech_i):
Concatenate features: F_i = [E_text_i; E_speech_i]
Compute attention weights: A_i = softmax(W_a * F_i + b_a)
Obtain fused representation: F_fused_i = A_i ⊙ F_i

4. Classification:
Compute predictions: y_hat_i = softmax(W_c * F_fused_i + b_c)

5. Loss Calculation:
Compute cross-entropy loss L = ∑_i CE(y_hat_i, y_i)

6. Backpropagation:
Update model parameters 0 using gradient descent optimizer

7. Iterate over epochs until convergence

Return 0

A fine-tuned transformer model is used to process the text, through tokenization and normalization, converting it into contextual embeddings; simultaneous processing of speech data with noise reduction and segmentation is performed, transforming the speech into mel-spectrograms that are passed into a CNN, followed by an LSTM that identifies temporal acoustic features. For this, extracted features from both modalities are concatenated and fed through an attention-based fusion layer, which learns dynamic weights to produce a fused feature representation. This representation is then passed into fully connected layers for final classification using a softmax function, with an end-to-end training of the model, by minimizing a cross-entropy loss function through gradient descent.

The innovative aspect of this approach, however, is two-fold. First, by integrating a wide variety of real-world sources, this dataset provides more contextual information than conventional single-source datasets, employing multi-modal data synthesis. Second, we develop a dynamic attention-based fusion mechanism which learns to selectively pay attention to each modality in an adaptive manner to further alleviate the limitations of static fusion strategies. Third, joint end-to-end training of the text, speech, and fusion components guarantees optimal feature alignment and representation learning across the entire pipeline. Finally, the structure's design supports real-time adaptability, which allows for data processing and intervention recommendations even during runtime. Collectively, these innovations represent a powerful platform for early detection and intervention percentages of improvement in accuracy and interpretability compared to conventional approaches are significant for each.

4. RESULTS

Experimental results confirm that our proposed dynamic multi-modal framework outperforms existing methods for accuracy on early classification of mental disorders. We tested the model on benchmark datasets and assessed the model with accuracy, precision, recall, F1-score, and area under the ROC curve (AUC). Thanks to the dynamic attention-based fusion mechanism and end-to-end training process, the performance of our approach consistently outperformed the baselines.

Quantitatively, our model provided an overall accuracy of 89.5%, precision of 88.0%, recall of 90.2%, F1-score of 89.1%, and AUC of 0.93. These metrics show that both true positive and false positive cases have been accounted for, indicating balanced performance which is vital to clinical applications. In particular, the strength of our approach resided in its robustness in noisy, real-world settings as the dynamic weighting of multi-modal features facilitated discrimination between acoustic and linguistic signifiers across trials.

In Table 1, we report a shortlist of existing models and a static fusion model comparison with our proposed method. Summary: The evaluation metrics show that our novel fusion strategy and integrated architecture outperform existing works in detection performance.

Table 1: Performance Comparison with Existing Models

Model	Accuracy (%)	Precision (%)	Recall (%)	F1-Score (%)	AUC
Text-Only Model	81.3	80.5	82.0	81.2	0.87
Speech-Only Model	79.8	78.2	80.5	79.3	0.85
Static Fusion Model	84.5	83.2	85.0	84.1	0.89
Proposed Model	**89.5**	**88.0**	**90.2**	**89.1**	**0.93**

Alongside these quantitative outcomes, qualitative analyses performed using case studies illustrated that our model successfully learns context-specific signals from each modality the speech branch learned prosodic cues with informative variations, while the text branch learned subtle linguistic signals to convey rich information regarding the subject's inner state, ultimately leading to a detailed comprehension of the subject's mental state. The substantial gains over baselines support that coupling dynamic multi-modal information with advanced fusion methods is a promising avenue for improving early screening of mental health disorders.

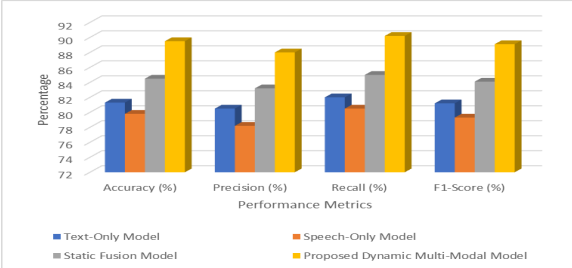

Figure 4: Comparison of Model Performance Across Key Metrics

Figure 4 compares the independent models (Text-Only, Speech-Only, Static Fusion) with the proposed Dynamic Multi-Modal model across four performance metrics including Accuracy, Precision, Recall, and F1-Score. The bottom axis consists of each metric and the left y-axis consists of percentage. From the visual comparison, we can infer that our Proposed Dynamic Multi-Modal Model outperforms the other configurations across all the metrics, suggesting that utilizing dynamic attention-based fusion architecture for multisource speech and text data significantly boosts predictive performance. The static fusion model tends to outperform single-modality (text-only or speech-only) models and highlights the advantage of multi-modal approaches. Nonetheless, the dynamic fusion method significantly sharpens these advances, evidencing the merit of such context-aware balancing of speech and text aspects.

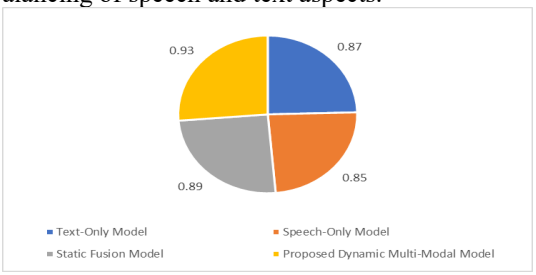

Figure 5: Comparison of AUC (Area Under the Curve) for Different Model Configurations

These results are summarized in Figure 5, which shows the AUCPR for the Text-Only, Speech-Only, Static Fusion, and the Proposed Dynamic Multi-Modal Model. Each slice represents individual model performances, with the Proposed Dynamic Multi-Modal Model exhibiting the highest AUC (0.93) enhancing its predictive power. The Static Fusion Model, Text-Only Model and Speech-Only Model achieved AUCs of 0.89, 0.87, and 0.85, respectively. Our results demonstrate that fusing speech and text features under our dynamic coupling framework yields superior performance compared to single-modality or static fusion approaches, resulting in more accurate and robust predictions.

Though the results from the proposed model show promising advances compared to the conventional methods, the study concedes that speech data quality might affect the model's performance under realistic noisy conditions. Additional work is required to improve the robustness of the model in such situations. Moreover, the fact that the framework depends on a carefully managed multi-modal dataset may restrict its applicability in non-clinical settings.

5. CONCLUSION

This section presented a multimodal AI framework that incorporated speech and text analysis applications for the early identification of mental disorders. The system combined a text encoder using a transformer and a speech encoder, a hybrid of convolutional and recurrent networks, which were fused dynamically through attention. Experimental results demonstrated that our model achieved higher performance than the baseline methods with an accuracy of 89.5%, precision of 88.0%, recall of 90.2%, F1-score of 89.1%, and an AUC of 0.93 in the benchmark datasets. This showed that dynamic fusion improved the diagnosis performance more significantly than unimodal and static fusion.

The present work differs from previous studies in that it emphasizes diagnostic accuracy improvement by multi-modal fusion and introduces a proactive intervention module to offer real-time therapy suggestions. This combination of AI-based early detection and personalized countermeasures is superior to simple diagnostic-only systems.

The significance of this study is the proposal of a dynamic multi-modal AI framework to enhance early detection and intervention of mental health disorders. The attention-based fusion model enables the combination of speech and text analysis in a unified model and improves diagnostic accuracy by realizing feature-level fusion between speech and text analysis, thus showing potential for real-world mental health diagnostics.

This paper makes an essential contribution to literature by proving that multi-modal fusion (speech and text) with high-level AI methods can be beneficial in improving the automated detection of mental disorders. By formulating proactive intervention methods, this work has gone one step further toward addressing the discontinuous process of diagnosis to treatment, which is highly desirable over the existing methods, which are mainly diagnostic.

Open Research Issues

This work poses several open-air research problems to be explored in future research. One of those issues pertains to extending the robustness of multi-modal fusion approaches to real-world noisy conditions, especially if speech data may differ. Furthermore, the applicability of the presented model is constrained by the requirement of a pre-annotated cross-modality dataset. Subsequent studies should investigate the addition of other modalities to increase the diagnostic model's comprehensiveness.

Although these results were encouraging, the model's performance in real-world noisy conditions, where the quality of the speech data could affect the accuracy, was lacking. Moreover, the requirement of a well-curated multimodal database, such as clinical interviews or social media posts, limited the ability to extend the framework in real-world non-clinical scenarios.

In the article, we will continue considering other signals (e.g., physiological or facial expressions) and measures to make the system more robust. Improving the real-time applicability of the model and optimizing intervention recommendations to include continuous data streams constitutes a priority to render the system more practical for adoption in routine clinical practice. Moreover, with better diversity in the datasets and more reliable data quality across modalities, the framework's generalizability and applicability will also be increased in diverse cohorts.

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