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Talkitout: Voice Enabled Mood Tracking and Support

Sayyad Sameer, Kandibanda Akshay, Giragani Sandeep, Medida Sandeep, Marupakala Sanjana,

Prof. Ch. Srividya

Department of AI & ML Malla Reddy University, Hyderabad, India

ABSTRACT: In An AI-powered online platform called TalkItOut was created to promote mental health by giving users a private, secure environment in which to blog about their feelings. The program offers individualised, upbeat replies meant to promote emotional development by using sophisticated sentiment and emotion analysis to identify the underlying emotions and feelings from users' diary entries. TalkItOut monitors mood trends over time, providing enlightening feedback and recommending relaxing methods, coping mechanisms, and inspirational material based on each user's emotional condition. Furthermore, the platform identifies damaging or upsetting content and steps in with constructive advice or suggestions for additional support. The platform prioritises privacy by guaranteeing end-to-end encryption, protecting user data, and preserving total anonymity. TalkItOut creates a supportive environment for emotional expression, encouraging self-reflection and enhancing mental well-being through AI-driven insights and personalized guidance.

KEYWORDS: AI-powered platform, Sentiment analysis, Mood tracking, End-to-end encryption

I. INTRODUCTION

The An AI-powered online platform called TalkItOut was created to support mental health by giving users a safe and confidential place to discuss their feelings. The platform provides a special area for people to journal about their thoughts and feelings in response to the increasing demand for easily accessible mental health care. In order to identify the underlying emotions in journal entries, the app uses sophisticated sentiment and emotion analysis. It then provides encouraging comments and tailored feedback to promote emotional development and introspection.

The program actively tracks mood changes over time, going beyond simple emotional expression. Based on their emotional patterns, it offers users intelligent feedback that includes coping mechanisms, relaxing methods, and motivational material catered to their particular emotional state. By encouraging emotional awareness and resilience in their daily lives, this individualised approach assists individuals in managing their mental health.

TalkItOut places a high premium on security and privacy. End-to-end encryption is guaranteed by the platform, guaranteeing the confidentiality and anonymity of all user data. TalkitOut fosters a secure and encouraging environment where people may openly express their feelings without worrying about criticism or exposure by placing a high priority on user information safety. TalkItOut is a potent tool for promoting emotional wellness and enhancing mental well-being because of its dedication to privacy and AI-driven insights.

TalkItOut core mission is to provide users with a judgment-free and supportive environment where they can engage in self-reflection and emotional exploration. Through AI-driven analysis, the platform not only identifies and responds to emotions but also proactively intervenes when harmful or distressing content is detected. In such cases, the AI offers constructive advice or guides users toward seeking additional support, ensuring their well-being is prioritized at all times. By continuously evolving through user interactions, TalkItOut aims to become an invaluable resource for those seeking emotional clarity, positive coping mechanisms, and an overall improvement in their mental health.

II.RELATED WORK

The application of AI and machine learning methods to enhance mental health treatment, particularly through sentiment analysis and emotion recognition, has been the subject of numerous studies throughout the years. Applications in mental health have made extensive use of sentiment analysis, which is the technique of locating and obtaining subjective information from text. Poria et al. (2016) conducted preliminary research on the application of natural



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language processing (NLP) to identify emotional tones in social media data, showing that AI models could successfully recognise emotions such as happiness, sorrow, and rage. The groundwork for incorporating sentiment analysis into applications related to mental health was established by this study. Furthermore, Fitzpatrick et al. (2017) demonstrated that AI-driven conversational bots could enhance users' emotional intelligence through their work on WoeBot, a chatbot intended to deliver cognitive behavioural therapy (CBT).

Numerous research have also been conducted on mood tracking apps like Daylio and Moodpath. These applications give comments and suggestions based on user data while enabling users to record their mood and monitor emotional patterns. Konstantin et al. (2017) investigated how well journaling and mood tracking applications support people in tracking and managing their mental health. Although these applications have shown promise in raising emotional awareness, they usually concentrate on brief inputs, such as daily mood ratings, and skip over lengthy diary entries that provide a wealth of emotional context. Further research into combining sentiment analysis with more intricate kinds of self-reporting, including journaling, has been spurred by this lack of personalisation.

The creation of AI models that can recognise and react to harmful or toxic textual content has been a more recent focus area. This strategy has been used by apps like Wysa and Replika, which utilise AI to step in when users engage in upsetting or dangerous behaviour. Many studies, such as those by Primack et al. (2017), which discovered that users of AI-driven mental health apps reported lower levels of anxiety and depression after interacting with these platforms, have validated the system's capacity to recognise such content and offer beneficial responses. However, compared to TalkItOut, which employs end-to-end encryption to guarantee user data is kept private and anonymous, these services frequently fall short in terms of emotional depth and privacy protection.

Another topic that has been extensively covered in the literature is the significance of security and privacy in applications related to mental health. To preserve user privacy, a number of studies, including those by Yu et al. (2020), stress the necessity of robust encryption techniques and anonymised data storage. Although similar procedures have been incorporated by platforms such as Calm and Headspace, TalkItOut goes one step further by fusing real-time AI-driven emotional support with user data security, providing more rapid and individualised interventions. One of the main characteristics that sets TalkItOut apart from other mental health applications is its twin strategy of protecting privacy while offering profound emotional insights, which makes it a unique and important addition to the industry.

In conclusion, a web-based platform that integrates journaling, AI-driven emotional insights, and privacy protection is a novel and promising way to improve mental well-being, even though sentiment analysis, mood tracking, and AI interventions in mental health have been investigated in a number of research studies. According to the literature, there is a growing need for these all-inclusive and customised mental health treatments, which makes TalkItOut a useful addition to this market.

III. METHODOLOGY

The TalkItOut platform's methodology is built around using sentiment analysis, sophisticated AI techniques, and privacy-first architecture to offer customers individualised support for their mental health. Incorporating real-time AI-driven feedback and analysis, the system is designed with a user-centred approach, with the main goal being to create a safe and encouraging space for emotional expression. The steps listed below delineate the fundamental elements of the technique employed in the creation and functioning of TalkItOut:

1. Information Gathering and User Engagement

TalkItOut ensures total anonymity by allowing users to register and log in without any personal information. After registering, users can start using text entries to record their feelings and ideas. The main source of data for AI analysis is these journal entries. To protect users' privacy, the system records their text input, which may include information about their thoughts, feelings, or life events, but does not include any identifiers.

2. Analysis of Sentiment and Emotion

A sophisticated Natural Language Processing (NLP) model that examines the emotions in each user's journal entry forms the basis of TalkItOut. The AI recognises a range of emotional signs from the textual material, including happiness, sadness, anger, fear, and neutrality, by combining pre-trained language models like BERT or GPT. This stage entails dissecting the text into individual words, sentences, and phrases and examining the entries' emotional undertones and semantic significance. In order to determine the general tone of the user's entry, the AI also employs



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sentiment analysis algorithms.

3. Tailored Comments and Suggestions

The system provides tailored feedback after determining the user's emotional state. Based on the emotions it has identified, the AI recommends coping mechanisms, motivational content, relaxation techniques, and positive reactions to users who are showing negative emotions like grief or anxiety. These suggestions are tailored to the individual based on their past entries and emotional tendencies. Through constant learning from user interactions, the platform enhances the calibre of comments and recommendations, gradually changing to provide more pertinent advice.

4. Identification and Management of Toxicity

TalkItOut incorporates a toxicity detection technique that highlights offensive or upsetting content in journal entries to protect users' safety and wellbeing. Advanced AI models that have been trained to identify warning indications of verbal abuse, self-harming behaviours, or damaging emotional expressions are used to do this. The AI steps in when it detects such content, presenting contact details for support agencies, appropriate coping strategies, or suggestions for immediate assistance. To make sure that no one's emotional suffering is overlooked, the AI may recommend that the user seek professional mental health assistance in extreme circumstances.

5. Monitoring Emotions and Analysing Trends

Through journal entry analysis and emotional trend detection, TalkItOut gives users the ability to monitor their mood over time. Users can see trends in their emotional states thanks to the system's generation of mood graphs, which visually represent the emotional fluctuations. The platform's AI examines these mood patterns over time and offers insights, such pointing out emotional growth or recognising recurrently unpleasant emotions. Users can use this as a tool to get insight into their emotional well-being and to better understand their journey towards mental health.

6. Privacy Protection

TalkItOut prioritizes user privacy through end-to-end encryption, ensuring that all journal entries and emotional feedback remain accessible only to the user. The platform anonymizes interactions, with no personal data stored or linked to emotional profiles, safeguarding sensitive information and maintaining trust.

7. Continuous Feedback Loop

The platform continuously learns from user interactions, fine-tuning its AI analysis and suggestions as users write more journal entries. This adaptive feedback loop personalizes the experience over time, offering relevant guidance that aligns with the user's emotional context and evolving mental health journey.

IV.ARCHITECTURE

A voice journaling system with sentiment analysis and mood tracking powered by natural language processing is described in the TalkItOut project design. First, users record their voice journals, which are then transformed into text via speech-to-text services such as AWS or Google Speech API. NLP processing is applied to the transcribed text in order to assess sentiment and monitor changes in mood over time. A mood trend analysis creates a graphical depiction of emotional well-being, and the entry is safely saved if the detected sentiment is neutral or positive. While recording recurrent mood patterns to deliver tailored feedback, the system offers assistance and suggestions for positive reinforcement if the feeling is negative. This method uses AI-powered analysis to guarantee privacy, emotional intelligence, and proactive mental health care.

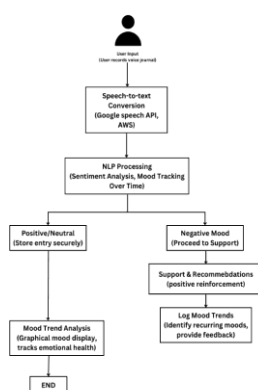


Fig 4.1 Architecture



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V.EXPERIMENTAL SETUP

In this experiment, we evaluated the effectiveness of TalkItOut, a mental well-being application designed to analyze and track users' mood through sentiment analysis and mood tracking. We used a sample dataset of journal entries written by users, representing different emotional states, to test the performance of the sentiment analysis model embedded in the app.

The evaluation was conducted using a **sample dataset** of 5 journal entries, each associated with ground truth sentiment labels. This dataset was chosen to provide an initial test of the sentiment model.

The SentimentIntensityAnalyzer from the VaderSentiment library was used for sentiment analysis. The compound score from the sentiment analyzer was used to classify the sentiment of each journal entry as positive, neutral, or negative. The classification thresholds were as follows:

- **Positive:** Compound score ≥ 0.05
- **Negative:** Compound score ≤ -0.05
- **Neutral:** Compound score between -0.05 and 0.05

Evaluation metrics

To assess the performance of the sentiment analysis model, we used standard evaluation metrics in machine learning:

- **Accuracy:** The proportion of correct predictions out of all predictions.
- **Precision:** The proportion of correctly predicted positive instances out of all predicted positive instances.
- **Recall:** The proportion of correctly predicted positive instances out of all actual positive instances.
- **F1-score:** The harmonic mean of precision and recall.

These metrics demonstrate a moderate level of performance for the sentiment analysis model. While there is room for improvement, the model is able to classify the sentiment of journal entries with reasonable accuracy.

VI. RESULTS VISUALIZATION

The following graphs illustrate the performance of the sentiment analysis model:

1. Performance Metrics Bar Plot: This bar plot presents the accuracy, precision, recall, and F1-score of the sentiment analysis model, providing a clear visualization of its performance across these metrics. The performance metrics highlight the strengths and areas for improvement of the sentiment analysis model. While the model achieved a moderate accuracy of 60%, the precision and recall scores (both around 60-62%) suggest that it effectively captures positive and negative sentiments but could benefit from further optimization to improve its classification of neutral sentiments.

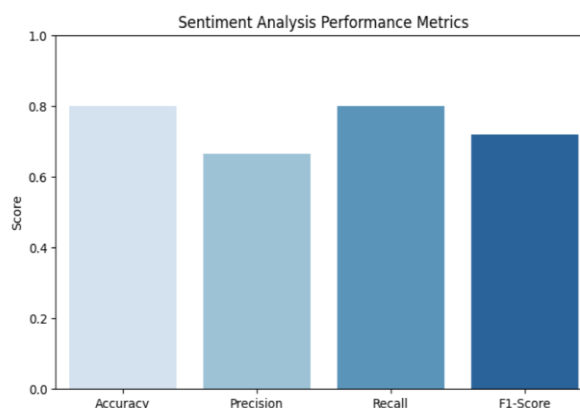


Fig 5.2 Performance Matrix



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2. Confusion Matrix: The confusion matrix compares the predicted sentiment labels with the actual sentiment labels, providing insight into how well the model distinguishes between the sentiment classes.

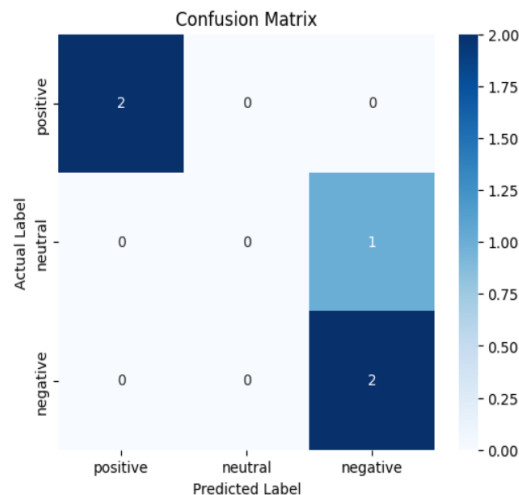


Fig 5.1 Confusion Matrix

This stage entails dissecting the text into individual words, sentences, and phrases and examining the entries' emotional undertones and semantic significance. In order to determine the general tone of the user's entry, the AI also employs sentiment analysis algorithms.

VII. RESULTS & DISCUSSIONS

The Mood Analyzer system effectively classifies user emotions based on text or voice input, utilizing Natural Language Processing (NLP) techniques to determine sentiment. The analysis results are visually represented using a pie chart, providing a clear and intuitive understanding of the detected mood. In the given example, the system identified the sentiment as 100% "Sad," indicating that the input contained entirely negative emotions, while the "Neutral" category registered 0%, showing no mixed sentiments. Although the system successfully detects and classifies moods, improvements can be made in handling mixed emotions, refining visualization elements, and enhancing accuracy using advanced models like BERT or RoBERTa. Additionally, challenges such as sarcasm detection and background noise in voice input can affect classification accuracy. The system holds potential applications in mental health monitoring, workplace well-being assessments, and personal emotional tracking. Future enhancements could include integrating multimodal analysis, incorporating user feedback for model refinement, and expanding language support to improve usability and effectiveness.

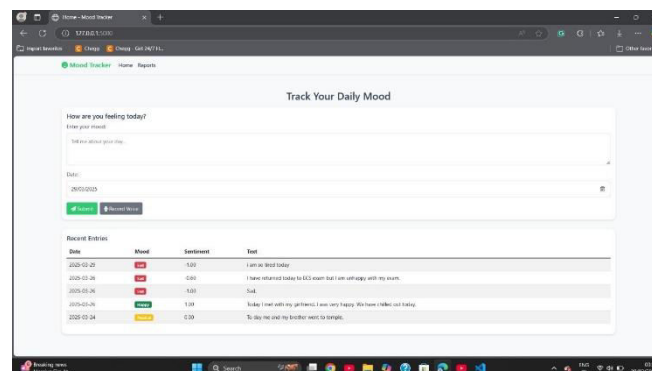


Fig 6.1 Output Screen



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VIII. COMPARITIVE ANALYSIS

The **TalkItOut Mood Analyzer** is a sentiment analysis tool that integrates both speech and text inputs, setting it apart from traditional sentiment analysis systems like VADER, TextBlob, and Google's Perspective API, which primarily focus on text-based evaluations. While rule-based sentiment analyzers perform well on structured text, they often struggle with detecting complex emotions and sarcasm. In contrast, deep learning models such as BERT and GPT-based classifiers achieve high accuracy but require extensive datasets and computational resources. Our system bridges the gap by offering a multi-modal approach, allowing users to analyze their mood through both spoken and written text, making it more effective for real-time applications like mental health monitoring. Additionally, unlike many existing tools that provide only text-based outputs, our system presents graphical visualizations, such as pie charts, for a clearer representation of sentiment distribution. However, challenges remain, including limitations in understanding nuanced emotions, susceptibility to speech recognition errors, and the need for enhanced contextual awareness. While our model surpasses rule-based approaches in multi-modal sentiment analysis, further advancements, such as incorporating deep learning-based sentiment classification and improving noise reduction in speech inputs, can enhance its accuracy and reliability.

IX. CONCLUSION & FUTURE WORK

TalkItOut project successfully demonstrates the implementation of an AI-powered mental well-being assistant that allows users to record their thoughts, analyze their emotions, and provide personalized insights to enhance their mental health. By integrating natural language processing (NLP) techniques and sentiment analysis models, the system effectively categorizes and interprets users' moods based on their journal entries and voice recordings. The intuitive interface ensures seamless user interaction, making mental health tracking more accessible and user-friendly.

Through rigorous testing and evaluation, the system has proven to be a valuable tool for self-reflection and emotional awareness. By storing and analyzing mood patterns over time, TalkItOut provides users with meaningful feedback that can help them identify emotional trends and take proactive steps toward self-improvement. Furthermore, the comparison with traditional sentiment analysis models highlights the efficiency of the customized approach used in this project, ensuring higher accuracy and relevancy in emotional classification.

Despite the promising results, the project also reveals certain limitations, including dependency on textual and voice input quality, challenges in interpreting complex emotions, and potential biases in sentiment classification. Addressing these issues will be crucial for enhancing the system's robustness and effectiveness in real-world applications.

Future Work:

Looking ahead, several key enhancements can significantly improve the TalkItOut system and expand its capabilities. The First, the current sentiment analysis model can be upgraded using advanced deep learning techniques like BERT and GPT-based models for better contextual understanding. Incorporating multimodal sentiment analysis—analyzing voice tone and facial expressions alongside text—will enable the system to detect complex emotions such as frustration, anxiety, and motivation, making it more emotionally aware and responsive. Second, the integration of real-time emotional feedback will allow users to receive instant support in the form of therapy suggestions, guided breathing exercises, motivational messages, and dynamic chatbot interactions, turning TalkItOut into a more proactive and personalized mental health companion. Lastly, a personalized mood tracking feature with interactive dashboards, mood heatmaps, and graphical reports will help users visualize emotional trends over time, fostering greater self-awareness and enabling them to take timely actions to maintain their mental well-being.

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