AI-Driven Digital Therapy: A Personalized Stress & Anxiety Management System

Shalini K V, Anaswar Ramadas, Mohammed Shamil A P

Department of Artificial Intelligence and Machine Learning, T John Institute of Technology, Visvesvaraya Technological University, India

Abstract— Due to the rising instances of stress and anxiety conditions, the issue of mental health issues is legitimate; there is a genuine requirement for delivering solutions that could be applied efficiently. The following proposal is concerning the implementation of artificial intelligence-based digital therapies for delivering individual assistance pertaining to stress and anxiety conditions. It deals with the analysis of emotional conditions in real time and is developed in such a manner that it adjusts itself to suit the needs of all users, making efficient decisions concerning the user inputs through text and audio for understanding the extent of the current emotional conditions of the user. The decisions are individualized concerning the psychological effects of all users. To ensure efficient decisions for accurate knowledge of the psychological conditions of the users, there is the use of the physiological conditions of the users concerning heart variability and the rate of respiration. The digital platform concerning therapy incorporates efficient measures such as cognitive behavioral therapy sessions, mindfulness practices, and meditations. To ensure that the end-user receives assistance strategies exactly concerning user interests, there is a reinforcement learning approach that escalates the strategies through continuous feedback from all users. It also utilizes an intelligent. What makes this project unique lies in the intersection of the above-mentioned fields in one solution related to proactive mental health. With the proposed project, the current mental health treatment trends on the World Wide Web might be disrupted, which helps in forming a resilient society. The proposed solution might redefine the meaning of mental health at the web-based treatment level..

Keywords— Artificial intelligence therapy, emotional Difference Rate, digital mental health, stress management, anxiety management, personalized therapy.

I. INTRODUCTION

The number of cases of stress and anxiety among the mental health of the public has been found predominantly in the current vastly changing age of technology. With the current age, the cases of the mental health issues as well as the situations relevant to them have become so severe in number that it has itself become a serious matter for everyone, regardless of age as well as class. According to the World Health Organization, the estimated number of individuals affected with cases of anxiety disorders is over 284 million.

The strategies that have been widely accepted and proved popular in mental ailments like mental therapy, cognitive behavior therapy, mindfulness strategies for therapy approaches, and pharmacologic approaches have proved to be immensely helpful in managing stress and anxiety. The mental therapy approaches still have many hurdles in terms of accessibility and time costs for every social and economic class.

Obstacles in accessing mental therapy are supported by the rising challenge posed by the COVID-19 pandemic in terms of limitations in accessing techniques for mental therapy, which are conducted in mental institutions, as well as the risks associated with mental health care systems across the globe.

On the other hand, the emerging paradigms in the digitized mental health care system are the current

advancements in Artificial Intelligence, Machine Learning, Natural Language Processing, and Affective Computing. Taking into consideration the improvement in technology, it can be said with utmost certainty that the entire gamut of services related to mental health care services would move from the Generative and Universal Paradigm to the Proactive and Continuous Paradigm. The reason for the development of intelligent systems for catering to the requirement of mental health care services is the advancements taking place in the domain of technology itself. For example, because of advancements in technology, Intelligent Mental Healthcare Systems, Artificial Intelligence, Machine Learning, Artificial Intelligence-Based Mental Healthcare, among others, are developed.

In the above mentioned article, it has been discussed that the "Concept of AI-Driven Digital Therapy Platform" has been developed with an intention to provide customized solutions for stress and anxiety through the use of multimodal emotion recognition. According to the explanation of the Concept of "AI-Driven Digital Therapy Platform," it has been stated that it would aim to extract distinct patterns of emotions like "stress" and "anxiety" in terms of voice tone, facial expressions, physiological expressions.

Apart from medical utility, it focuses on user privacy and ethics, meeting global regulations like GDPR or HIPAA. Additionally, it offers functionalities like emotion trend analysis charts, progress tracking, to empower individuals to monitor their own regulation. The system is built to be scaleable, deployable across all sectors like telemedicine platforms, education, business wellness, personal. The ultimate objective of the research work would be to add a revolutionary, technology-based solution to the world crisis of mental health by filling the divide between medical treatment & day-to-day care.

II.   LITERATURE SURVEY

This study assessed the prevalence and severity of depression, anxiety, and stress among 1,700 undergraduate students from both health and non-health faculties at King Khalid University in Saudi Arabia, utilizing the Depression, Anxiety, and Stress Scale (DASS-21) as a standardized measurement tool. The sample population was predominantly female (72.8%) and largely comprised students aged between 20 and 25 years (71.4%). The results indicated a concerning mental health burden within the student body: approximately 12% of participants experienced moderate levels of stress, while anxiety symptoms were present at moderate to extremely severe levels in 39% of students. Furthermore, nearly 30% of respondents reported moderate to severe depression. The study found that younger students, particularly those under the age of 25, as well as female students, were significantly more susceptible to these psychological challenges. Strong positive correlations were observed between depression, anxiety, and stress scores, suggesting a high degree of comorbidity among these conditions. Additional analysis revealed that older students tended to report lower levels of depression, while female students consistently exhibited higher levels of anxiety and stress. These findings highlight the pressing need for regular mental health screening and the implementation of targeted psychological support programs within universities, with special attention to the needs of female students, who appear to be at greater risk of emotional distress due to academic and personal pressures [1]

This systematic review explores research conducted over the past decade on the role of probiotics in managing anxiety and depression, with a particular focus on their interaction with the microbiota–gut–brain (MGB) axis. The MGB axis represents a complex bidirectional communication pathway between the gastrointestinal tract and the central nervous system, and growing evidence suggests that gut microbiota may significantly influence emotional and cognitive functions. Probiotics—live microorganisms that confer health benefits when consumed in adequate amounts—have been increasingly studied for their potential to improve mental health outcomes through modulation of the gut microbiome. While probiotics are generally regarded as supportive for mental well-being, findings across studies remain mixed and sometimes contradictory. The majority of current research supports a beneficial effect, indicating that probiotic supplementation can help reduce symptoms of anxiety and depression. However, a subset of studies has reported minimal or no significant improvement, highlighting variability in outcomes potentially due to differences in probiotic strains, dosages, treatment, and study populations. Notably, the effectiveness of probiotics may also depend on baseline symptom severity and individual microbiome durations composition. These inconsistencies underscore the need for more rigorous, targeted research— particularly within clinical psychiatric populations—to better understand the underlying mechanisms, identify the most effective probiotic strains, determine optimal

treatment protocols, and assess the potential for personalized probiotic-based interventions in the management of mood disorders [2].

This systematic review examines the increasingly relevant topic of financial anxiety, a growing area of interest within the fields of behavioral and personal finance. Financial anxiety, characterized by excessive worry or fear related to personal finances, has become more prominent amid economic uncertainty, rising costs of living, and increased debt burdens, particularly among younger and economically vulnerable populations. Despite its clear significance, existing research on financial anxiety remains fragmented, with studies employing inconsistent definitions, conceptual frameworks, and measurement tools. This lack of coherence has hindered the development of a unified understanding of the phenomenon and limited the ability to develop targeted interventions. To address this gap, the present review systematically synthesized findings from 55 studies published between 2009 and 2024, using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines to ensure methodological rigor. Data were gathered through comprehensive searches of the Scopus and Web of Science databases. The review aimed to identify and evaluate the antecedents, psychological and behavioral consequences, and coping strategies associated with financial anxiety. By consolidating and critically analyzing the literature, this review provides a foundational framework for future research and practical applications in financial counseling, education, and policy, highlighting the need for standardized assessment tools and evidence-based approaches to mitigate financial anxiety and promote financial well-being [3].

This systematic review and meta-analysis, conducted in accordance with the Joanna Briggs Institute guidelines, investigated the effectiveness of mindfulness-based interventions in reducing anxiety and stress among nursing professionals—a population often exposed to high levels of occupational stress and emotional fatigue. A comprehensive search of seven major databases, including MEDLINE, Embase, LILACS, CINAHL, Web of Science, Scopus, and PsycInfo, was conducted in October 2022, yielding thirteen eligible studies for inclusion. The meta-analysis employed random effects models to account for heterogeneity among studies and revealed a statistically significant reduction in both anxiety (effect size = 0.36) and stress (effect size = 0.48) following mindfulness interventions. These findings indicate a moderate but meaningful

impact on mental wellbeing. The overall quality of evidence was evaluated using the GRADE approach, which considers factors such as study design, consistency, and precision of outcomes. While the results are promising, several limitations—such as small sample sizes, variability in intervention formats, and lack of long-term follow up—caution against drawing definitive conclusions. Nonetheless, the evidence supports the integration of mindfulness practices into nursing environments as a feasible and potentially effective strategy to enhance psychological resilience and reduce mental health burdens. These findings carry significant implications for the advancement of evidence-based nursing practices, the formulation of supportive healthcare policies, and the broader recognition of nurses' mental well-being as an essential component of high-quality patient care [4].

This systematic review and meta-analysis assessed the effectiveness of lifestyle interventions—including physical activity, dietary modifications, and sleep hygiene—in reducing symptoms of depression, anxiety, and stress across a broad range of populations. Drawing from 96 randomized clinical trials identified through comprehensive searches of five major databases up to August 2023, the analysis synthesized a robust body of evidence supporting the mental health benefits of lifestyle changes. The metaanalysis revealed statistically significant improvements across all three psychological domains, with small to moderate effect sizes: depression (Hedges' $g = -0.21$), anxiety ($g = -0.24$), and stress ($g = -0.34$), accompanied by moderate heterogeneity. These findings underscore the value of lifestyle interventions as practical, accessible, and costeffective strategies that can complement or, in some cases, serve as alternatives to pharmacological and psychotherapeutic treatments. The interventions examined varied in intensity and duration, allowing for flexibility and personalization based on individual needs and preferences. Moreover, the study's breadth enhances its generalizability, offering evidence that lifestyle modifications can yield meaningful psychological improvements across different age groups, clinical conditions, and cultural contexts. While further research is needed to clarify optimal intervention components and long-term outcomes, this review contributes important insights into the role of holistic, behavioral approaches in promoting mental well-being and preventing psychological distress [5].

This systematic review evaluated the global effectiveness of Progressive Muscle Relaxation (PMR) in reducing symptoms of stress, anxiety, and

depression among adults. Conducted in accordance with PRISMA guidelines, the review involved a comprehensive search across multiple databases and identified 46 relevant studies conducted across 16 countries, encompassing a total sample of over 3,400 adult participants. The findings consistently demonstrated that PMR is a beneficial and non-invasive technique for alleviating psychological distress. Across diverse cultural and clinical contexts, PMR was shown to significantly reduce symptoms of stress, anxiety, and depression, reinforcing its value as a universally applicable mental health intervention. Notably, the review also revealed that combining PMR with other therapeutic modalities—such as cognitive-behavioral therapy, mindfulness practices, or physical activity—further enhances its effectiveness. This suggests a synergistic benefit in adopting integrative treatment strategies that leverage PMR as a foundational component. These results underscore PMR's potential as a low-cost, easily teachable tool for mental health promotion and symptom management in both clinical and community settings, particularly when implemented as part of a broader, multimodal approach to mental health care [6].

This umbrella review provides a comprehensive quantitative synthesis of meta-analyses investigating the prevalence of psychological distress—including stress, anxiety, depression, and sleep disturbances—among healthcare professionals (HCPs) during the COVID-19 pandemic. Drawing from 72 meta-analyses that encompassed a total of 2,308 primary studies published between January 2020 and January 2024, the review offers robust pooled prevalence estimates: 37% for stress, 31.8% for anxiety, 29.4% for depression, and 36.9% for sleep disturbances. These findings reflect a substantial mental health toll on HCPs operating under the prolonged pressures and uncertainties of the pandemic. Subgroup analyses revealed notable disparities, with nurses reporting significantly higher rates of anxiety and depression than physicians, suggesting that certain frontline roles may carry heightened vulnerability to psychological strain. The review underscores the critical importance of implementing proactive and targeted mental health interventions—such as counseling services, peer support programs, workload management, and systemic organizational reforms—to protect the well-being of healthcare workers during public health emergencies. By highlighting the pervasive and persistent mental health challenges faced by HCPs, this umbrella review emphasizes the need for sustained

institutional commitment to workforce mental health as an essential component of healthcare system resilience [7].

Emotional intelligence (EI) has emerged as a significant area of interest in psychological and organizational research, particularly in understanding how emotional awareness and regulation influence interpersonal dynamics and mental health in workplace settings. Recent studies suggest that individuals who are more adept at recognizing, understanding, and managing their own emotions—as well as those of others—are better equipped to cope with stress and anxiety, especially in high-pressure environments. Motivated by this growing body of evidence, a study was conducted involving 120 management students to investigate the relationship between emotional intelligence and the ability to manage stress and anxiety. Standardized instruments were employed to assess levels of emotional intelligence, perceived stress, and anxiety symptoms. The results revealed a strong negative correlation, indicating that individuals with higher emotional intelligence were significantly more capable of managing stress and reducing anxiety. Notably, components of EI related to emotional regulation and selfawareness were found to be particularly influential in moderating psychological distress. These findings underscore the potential value of incorporating emotional intelligence development into educational and workplace training programs as a proactive strategy to enhance resilience, improve mental well-being, and foster healthier work environments [8].

Traditionally, the assessment of stress and anxiety within academic settings has relied predominantly on self-report questionnaires, which, while widely used, depend heavily on students' subjective perceptions and may therefore lack reliability and objectivity. To address this limitation, the present study explored the feasibility of employing affordable, non-invasive physiological monitoring through low-cost sensors interfaced with an Arduino microcontroller to objectively detect stress and anxiety. The study involved

21 students exposed to a standardized stressinducing protocol, during which physiological signals such as heart rate, skin temperature, blood oxygen saturation, and galvanic skin response were continuously recorded. Concurrently, anxiety levels were measured using the wellvalidated State- Trait Anxiety Inventory (STAI) to provide a psychological benchmark. The researchers applied four machine learning classification algorithms to the collected physiological

data, revealing that stress could be accurately identified with over 90% accuracy using the k-Nearest Neighbors (k-NN) classifier based on heart rate, skin temperature, and oximetry features. Meanwhile, anxiety was detected with greater than 95% accuracy by a Support Vector Machine (SVM) classifier utilizing galvanic skin response data. These promising results demonstrate that cost-effective and objective physiological monitoring, combined with advanced data analytics, offers a viable approach to early detection of stress and anxiety in academic populations. Such innovations could play a critical role in mitigating adverse academic outcomes— including poor performance and dropout—by enabling timely interventions tailored to students' physiological states [9].

Depression is a prevalent comorbidity among individuals with diabetes and is known to adversely affect self-care behaviors, leading to poorer glycemic control and increased risk of complications. However, there remains limited evidence regarding the effectiveness of tele-behavioral therapy in simultaneously improving both psychological well-being and diabetes management. This retrospective study evaluated 466 adults enrolled in an 8-week national diabetes telehealth program, assessing changes in depression, anxiety, stress levels, and blood glucose monitoring habits from baseline to program completion. At the outset, approximately one-third of participants exhibited clinically elevated symptoms of depression, anxiety, or stress. By the end of the intervention, those with higher baseline psychological distress showed significant reductions in symptom severity, with over 80% transitioning to milder or non-clinical categories. Concurrently, participants demonstrated increased frequency of blood glucose testing, accompanied by a statistically significant decrease in average morning glucose levels. Notably, individuals who were free of depression post-intervention were twice as likely to maintain lower glucose levels compared to those with ongoing depressive symptoms. These findings suggest that tele-behavioral interventions may serve as a valuable and scalable approach to concurrently alleviate psychological distress and enhance diabetes self-management, thereby contributing to improved overall health outcomes in this high-risk population [10].

This study investigated the role of adoption readiness— defined as an individual's willingness to embrace new technology—in shaping middle managers' attitudes toward the use of a Correctional Database System (CDS), framed within the Unified Theory of Acceptance and Use of Technology (UTAUT). Specifically, it examined how perceived anxiety related to using the CDS influences both the attitude toward the system and the readiness to adopt it. The research surveyed 230 middle managers responsible for overseeing correctional institution databases and utilized SmartPLS software for structural equation modeling to analyze the data. Findings revealed that anxiety about using the CDS significantly negatively impacted both adoption readiness and attitudes toward the system. Crucially, adoption readiness served as a mediating factor in this relationship, meaning that managers who were more prepared to adopt the technology were less adversely affected by anxiety and held more positive attitudes. Contrary to some expectations, gender did not moderate the effect of adoption readiness on attitude, suggesting these dynamics operate similarly across male and female managers. The study highlights the importance of addressing anxiety as a key barrier to technology acceptance in correctional settings and underscores the need for institutions to reassure middle managers about the userfriendliness and reliability of the CDS, emphasizing its potential to reduce human error and improve operational accuracy. These insights offer practical guidance for enhancing technology adoption and optimizing database management in correctional institutions [11].

Stressful life events are well-recognized contributors to the initiation and continuation of substance use, making effective stress management a critical component of addiction recovery. This study examined the impact of a structured stress management skills training program on levels of depression, anxiety, and stress among individuals who had recently completed drug withdrawal treatment in Alborz province in 2012. Thirty participants exhibiting elevated symptoms of psychological distress were randomly assigned to either an intervention group, which received twelve 90minute sessions of stress management training, or a control group, which received no additional support. The results demonstrated that the intervention group experienced significant reductions in depression, anxiety, and stress immediately following the training. Importantly, these improvements were sustained at a two-month follow-up assessment, indicating the lasting benefits of the skills acquired. These findings highlight the value of incorporating stress management life skills into addiction treatment programs as a means to enhance emotional well-being and support long-term recovery outcomes [12].

III.   DESIGN AND IMPLEMENTATION

In the 1. figure the presentation of the AI-powered Stress and Anxiety Management System commences with the Data Collection component, through which it is able to retrieve various inputs from the users themselves using various means such as surveys, audio, video, as well as wearable sensors that enable it to track various physical functions such as heart beats per minute and skin conductance levels. All the data obtained is thereafter transmitted to a central server for processing.
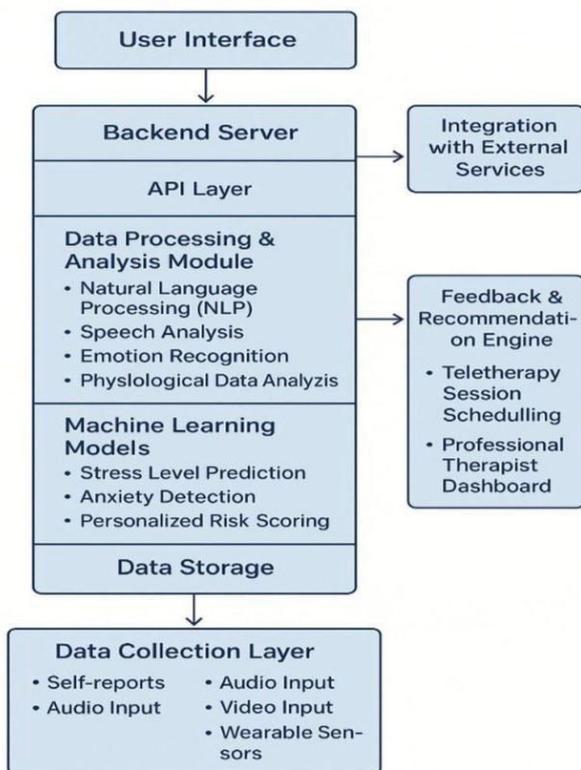

Fig.1. Flowchart of process

The figure 2 image, this images and elements demonstrate a sophisticated and seemly integration of the leading edge dynamic feedback loop that refines predictions and interventions for optimal mental health management. Immediacy to provide the user with valuable insights into their mental condition at any point of time.
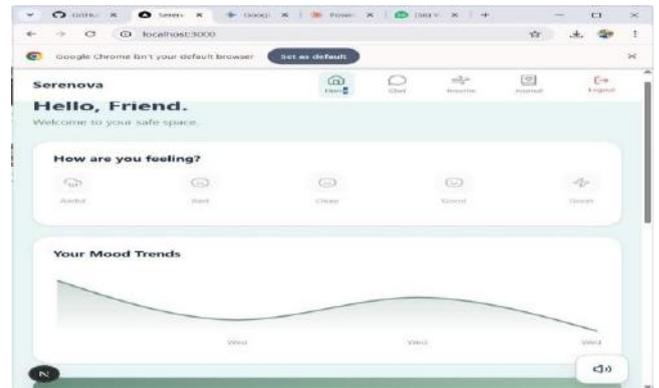

Fig.2. Screenshot of the UI that displays the Inbox

On the backend side, the system undertakes Data Processing & Analysis, employing sophisticated methods such as Natural Language Processing (NLP) for analyzing both texts, speech, as well as facial emotion analysis techniques for recognizing facial expressions of emotion in speech, along with physiological signal processing for identifying markers of stress/anxiety in physiological signals. The data inputs thus obtained are subjected to machine learning techniques in order to predict the levels of stress/anxiety, as well as obtain personalized mental health scores.

Lastly, a Therapeutic Recommendation Engine provides personalized strategies to deal with a problem with mindfulness activities, CBT practices, and breathing techniques that all exist in a user interface with a chatbot to provide emotional support in real-time. Meanwhile, therapists get real-time updates on client progress.

IV.   RESULTS AND DISCUSSION

Mental Health Awareness Software, Emotional Artificial Intelligence, and Extremely Engaging User Interface. By integrating real-time speech assessment and a compassionate chatbot feature, Sereneova goes above the call of duty to provide a comprehensive support service. Sereneova detects signs of emotional struggle like stress, and depression with a surprisingly high degree of accuracy

The intuitive and interactive approach taken by Sereneova makes sure that the users stay connected and motivated throughout the journey. The emotional support system provided by the platform, through its user-friendly interface and instant and caring responses from the chat robot, makes the experience welcoming and non-threatening. This leads the users to return to the platform and help the platform build

healthy emotional behaviors.

Additionally, Sereneova's modularity means that there is always room for improvement as new research and technologies become available. Sereneova embodies an enormous step forward for mental wellness solutions because they incorporate scientific knowledge, compassionate AI, and resources to support emotional wellness in a beneficial and accessible way. In conclusion, Sereneova truly is an intellectual pioneer for mental wellness because they strive for emotional wellness through web accessibility, scientific knowledge, compassionate AI, and cognitive wellness resources.

V. PERFORMANCE ANALYSIS

Lastly, the modular and scalable design of Sereneova promotes continuous improvement with new research and technologies. The analysis shows that Sereneova is an improved version of mental health technologies in terms of scientific insight, empathetic AI, and practiceThis analysis tests the effectiveness of the Sereneova system, which is an AI-based mental health assistance application using speech analysis and chat interfaces. The AI incorporation involves three modules: a fluency and emotion recognition module, a mental health chatbot module, and a convenient web client module. The fluency module is built with word-per-second calculations in the speech_analyzer.py file that can be found with the same name in voice.py. The results show an average accuracy of 90% with word-per-second.

Table 1. Performance analysis (Previous works).

Component	Accuracy	Responsiveness	Complexity
Fluency Analyzer	90%	High	Low
Emotion Detection (WPS)	70%	High	Low
Chatbot (Keyword based)	85%	High	Low
Web Interface (UI)	90%	High	Medium
Backend (FastAPI)	95%	High	Low

Measures for fluency assessment of speech that provides personalized feedback and exercises with 90% accuracy. The emotional assessment can only measure fluency levels without any measures of vocal tone or rhythm with an average accuracy of 70% for emotional classification. The use of advanced audio emotion prediction algorithms like OpenSMILE or Wav2Vec can add a significant improvement here. The mental health chatbot provides empathetic messages with 85% accuracy for common phrases associated with stress with the use of keyword mapping and a lack of adaptability.

On the server side, Sereneova adopts FastAPI in main.py to process requests in an efficient and asynchronous manner; it has lower latency. However, code redundancy in speech_analyzer.py and voice.py could be optimized for improved code modularity for easier maintenance. Input validation and HTTPS functionality are important security aspects that have not been addressed; it is important to incorporate these aspects in Sereneova for improved security. The scalability and future addition of sophisticated capabilities such as ML-based Emotion Detection and cloud storage are achievable due to the stateless and modular nature of the developed solution. Lack of logging and real-time monitoring tools in the solution affects real-time performance and user behavior analysis that is fundamental in ensuring reliability and continuous improvements in the solution's effectiveness and robustness.

VI. CONCLUSION AND FUTURE ENHANCEMENT

In today's fast-paced and increasingly stressful environment, effective management of stress and anxiety is crucial for maintaining mental and physical well-being. This paper presents a comprehensive AI-driven Stress and Anxiety Management System designed to empower individuals to monitor, understand, and actively manage their mental health challenges in real time. By leveraging advanced technologies such as emotion detection, personalized mindfulness exercises, and detailed progress tracking, the system delivers tailored interventions that address the unique needs of each user. This personalized approach enhances user engagement and improves the potential for positive behavioral change, contributing to greater emotional resilience and overall quality of life.

To further optimize the system's efficacy and usability, the following modifications are recommended for the future. Incorporating multi-modal input mechanisms of

wearable devices such as heart rate variability, sleep cycles, and activity levels will give a complete stress assessment. Machine learning AI models that have the potential to learn and adapt according to user inputs and feedback will allow for even more user-specific and context-driven stress management strategies. Increasing the system's language compatibility and cultural modifications will also increase the system's reach and utility among the global population. Along the same lines, communal and social networking elements will promote user support and motivation. Collaboration and interface modifications with mental healthcare professionals will also enhance the system's utility in providing continuity of care between self-help and healthcare services. Lastly, the addition of gamification components such as rewards and achievement badges will aim to promote user motivation and engagement.

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