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“Mind Lift” – Personal Therapist

Namrata Khade¹, Aarohi Dabrase^{2, 3}, Anushka Bodekar⁴, Payal Bansod⁵, Sanskarika Khode

^{1,2,3,4,5}Priyadarshini College of Engineering, / Computer Science and Engineering & RTMNU, Nagpur, India

¹namratamahakalkar@gmail.com; ²aarohidabrase07@gmail.com; ³anushkabodekar01@gmail.com;

⁴payalbansod39@gmail.com; ⁵sanukhode@gmail.com

Peer Review Information	Abstract
<p><i>Submission: 07 Feb 2025</i> <i>Revision: 16 Mar 2025</i> <i>Acceptance: 18 April 2025</i></p> <p>Keywords</p> <p><i>Deep learning</i> <i>Facial Expression</i> <i>Mobile Application</i> <i>Mobile Net</i></p>	<p>Facial expression recognition (FER) is one of the most popular research interests in Computer Science and can be applied in many real time applications. Most of the FER systems apply machine learning techniques such as Convolutional Neural Network and Support Vector Machine. Although there are many researches on recognition of facial expression, it is still a challenging task for computer programs and also mobile applications. Therefore, this paper proposed an Android application for FER using deep learning technique that can recognize three facial expressions which are happy, angry and surprise. FER model has been trained by using Personal Image Classifier (PIC) based on facial expression dataset from Kaggle and achieved 95% accuracy. The trained model was later applied for Android application development in MIT App Inventor. The proposed Android application for FER has been successfully built, tested, and uploaded into Google Play Store.</p>

Introduction

Facial expression recognition (FER) is becoming one of the most popular research interests in Computer Science and can be applied in many real-world applications such as interactive game design and portable mobile application to automatically insert emotions in chat and assistance systems for autistic people. Research on facial expression detection and recognition received a great deal of attention due to its essential uses in technology in many fields such as virtual reality, psychological studies, medical, and human-computer interaction. A facial expression is made up of one or more movement or facial muscle postures. One disputed theory claims that these movements reveal an individual's emotional condition to observers. Nonverbal communication can also take the shape

of facial expressions and it provides information about emotional state. Many of the research in FER systems applied machine learning techniques. Machine learning is a subfield of artificial intelligence (AI) and computer science that focuses on using data and algorithms to simulate how humans learn without being explicitly programmed and gradually increasing the accuracy of the system. Machine learning can be used to design and program explicit algorithms with high performance output in a variety of computing areas. For example, facial detection, fraud detection, and product recommendation. The most popular machine learning techniques for FER are Convolutional Neural Network (CNN), Support Vector Machine (SVM) and k-Nearest Neighbors (kNN) because they can provide better recognition accuracy and

better classification. In addition, most of the research of FER systems follow the pattern recognition framework which consists of three phases: face detection, facial feature extraction and expression classification.. Although there are many researches on FER, it is still a challenging task for computer programs and also mobile applications. Therefore, deep learning technique which is a subset of machine learning was introduced and can be applied in FER because it can learn from vast amount of data to provide better result for FER. This paper proposes an Android application for FER using deep learning technique and MIT App Inventor. The proposed application is aimed to provide an interactive application for various users from children to adult to practice making the correct facial expression in their communications. FER model was built and trained based on the facial expression dataset from Kaggle using Personal Image Classifier (PIC) which is applied deep learning technique. The model can recognize three facial expressions (happy, angry and surprise) that allow users to practice making a facial expression and play some fun and exciting games. The FER model has been integrated into MIT App Inventor for Android development. MIT App Inventor is an open source and online tool that provides intuitive mobile application development and uses block programming.

Literature Survey

Jia et al. [4] 2022Facial Expression Recognition Based on the Ensemble Learning of CNNs CNN Angry, disgust,fear, happy, sad, surprise, and neutral FER2013 Rahul et al. [11] 2022 A New Hybrid Approach for Efficient Emotion Recognition using \Deep Learning CNN and Recurrent Neural Network (RNN) Angry, disgust, fear, happy, neutral, sad, and surprise EMOTIC,

FER-13, FERG Abinaya et al. [2] 2021 Classification of Facial Expression Recognition using Machine Learning Algorithms HAKELM Normal, happy, sad, surprise, angry and disgust AT&T, YALE FACE B Minaee et al. [14] 2021 Deep-Emotion: Facial Expression Recognition Using Attentional Convolutional Network End-to-end deep learning framework based on an attentional convolutional network Angry, disgust, fear, happy, neutral, sad, and surprise FER2013, CK+, JAFFE, FERG Kaviya & Arumugaprakash [15] 2020 Group Facial Emotion Analysis System Using Convolutional Neural Network CNN Angry, happy, sad, surprise, and neutral FER-2013, Custom Dataset. Perveen et al. [5] 2016 Facial Expression Recognition Through Machine Learning SVM, Artificial Neural Network, and kNN Happy, angry, sad, fear, disgust, and surprise Real-time/ physical data. Sarode & Bhatia [16] 2010 Facial Expression Recognition 2D appearance- based local approach Happy, sad, surprise and anger YALE FACE B & JAFFE.

Methodology

Dataset Collection

The model used in this FER application was trained using a secondary data from the Kaggle website The micro-expression [20] dataset was chosen for data training and testing. Initially the collected dataset consists of angry, disgust, fear, happy, neutral, sad, and surprise. Due to maintain high accuracy for the FER model, only three facial expressions were selected which are happy, angry, and surprise. The number of images of each expressions exceeded 80 images with a pixel value, 80x80. However, a total of 150 clear and sharp images for three facial expressions were selected.



Fig 1 shows some of the selected images from the dataset

Hardware and Software Requirements

To develop android application for FER, it requires specific hardware and software. Hardware is used using training dataset to build FER model and also for android application development .For hardware this research uses laptop. The low specification

hardware will take a longer time to train the data with small number of images. For software, MIT App Inventor is used to develop the Android application for FER. MIT App Inventor is an intuitive, visual programming environment that

allows

Operating System	Windows 10
Processor	Intel(R) Core i7-3517U
RAM	8.00 GB

everyone – even children – to build fully functional apps for Android phones, iPhones, and Android/Ios tablets. It is easy and beginner-friendly software with a graphical user interface (GUI) which allows users to only drag and drop the component provided.

Build FER Model

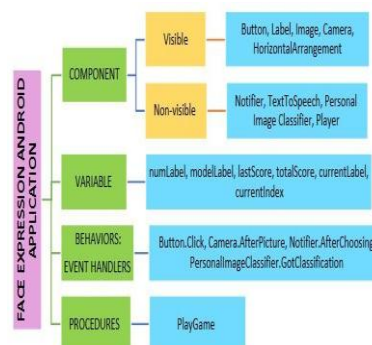
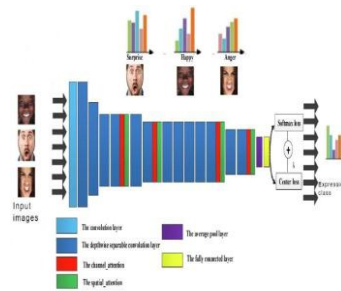
To build FER model, this research use web tool which is Personal image classifier (PIC) .PIC is a machine learning tool to build a model based on specific image dataset and it is an extension of the MIT App Inventor. PIC makes use of Mobile Net in Tensorflow.js as machine learning backend . MobileNet is a CNN with a smaller model size, less trainable parameter and calculation amount, and suitable for mobile devices. It takes full advantage of its computing resources and improves model accuracy to the greatest extent. The basic framework of Mobile Net used for FER model is illustrated in Figure 2. PIC also employed transfer learning in Mobile Net that can give a benefit to who would like to train a small set of datasets. The learning process will take a shorter time and will produce more accurate output.

In the FER model creation process ,there are two main phases involved which are training and testing,based on hold out cross validation 60% from the total 150 images were used for the training phase and the remaining 40% images were used for the testing phase. In training phase ,label or type of facial expression for the classification needs to be created first . For this model, three labels were created which are happy, angry and surprise. Next facial expression image is needed for each label for training process .The facial expression images can be uploaded by file or captured directly from computer webcam . This research used file upload where 30 facial expressions images uploaded into the specific labels (happy, angry and surprise) for training. Then the uploaded images were automatically trained using Mobile Net model .

Build Android Application for FER: Architecture of Android application for FER that has been developed. The application has five visible components and four non-visible components. It uses six variables to save the specific data related to facial expression detection and games. It also uses four event handlers and a procedure or function for playing games. The interface design for this application uses designer tab/ menu in MIT App Inventor. There are four main screens which are splash screen, main menu, face expression detection and face expression game as shown in Figure. The first screen of the application or known as Splash screen has a start button as shown in Figure. To start using the features in the application, user needs to click on the start button and it will open another screen or main menu. The main menu is the second screen which consists of a face expression detection button and a game button as shown in Figure. If the user clicks on the face expression detection button, it will open another screen as Figure 4(c). The purpose of this screen is to practice on facial expression before continuing to the face expression game. This screen can display image captured by the phone camera, type of facial expression (happy, angry, surprise) and value for confidence level. The range of the confidence level value is from 0 to 1.The value of 0 indicates the lowest confidence level or lowest accuracy meanwhile value 1 indicates the highest confidence level or highest accuracy. User needs to click on the Classify Expression button to capture an image of facial expression. When the image is captured, the application can detect and recognize the facial expression. The fourth screen is a facial expression game as depicted in Figure. The purpose of this screen is to make three facial expressions start with angry, happy and surprise. The correct facial expression will get a high score while the wrong facial expression will get a low score. The calculation of score is summarized in Figure 5. Based on Figure 5, score for expression is calculated using confidence level value (0-1) got from FER model multiplied by 100. So, the range of score for expression is from 0 to 100. Value 0 means the lowest accuracy of facial expression while 100 is the highest accuracy of facial expression. If the score of expression is equal or greater than 40, the facial expression made by user is correct and the phone will say "This expression is correct". Otherwise, if the score of expression is below 40, the facial expression is wrong and the phone will

say “This expression is incorrect”. For total score calculation, if the total score of expression is equal or greater than 120, the user wins the

game. In contrast, if total score of expression is lower than 120, the user loses the game.



Implementation

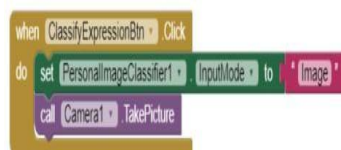
FER model that has been converted as a PIC extension is imported into the MIT App Inventor to create the function of facial expression recognition. Figure 6 displays a block coding

from the PIC extension. It is shown that when the classifier is ready, the application will notify the user by showing text “Ready” and the phone will also say “Ready”.



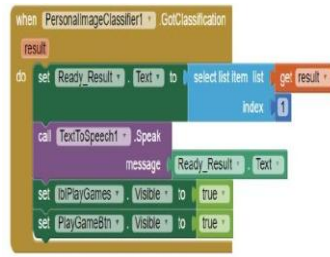
Figure 7 shows the block coding when the classify expression button is clicked, it will call the camera to capture an image of facial

expression and Figure 8 depicts the use of the PIC extension when it got the classification from the image captured by the user earlier.



During the development process, the application can be tested live using the AI companion where the laptop and the Android device (phone or tablet) need to be connected to the similar Wi-Fi. There are few limitations during the live testing that may cause the application not functioning well. For example, the function to exit or close an application cannot be tested during the live

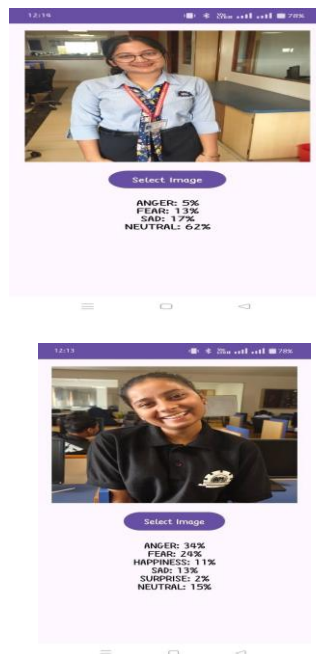
testing. So, it is important to do application testing before uploading into the Google Play Store. In order to do application testing, an Android application file (.apk) needs to be produced or built. For both type of testing, several factors have been considered such as phone sizes and phone model



Result

This section discusses the example of three real facial expressions made by the user in the facial expression detection screen are shown in Figure 9. Based on the first image in Figure 9, the application can detect happy expression made by user with confidence level 0.71094. Based on the explanation of confidence level in section 3.4.2, 0.71094 is considered a high value of confidence level or high accuracy. In the second image, the application can detect angry expression with moderate confidence level 0.49048. For the last image, the application can also detect the surprise expression with the highest confidence level 0.85742. Based on the results obtained, surprise is the easiest facial expression for user to make among three expressions while angry expression is the most difficult for users to make. Some of the previous researches also reported that a

substantial decrease in accuracy for angry [18]. There are some reasons that can cause low value of confidence level or low accuracy of result such as image quality and angle of camera when the user takes the image. The example of detail results shown in Figure 10 and 11. Figure 10 displays the flow of the game and result while playing facial expression game. The order of facial expression starts with angry, happy and finally surprise. The calculation on score for expression and total score were discussed in section. Based on Figure 10, user made 2 correct or accurate expressions for angry (44.702) and surprise (65.381) because the scores are above 40. However, user made inaccurate facial expression for happy (34.692) because the score is less than 40. Based on the results obtained for facial expression game, surprise is also the easiest facial expression for user to make compared to other expressions.



Conclusion

This research has successfully developed an interactive Android application for facial expression recognition using deep learning technique that is suitable for various users to practice making the correct facial expression in

their communication. The result shows that surprise expression is easily made by user with higher confidence level value and score compared to angry and happy expressions. The proposed application has several main features such as:

- i) Recognize three facial expressions (happy, angry, surprise)
- ii) Display confidence level value as a benchmark for facial expression recognition accuracy
- iii) Allow the camera to be front or rear.
- iv) Provide text and facial expression image as a guideline for user
- v) Can be used and played anytime and anywhere via offline

Even though the android application has successfully developed and uploaded into Google Play Store, it has limitation on number of facial expressions to be recognized. It can only recognize three facial expressions which are happy, angry and surprise. Therefore, future work can be done to improve the android application by increasing the number of facial expressions to be recognized such as four popular facial expressions (happy, sad, angry and surprise). The accuracy of the facial recognition model can be improved by increasing the number of train images for each facial expression. Other than that, by adding more types of game that related to the facial expression recognition, it can make the application more fun and valuable.

Future Scope

The future scope of the Facial Emotion Recognition App is expansive, with numerous opportunities for enhancement and integration into various domains. One of the most promising directions is the multimodal emotion recognition, where facial expressions, voice tone, body language, and physiological signals (like heart rate or skin conductivity) are analysed together for a more comprehensive understanding of a user's emotional state. This would improve the accuracy of emotion detection, particularly in complex scenarios where a single modality may not provide enough information.

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