International Journal in IT and Engineering (IJITE)
Volume 12 Issue 08, August 2024 ISSN: 2321-1776 Impact Factor: 6.493
Journal Homepage: http://ijmr.net.in, Email: irjmss@gmail.com
Double-Blind Peer Reviewed Refereed Open Access International Journal

A Comprehensive Review of Machine Learning Techniques for Diabetes Disease Prediction

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Abstract

Diabetes Mellitus is a long-term metabolic disease with millions of patients across the globe and has become a significant health issue in the society because of its rising incidence and complication. Timely diagnosis and proper prognosis of diabetes are crucial to successful treatment and prevention of some serious health problems like heart diseases, kidney disorders, and nerve damage. The recent breakthroughs in the field of Artificial Intelligence and Machine Learning have played an essential part in creating the predictive models that can help healthcare practitioners identify people at risk of diabetesMany algorithms have been utilized to analyze medical data, Logistic Regression, Decision Tree, Random Forest, Support Vector Machine, Artificial Neural Networks and hybrid ensemble models have all been prevalent in enhancing prediction accuracy. Other factors that are important in enhancing predictive performance highlighted in the review are the data preprocessing techniques, feature selection methods and model optimization strategies. Moreover, the new developments, including explainable artificial intelligence and the combination of electronic health records and wearable technology healthcare data, are talked about. The results show that hybrid and ensemble machine learning methods are more accurate and reliable in the prediction of diabetes. Nevertheless, there are still obstacles concerning quality of data sets and decipherability of models as well as clinical validation. The review offers some understanding of the current research trends and represents the possible directions of creating more efficient and accurate methods of predicting diabetes in the future.

Keywords: Diabetes Prediction, Machine Learning, ANN, SVM, Medical Data

Introduction

Diabetes is a medical condition that is diagnosed through a clinical laboratory test and medical examination in the hands of the clinicians. The methods are sure but may be time consuming, expensive, and need medical knowledge. The recent development of Artificial Intelligence and Machine Learning technologies, along with the availability of big datasets in healthcare and the rapid technological progress, has become the potent means of predicting diseases and analytics in healthcare. Algorithms of the machine learning are able to study complex medical information, find unknown patterns, and make precise predictions that can help physicians to detect and treat diseases at a very early stage and make decision-making.

Over the past years, the utilization of machine learning models in making predictions of diabetes based on medical records including the Pima Indians Diabetes dataset and other clinical records has been studied by many researchers. Such algorithms as Logistic Regression, Decision Tree, Random Forest, Support Vector machine, K Nearest Neighbor and Artificial Neural Networks have been popularly used to forecast the risk of diabetes depending on various factors such as glucose level, blood pressure, Body Mass Index, insulin level, age, and family history. These methods have demonstrated favorable outcomes in enhancing the accuracy of prediction as opposed to the conventional statistical methods.

Articles written in 2024 and on have further increased the adoption of new sophisticated methods like deep learning, hybrid models, and ensemble learning to boost predictive performance. Another area of research has been on enhancing data preprocessing, feature selection and optimization algorithms to support the

challenges of missing data, imbalance in the classes and noisy data. Besides this, explainable Artificial Intelligence has also been applied to the healthcare sector to bring transparency and interpretability to machine learning based prediction systems.

The paper involves a review of recent studies on the research on the disease prediction of diabetes with specific interest on the developments that were described in the year around 2024. The review brings to light the different machine learning and deep learning methods applied in predicting diabetes, evaluates the performance of the different methods and the benefits and weaknesses of current models. The purpose of the research is to obtain an in-depth insight into the latest research tendencies and see the possible path on how the more precise and efficient diabetes prediction systems could be developed.

Review of Literature

Diabetes Mellitus is a long term metabolic disorder, which has emerged as a significant health problem all over the world. Members of the research community have paid more attention to the method of the early prediction of diabetes using machine learning and artificial intelligence. The latest research indicates that predictive analytics may help medical workers to recognize high risk patients and apply protective measures.

A number of researchers have done systematic reviews of model-based prediction of diabetes based on machine learning algorithms. Khokhar et al. reviewed over fifty studies that pertained to diabetes prediction and found that algorithms that were commonly utilised to predict the onset of diabetes early include Support Vector Machine, Logistic Regression, Extreme Gradient Boosting, and Convolutional Neural Networks. They stated in their study that machine learning methods achieve considerably higher accuracy in predictions than the classical statistical models and the importance of explainable artificial intelligence to enhance healthcare decision making.

A thorough overview of machine learning and deep learning methods employed in diabetes detection was provided by Katiyar (2024). The different datasets, prediction schemes, and metrics of evaluation, including accuracy, precision, recall, and F1 score, were examined in the study. The study came to the conclusion that deep learning models and ensemble approaches have presented encouraging outcomes in the field of forecasting diabetes based on clinical and demographic data.

According to Ahmed et al. (2024), since 2000, the volume of research publications devoted to predictive analytics in diabetes has been growing consistently, as data processing methods are gaining a lot of significance in the medical field. Through the study, it was shown that machine learning can analyze medical data of large size and determine the hidden patterns that are useful in diagnosing and planning the treatment of diseases.

The proposed system by Dharmarathne et al. (2024) is designed as a machine learning-based system with explainable artificial intelligence to forecast diabetes and offer the interpretability of the forecast outcomes. The authors used such classification models as Decision Tree, K Nearest Neighbor, Support Vector Machine, and Extreme Gradient Boosting. The research incorporated SHAP based explainability to determine significant characteristics that affect the risk of diabetes, which makes the model easier to apply in clinical settings.

Talukder et al. (2024) proposed a predictive system of diabetes based on optimized preprocessing methods. They also dealt with missing data, filtered outliers and even used normalization techniques to enhance model performance. The average prediction accuracy of the proposed system was approximately 95.5 percent, which proved the significance of data preprocessing in machine learning-based healthcare models.

In another research, a hybrid machine learning framework that integrated the Support Vector Machine, Decision Tree, and the random forest algorithm was suggested. This model was trained based on the Pima Indians Diabetes dataset and performed with an accuracy of approximately 90 percent with the help of cross validation. The findings revealed that hybrid ensemble models are more effective in the determination of diabetes risk than individual classifiers.

Liu et al. (2024) carried out a longitudinal study with the use of electronic health records to forecast the prevalence of type 2 diabetes in healthy adults. In the study, machine learning models like Logistic Regression, random forest, and XGBoost were used and it was discovered that clinical characteristics like HbA1c level, fasting glucose, and body weight are strong predictors of diabetes onset .

Raju et al. (2024) had compared a number of machine learning algorithms which included Support Vector Machine, Logistic Regression, Random Forest, and K Nearest Neighbor to predict diabetes. The research also created a web based application which enables users to enter medical parameters and get the results of the prediction immediately which shows the potential of AI driven healthcare applications.

Tasin et al., in another research activity, came up with an automated diabetes prediction system through the use of a machine learning method and ensemble learning method. The research was performed using public and private medical data as well as used algorithms like Decision Tree, Random Forest, Support Vector Machine and K Nearest Neighbor. XGBoost classifier had the highest performance with the enhanced F1 score and accuracy of prediction.

El Bashbishy et al. presented a multilayer perceptron neural networks based diabetes prediction model by using deep learning. The model consisted of several layers of hidden neurons and massive training cycles that enhanced the accuracy of the predictions and the model proved to be efficient in the tasks of disease classification by using deep learning techniques.

Kiran et al. performed a bibliometric review of machine learning and artificial intelligence studies regarding diabetes between 1991 and 2024. Their analysis showed the main trends in the research, which include the increased use of supervised learning algorithms, like the Random Forest or Support Vector Machine, as the predictor and controller of diabetes risks.

Masood et al. performed a systematic review based on PRISMA standards to assess the technique of artificial intelligence in predicting diabetes. The article reviewed the studies that were published in the year 2010-2024 and discovered that adding multimodal healthcare information and machine learning algorithms leads to better predictive outcomes and clinical understandability.

Corrao et al. underscored the role of machine learning algorithms in the diagnosis of diabetes and diabetic complications. According to their research, predictive models using demographic data, Body Mass Index, and glucose level can be successfully used to determine persons at risk of developing type 2 diabetes.

There is a study by Lee et al. that is aimed at predicting diabetes in older adults on the basis of machine learning models. The study used the Lifestyle and health monitoring data obtained using mobile applications and wearable devices to determine significant risk factors that impact diabetes among the elderly groups.

Ansari and colleagues suggested a superior supervised machine learning model in regard to the early prediction of diabetes by the use of feature engineering and comparative analysis of classifiers. The study focused on the significance of choosing the appropriate features and applying the best machine learning models to enhance the accuracy of prediction in the domain of healthcare applications .

Abousaber et al. have proposed a predictive model that combines machine learning algorithms and imbalance manageability methods to enhance performance in classification. Their experiment showed that significant improvements in predictability of a diabetic system were realized through the use of advanced resampling and feature engineering techniques.

Petridis et al. presented the machine learning methods applied to diabetes related systems including risk assessment and prediction of hypoglycemia. The study opined that predictive models have the potential to assist healthcare professionals to manage the complications of diabetes and make optimum use of the treatment strategy.

Alam et al. emphasized the disruptive nature of AI in the diagnosis and treatment of diabetes. In their review, they suggested that machine learning models could be used to monitor and recommend personalized treatment in real time and they could be integrated into the healthcare system and electronic health records.

The analysis of diabetes prediction models in terms of various performance measures and experimental conditions was suggested by Hashim et al. Their paper assessed over fifty previous studies and gave an overview of the model evaluation practices in healthcare analytics.

Chen et al. surveyed machine learning methods that are applied in predicting the occurrence of diabetes related complications like diabetic foot and risk of amputation. The paper has highlighted the role of predictive analytics in the prevention of serious complications and better patient outcomes.

Conclusion

Diabetes Mellitus remains one of the major health issues globally considering its rising incidence and the associated complications. Disease management and prevention of the severe health conditions, which include cardiovascular diseases, kidney failure, and nerve damage, rely on early prediction and diagnosis and effective disease treatment. The reviewed literature in this research points to the increased importance of artificial intelligence and machine learning methods in enhancing diagnosis and prediction of diabetes. The conventional diagnostic solutions are too dependent on medical skills and clinical testing, in contrast to machine learning-driven models that offer data-driven information helping medical experts make quicker and more precise choices.

The analyzed articles illustrate that other machine learning models that have been used extensively in predicting diabetes include Logistic Regression, Decision Tree, Random Forest, Support Vector Machine, K Nearest Neighbor, and Artificial Neural Networks. Ensemble and hybrid models are among these methods that have exhibited better predictive abilities due to the merit of several algorithms. The significance of data preprocessing method like feature selection, normalization, and missing values has also been pointed out by various researchers to increase the predictive model accuracy and reliability.

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