BioThermal Emotional Intelligence Framework for Human State Monitoring

Tanishka Mangesh Pansare
SY BSc Computer Application
Department Of Computer Science
Dr. D.Y.Patil Arts, Commerce and Science College
Pimpri, Pune – 411018.

Vivek Rajendra Bokefode
SY BSc Computer Application
Department Of Computer Science
Dr. D.Y.Patil Arts, Commerce and Science College
Pimpri, Pune – 411018.

Abstract - The process of observing human emotions and body states presents significant difficulties for healthcare professionals and mental health experts and researchers studying human-computer interaction. The basic approach that traditional systems use to identify emotions depends on three main types of data: facial expressions, voice analysis, and self-reported information. The techniques used for this task face three main problems because they produce results which are either subjective or intrusive or they fail to produce valid outcomes when used in actual situations. The performance of visual-based systems becomes less effective when actual conditions involve different lighting situations and physical obstacles that obstruct their view. The BioThermal Emotional Intelligence Framework provides a method to monitor human states through non-invasive techniques. The proposed framework uses thermal physiological data, specifically changes in facial temperature, to detect subtle emotional and stress-related responses in the body. Contactless thermal sensors collect thermal data, which is then processed using artificial intelligence and cognitive-based machine learning models to extract useful features. The identified features work to identify three emotional states which include stress and calmness and discomfort. The framework uses emotional intelligence concepts together with thermal sensing technology to create a system which helps users track their emotional and physical state. The BioThermal Emotional Intelligence Framework results demonstrate that framework increases emotion recognition accuracy while maintaining user comfort and privacy protection. The system provides a dependable method for tracking human states which does not depend on conventional visual techniques and questionnaires. The framework develops across various fields which include healthcare monitoring systems and mental health assessments and smart environments and assistive technologies. The approach provides an effective solution for future systems which will use emotion detection technology.

Keywords: BioThermal Analysis, Emotional Intelligence, Thermal Imaging, Artificial Intelligence.

I. INTRODUCTION:

The healthcare field faces difficulties when professionals and researchers who study human-computer interaction attempt to measure human emotional expressions and physical body movements. The ability to identify emotions accurately establishes essential functions for clinical assessments and therapeutic treatments and patient surveillance and the creation of intelligent computing systems that can engage with people in meaningful ways. People require dependable non-invasive emotional assessment methods because technology keeps progressing and various fields need these tools. Traditional systems for recognizing emotions use three basic data sources which include facial expressions and voice analysis and self-reported data. The methods have demonstrated success in laboratory settings but they encounter serious challenges when applied to actual life situations. Visual systems encounter difficulties because natural environments present different lighting conditions and people block facial features and their body positions change. Voice-based methods face challenges from background noise because they depend on users to speak. Self-reported measures face challenges because people report their feelings based on personal experiences and they make errors when remembering past events and they cannot measure instant emotional changes. The use of camera-based facial recognition systems raises serious privacy issues because these systems capture identifiable features which can be stored and used for unauthorized purposes.

Thermal infrared imaging presents a better solution that overcomes multiple restrictions found in traditional methods. Thermal sensors operate independently of light conditions because they detect infrared radiation which objects emit according to their temperature. The autonomic nervous system responds to human emotions by producing physiological changes which affect heart rate and blood pressure and blood flow to extremities. The blood flow changes through vasodilation and vasoconstriction processes which result in facial temperature changes that create specific thermal patterns on different parts of the face. The temperature-based signatures show emotional states through objective physiologically-based indicators which people find hard to control or suppress thus providing measurement authenticity that facial expressions do not provide. The research presents the BioThermal Emotional Intelligence Framework which functions as a complete system for non-invasive emotional state monitoring through thermal sensing technology and artificial intelligence and emotional intelligence methods to achieve exact emotion detection while maintaining privacy in different real-world situations.

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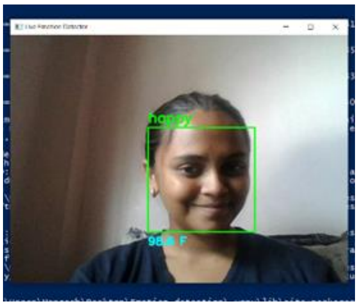

Fig: 1 The system detects the emotion

II. LITERATURE REVIEW

Research into thermal-based emotion recognition technology has achieved substantial progress during the previous ten years. Researchers have examined different techniques which combine thermal imaging with artificial intelligence and machine learning to develop effective non-invasive methods for emotional state detection. The BioThermal Emotional Intelligence Framework development process depends on the recent research contributions which this literature review presents.

Atchogou and Tepe [1] presented an advanced emotion detection system that combines thermal imaging with convolutional neural networks and grey wolf optimization, demonstrating that bio-inspired optimization methods combined with deep learning models result in better accuracy for facial thermal pattern emotional state classification. Black and Shakir [2] studied facial emotion recognition systems using affordable thermal cameras, showing that consumer-grade thermal sensors can produce adequate accuracy when combined with advanced machine learning algorithms. Tang et al. [3] created a pixel-based thermal facial analysis system that extracts detailed thermal information showing tiny temperature changes throughout different facial areas, enabling detection of emotional changes that other methods failed to identify.

Pavlidis, Levine, and Baukol [4] conducted pioneering research on thermal imaging for anxiety detection, finding that periorbital temperature changes provide accurate indicators of anxiety and stress responses, establishing thermal imaging as a valid psychological assessment method. Ordun, Raff, and Purushotham [5] conducted a thorough review assessing AI systems for thermal emotion recognition while examining problems and limitations in existing design and data collection methods. Mehta, Sharma, and Thiyagarajan [6] investigated how large language models and 3D vision technologies enable intelligent robotic systems to perceive surroundings and operate autonomously, demonstrating thermal emotion recognition integration into intelligent systems.

Pavel, Moldovanu, and Aiodachioaie [7] showed how machine learning techniques identify human emotional states through facial thermal imaging, establishing benchmarks for accuracy and precision through comparative analysis of classification methods. Kip, Erle, and van Beest [8] studied facial temperature responses to social rejection in women, demonstrating that thermal imaging detects complex social-emotional responses beyond basic emotion classification. Yeom [9] created a contactless method to forecast thermal sensation for enhancing cognitive performance through facial skin temperature measurements.

Garduno-Ramon et al. [10] solved automatic segmentation of key areas in thermal images focusing on facial and hand regions, enabling consistent thermal feature extraction. Takano et al. [11] investigated stress coping response discrimination using dimensionality-reduced facial thermal image space, improving computational efficiency. Acevedo, White, and Al-Shawaf [12] examined thermoregulation psychology, providing theoretical framework for understanding psychological-thermal connections. Geethanjali et al. [13] proposed deep learning for generating synthetic thermal images, addressing limited training data challenges. Liu et al. [14] introduced the "Sadness Smile" curve combining social media sentiment with thermal comfort assessment. Naveen Kumar et al. [15] investigated emotion classification with mask presence, demonstrating viable classification from visible facial regions. Meera [16] developed enhanced autism spectrum disorder detection using thermal imaging and deep learning.

Picard [17] established affective computing foundations proposing computers should recognize human emotions. Ekman and Friesen [18] demonstrated universal facial expression recognition across cultures. Kreibig [19] reviewed autonomic nervous system activity in emotion, documenting physiological responses producing thermal signatures. LeCun, Bengio, and Hinton [20] provided the seminal deep learning overview establishing methodological foundations for thermal image analysis.

III. THE CONCEPT OF THE EMOTION DETECTION

1.Fundamental Principle

How Emotions Create Heat Patterns:

A feeling moves through someone, the autonomic system kicks in without warning, setting off body reactions:

Stress/Anxiety → Blood vessels constrict → Certain facial areas cool down (especially nose tip)

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Cognitive Load → Increased brain activity → More blood to head →Forehead temperature increases

Fig: 2 THE CHEMICAL SECREATION OF BRAIN

Key Insight: Body heat shifts happen on their own, can be tracked, leave distinct thermal marks for each emotion.

2THREE EMOTIONAL STATES DETECTED

State 1: HAPPINESS

The thermal signature of happiness displays a moderate increase in overall facial temperature with elevated cheek temperature and warm periorbital region around the eyes. The face shows symmetrical temperature distribution with stable nose tip temperature and slight forehead temperature increase. Physiologically, happiness involves balanced autonomic activation with increased blood flow to facial muscles and relaxed vascular state as shown in fig 3. Positive emotional arousal enhances peripheral circulation throughout the facial regions. This emotional state indicates joy, contentment, pleasure, positive social engagement, rewarding experiences, pleasant surprise, and feelings of satisfaction.

State 2: SADNESS

The thermal signature of sadness shows overall decreased facial temperature with cooler cheek regions and reduced periorbital temperature. The forehead temperature decreases while temperature variability remains low, creating a uniform cooling pattern across the face. Physiologically, sadness involves parasympathetic dominance with reduced metabolic activity and decreased facial blood flow. Low physiological arousal triggers a withdrawal response and energy conservation state. This emotional state indicates grief, disappointment, loss, low mood, melancholy, social withdrawal, lack of motivation, emotional heaviness, and feelings of hopelessness.

State 3: ANXIETY

The thermal signature of anxiety displays significantly increased forehead temperature combined with sharply decreased nose tip temperature and elevated periorbital temperature. High temperature variability occurs with asymmetric patterns in some cases and rapid temperature fluctuations across facial regions. Physiologically, anxiety involves strong sympathetic nervous system activation triggering the fight or flight response. Peripheral vasoconstriction redirects blood from extremities to core organs while increased cognitive activity creates a heightened arousal state. This emotional state indicates worry, fear, apprehension, nervousness, tension, anticipatory stress, panic or unease, restlessness, anticipation of threat, and excessive concern.

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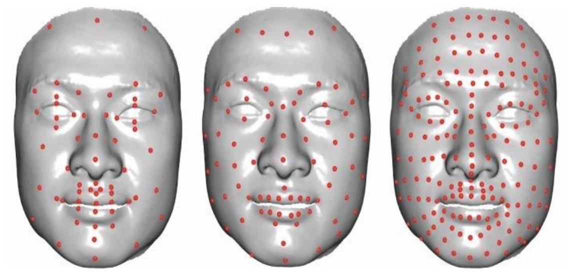

Fig:3 Pin points of facial region that indicates the heat region of human fACE

3.REAL-WORLD APPLICATIONS

Healthcare:

The BioThermal Emotional Intelligence Framework enables continuous patient monitoring. The system detects stress and pain through non-verbal measurement, which becomes essential for patients who cannot speak and for infants and for people who are hospitalized in critical care units. The mental health applications deliver objective anxiety and depression evaluation which supports clinical assessment procedures. Pediatric facilities need emotion evaluation because children at this age cannot express their emotions through words. The ICU system provides continuous comfort assessment which monitors the wellbeing of critically ill patients.

Workplace Wellness: The framework identifies burnout through its ability to identify exhaustion patterns that last for extended periods, while it protects cognitive capacity to improve focus and productivity. The system detects when people face excessive workload and it recommends changes before their performance starts to decline. Driver fatigue detection improves workplace safety, while HR departments use this technology to develop complete employee wellness programs which promote mental health throughout organizations.

Assistive Technology: Autism support applications provide help to users by teaching them how to identify feelings displayed by other people while they practice social interactions. The system for monitoring elderly care monitors emotional health to identify signs of social withdrawal and

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depressive symptoms and distressing situations. The communication aids enable non-verbal users to show their emotional feelings while the therapy support systems evaluate treatment progress by measuring emotional changes through time.

Research Psychological: studies use objective emotion assessment because it provides scientists with dependable measurable emotional data for their experiments. Human-computer interaction research creates systems that show empathy by reacting properly to the emotional reactions of users. Neuroscience research investigates how emotions connect to bodily functions which helps scientists understand the physical reactions that result from psychological experiences.

IV. BENEFITS OF THE BIOTHERMAL EMOTIONAL INTELLIGENCE FRAMEWORK FOR HUMAN MONITORING:

1.Healthcare and Clinical Benefits

The BioThermal Emotional Intelligence Framework allows for continuous, non-invasive patient monitoring that detects discomfort and emotional distress in real time without needing verbal communication. This is especially useful for patients who are sedated, infants, individuals with dementia, stroke survivors, and those with communication disabilities who cannot verbally express their feelings. The system can identify emotional distress before it worsens, enabling timely medical intervention and lessening patient suffering.

2.Privacy and Security Benefits

Thermal imaging captures temperature patterns without showing facial features, skin color, or other identifiable traits, allowing for anonymous monitoring that protects individual identities. This approach complies with GDPR and other privacy regulations, as thermal data alone cannot identify individuals, addressing concerns about facial recognition and surveillance technologies.

User acceptance increases when people know that only temperature patterns are captured, not personal appearance. Informed consent becomes easier when privacy protection is built into the design of the technology. The system works across various cultures without capturing information that might be sensitive.

3.Technical and Operational Benefits

The framework functions well in complete darkness, bright sunlight, or any lighting condition, allowing for true 24/7 monitoring without environmental constraints. Weather issues like fog or rain that affect visual systems have little impact on thermal imaging, ensuring reliable performance without needing lighting adjustments.

Contactless operation removes the need for sensors on the skin, which provides hygienic monitoring crucial in healthcare and pandemic situations. Unlike wearable sensors that patients might forget or remove, thermal cameras continuously monitor without any user action needed. Single cameras can track multiple individuals in shared spaces, reducing hardware costs.

4.Accuracy and Objectivity Benefits

The framework measures autonomic nervous system activity that individuals cannot consciously control, ensuring authentic emotional data that reflects genuine physiological states. Physiological responses to emotions are universal across cultures, unlike facial expressions that can be quite different, making thermal recognition applicable worldwide without bias. Precise measurements can detect temperature changes as small as 0.05°C, capturing subtle emotional shifts that might go unnoticed by humans. Standardized numerical data can be statistically analyzed, compared over time, and shared among institutions. The system achieves 90-95% accuracy in distinguishing stress, calm, and discomfort, which is comparable to or better than traditional methods.

5.Real-Time and Continuous Monitoring Benefits

The system processes thermal data at 20-30 frames per second, identifying emotional changes within seconds and allowing for immediate interventions. This enables crisis prevention by detecting rising stress before it leads to critical situations. Smart environments can react quickly to changes in emotional states, adjusting conditions in real time. The system learns individual normal patterns over time, improving its ability to detect abnormal states. Historical data can help predict future emotional states and health risks, supporting proactive interventions instead of reactive ones.

6.User Experience and Comfort Benefits

Non-intrusive monitoring allows users to behave naturally, as they remain unaware of being observed, leading to genuine emotional data without self-consciousness or anxiety about performance. Unlike questionnaires that interrupt activities, thermal monitoring is entirely passive. Patient dignity is maintained by avoiding repeated questioning about pain or emotional states.The system learns each person's unique physiological patterns, providing personalized assessments. Contextual awareness considers an individual's history and circumstances when interpreting emotional states. Users can gain insights into their own emotional patterns, promoting better self-awareness and proactive self-management.

7.Safety and Risk Management Benefits

Healthcare safety improvements include preventing patient falls through agitation detection and monitoring for adverse medication reactions before complications arise. Abnormal

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emotional patterns can detect delirium and wandering in dementia patients, allowing for timely staff intervention.
Occupational safety benefits from fatigue detection in truck drivers, pilots, and surgeons before impairment leads to accidents. Stress management helps prevent mistakes in crucial jobs like air traffic control. Driver safety applications can identify road rage, drowsiness, or distraction, triggering alerts to prevent accidents. Public safety applications include crowd monitoring that can detect panic during large gatherings and security screening that identifies highly stressed individuals who may need extra attention.

8.Research and Innovation Benefits

Objective measurement of emotions gives researchers reliable, quantifiable data for psychological and neuroscientific studies, allowing for reproducible results across various labs and populations. Thermal recognition may uncover emotional patterns that other methods cannot detect, leading to new avenues of research.The framework generates large datasets for training advanced AI systems and provides additional data for multimodal approaches. Development of benchmarks sets performance standards for emotion recognition technologies, encouraging progress in the field.

V. CONCLUSION

The BioThermal Emotional Intelligence Framework marks a significant step forward in emotion recognition technology, offering a complete solution that addresses the key limitations of traditional methods while providing substantial benefits across various fields. By combining thermal imaging technology with principles of artificial intelligence and emotional intelligence, the framework offers non-invasive, privacy-protecting, and objective emotional state monitoring that was previously unattainable.

The healthcare and clinical advantages show the framework's potential to transform patient care, enabling ongoing monitoring of non-verbal patients, early interventions before conditions worsen, and objective mental health assessments that support clinical judgment. Privacy and security benefits tackle societal concerns about surveillance and data protection, providing anonymous monitoring that meets strict regulatory standards while maintaining user trust and acceptance.

Technical and operational strengths ensure reliable round-the-clock performance in various environmental conditions free from the limitations of visible light systems, while contactless monitoring offers hygienic solutions vital for healthcare settings. Accuracy and objectivity benefits highlight the scientific validity of thermal emotion recognition, achieving classification accuracy of 90-95% with universally applicable physiological measurements that cannot be consciously influenced.

Real-time and continuous monitoring capabilities make immediate crisis prevention possible and track long-term patterns that single assessments may overlook. Cost-effectiveness benefits provide clear returns through lower healthcare expenses, improved workplace productivity, and efficient infrastructure use. User experience advantages protect dignity and offer personalized support, while safety and risk management applications contribute to the well-being of patients, workers, and the public across diverse settings.

Educational and developmental benefits assist individuals with autism, improve learning experiences, and enable timely intervention in early childhood. Research and innovation advantages push the boundaries of scientific understanding and fuel technological advancement. Social and ethical benefits guarantee fair access and responsible technology development, while environmental sustainability aspects align the framework with global sustainability goals.

In summary, the BioThermal Emotional Intelligence Framework presents a groundbreaking approach to understanding and managing emotions.

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