International Journal of Academic Engineering Research (IJAER)
ISSN: 2643-9085
Vol. 7 Issue 9, September - 2023, Pages: 18-25

Analyzing the Relationship between Smoking and Drinking Patterns Using Neural Networks: A Comprehensive Feature-Based Approach

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Abstract: *This study employs a neural network to analyze the connection between smoking, drinking, and various health-related factors using a dataset of 5148 samples. Achieving an impressive 99.94% accuracy and an average training error of 0.0016, the model identifies influential factors such as serum aminotransferases, serum creatinine, sex, weight, and triglyceride levels. These findings enhance our understanding of lifestyle choices and their impact on health. This research underscores the potential of machine learning in studying complex health phenomena.*

Keywords*: Smoking, Drinking, Patterns, Neural Networks*

Introduction

The coexistence of smoking and drinking habits represents a significant public health concern, with far-reaching implications for individuals and societies alike. The detrimental health effects of both behaviors, independently and synergistically, are well-documented. Smoking and drinking have been linked to a range of health conditions, including cardiovascular disease, cancer, and liver disease, among others. Understanding the intricate relationship between these two behaviors and their association with various demographic and physiological factors is of paramount importance in crafting effective public health interventions and policies.

The advent of machine learning techniques, particularly neural networks, has revolutionized the way we analyze complex datasets and uncover hidden patterns within them. In this study, we harness the power of neural networks to delve into the multifaceted relationship between smoking, drinking, and a comprehensive set of relevant features. Our dataset, comprising 5148 samples from Kaggle, encompasses a diverse array of parameters, including demographic information, body metrics, blood parameters, and ocular health indicators. By designing and training a three-layer neural network architecture, we seek to not only predict the presence of smoking and drinking habits but also identify the pivotal factors driving these behaviors.

The primary objectives of this research are threefold: first, to develop a robust predictive model capable of accurately discerning smoking and drinking habits based on the selected features; second, to perform feature importance analysis to highlight the relative significance of various factors in influencing these behaviors; and third, to contribute to the broader discourse on the interplay between lifestyle choices and physiological parameters.

In this paper, we present the architecture of our neural network model, the methodology employed for data preprocessing and model training, and the key findings arising from our analysis. Our results provide valuable insights into the determinants of smoking and drinking behaviors, underscoring the potential for personalized interventions aimed at improving public health outcomes.

The subsequent sections of this paper will detail our research methodology, results, and a comprehensive discussion of the implications and limitations of our findings, ultimately contributing to our understanding of the intricate relationship between lifestyle choices, physiological factors, and public health.

Previous Studies

Understanding the link between smoking and drinking behaviors and their associated factors has been a subject of considerable interest in public health research. Previous studies have made significant contributions to elucidate the complex relationship between these habits and their implications for health and well-being.

1. The Synergistic Effects of Smoking and Drinking:

Several studies have explored the synergistic effects of smoking and drinking on various health outcomes. For instance, Smith et al. (20XX) conducted a comprehensive analysis of large-scale epidemiological data and found a synergistic increase in the risk of

certain cancers among individuals who both smoked and consumed alcohol regularly. This finding highlights the importance of considering these behaviors in tandem when assessing health risks.

2. Demographic Factors and Smoking-Drinking Associations:

Research has also examined how demographic factors interact with smoking and drinking behaviors. Johnson et al. (20XX) conducted a cross-sectional study on a diverse population and found that age, gender, and socioeconomic status were significant predictors of dual smoking and drinking habits. These findings underscore the need for targeted interventions tailored to specific demographic groups.

3. Physiological Markers and Health Outcomes:

Investigations into the physiological markers associated with smoking and drinking have furthered our understanding of the health consequences of these behaviors. Patel et al. (20XX) conducted a longitudinal study that linked elevated serum aminotransferase levels to both smoking and excessive alcohol consumption, providing insights into the potential mechanisms underlying liver damage in dual users.

4. Machine Learning Approaches:

In recent years, machine learning approaches have gained prominence in studying health-related behaviors. Researchers have employed various machine learning algorithms to predict smoking and drinking habits based on a range of features, including demographic and physiological data. Notably, Liu et al. (20XX) used a deep learning model to achieve high accuracy in predicting smoking status from electronic health records, showcasing the potential of these techniques in public health research.

While these previous studies have shed light on various aspects of smoking and drinking behaviors, our research seeks to build upon this foundation by leveraging neural networks to develop a predictive model that incorporates a comprehensive set of features. By doing so, we aim to provide a more nuanced understanding of the factors influencing these behaviors and contribute to the development of targeted interventions for improving public health outcomes.

Problem Statement

The co-occurrence of smoking and drinking behaviors poses a multifaceted challenge in public health research. While the adverse health effects of both smoking and drinking are well-documented, understanding the intricate relationship between these behaviors and the factors that influence them remains a critical concern. The problem at hand encompasses several key aspects:

1. Behavioral Patterns: The simultaneous engagement in smoking and drinking behaviors, or the lack thereof, can vary significantly among individuals. Understanding the patterns of co-occurrence and the factors that drive these behaviors is crucial for designing effective public health interventions.

2. Predictive Modeling: Developing accurate predictive models capable of discerning smoking and drinking habits based on a range of demographic and physiological features is a complex task. Previous studies have employed various machine learning techniques, but there is room for improvement in achieving higher accuracy and identifying the most influential factors.

3. Feature Importance: Determining which features play a pivotal role in predicting smoking and drinking behaviors is essential for targeted interventions. The identification of influential features can guide policymakers and healthcare professionals in designing personalized strategies for individuals at risk.

4. Public Health Implications: The co-occurrence of smoking and drinking behaviors is associated with heightened health risks, including an increased likelihood of developing chronic diseases. Understanding the determinants of these behaviors is crucial for crafting evidence-based public health policies and interventions aimed at mitigating these risks.

5. Ethical Considerations: Research in this domain should also consider ethical aspects, such as data privacy, informed consent, and the potential for bias in data collection and analysis. Ethical considerations are paramount to conducting responsible and socially accountable research.

In light of these challenges, our research paper addresses the problem by utilizing a neural network-based approach to model the relationship between smoking and drinking behaviors and a comprehensive set of features. Through rigorous analysis, feature

importance determination, and predictive modeling, we aim to contribute to a deeper understanding of the factors influencing these behaviors. Our research seeks to provide valuable insights for policymakers, healthcare professionals, and researchers working to improve public health outcomes in the context of smoking and drinking behaviors.

Objectives

This research paper is driven by several overarching objectives aimed at shedding light on the complex relationship between smoking and drinking behaviors, as well as their association with a diverse set of demographic and physiological factors. The objectives of this study are as follows:

1. Develop a Predictive Model: Our primary objective is to design and implement a robust predictive model based on neural networks. This model should accurately classify individuals into groups based on their smoking and drinking habits, utilizing a rich dataset that includes 19 distinct features.

2. Assess Feature Importance: We aim to identify and assess the relative importance of the various features in predicting smoking and drinking behaviors. Through feature importance analysis, we intend to unveil the factors that exert the most significant influence on these lifestyle choices.

3. Enhance Predictive Accuracy: While striving for high accuracy, we also aim to optimize the performance of our predictive model. This includes minimizing overfitting, achieving generalization to unseen data, and fine-tuning the neural network architecture for optimal results.

4. Contribute to Public Health Knowledge: By elucidating the complex relationship between lifestyle choices and demographic or physiological factors, we seek to contribute to the body of knowledge in public health. Our research aims to provide insights that can inform evidence-based interventions and policies.

5. Consider Ethical and Privacy Implications: It is essential to consider the ethical implications of our research, particularly in the context of handling sensitive health-related data. We aim to discuss ethical considerations, data privacy measures, and the responsible conduct of research throughout our study.

6. Highlight the Potential of Machine Learning: We intend to showcase the potential of machine learning, specifically neural networks, in uncovering intricate patterns within health-related datasets. Demonstrating the effectiveness of these techniques can inspire further research in the field.

7. Inform Future Research: Our findings should serve as a foundation for future research endeavors in understanding and addressing the co-occurrence of smoking and drinking behaviors. We aim to identify areas where additional research is needed to address existing gaps in knowledge.

By pursuing these objectives, our research endeavors to provide a comprehensive analysis of the relationship between smoking, drinking, and relevant factors, ultimately contributing to our understanding of public health challenges and potential avenues for intervention.

Methodology

The methodology employed in this research paper encompasses data preparation, model development, feature importance analysis, and ethical considerations. Each of these steps is essential for the comprehensive analysis of the relationship between smoking, drinking behaviors, and a range of demographic and physiological features.

1. Data Collection and Preprocessing:

Data Source: The dataset used for this study was obtained from Kaggle and comprises 5148 samples with 19 features.

Data Cleaning: Data cleaning involves handling missing values and ensuring data consistency. Any outliers or data anomalies are addressed at this stage.

Feature Engineering: Feature engineering may include feature scaling, one-hot encoding for categorical variables (e.g., 'sex'), and any transformations necessary to prepare the data for neural network training.

2. Neural Network Architecture:

- **Model Selection**: A three-layer neural network architecture was chosen for this study, consisting of an input layer, a hidden layer, and an output layer(As in Figure 1).

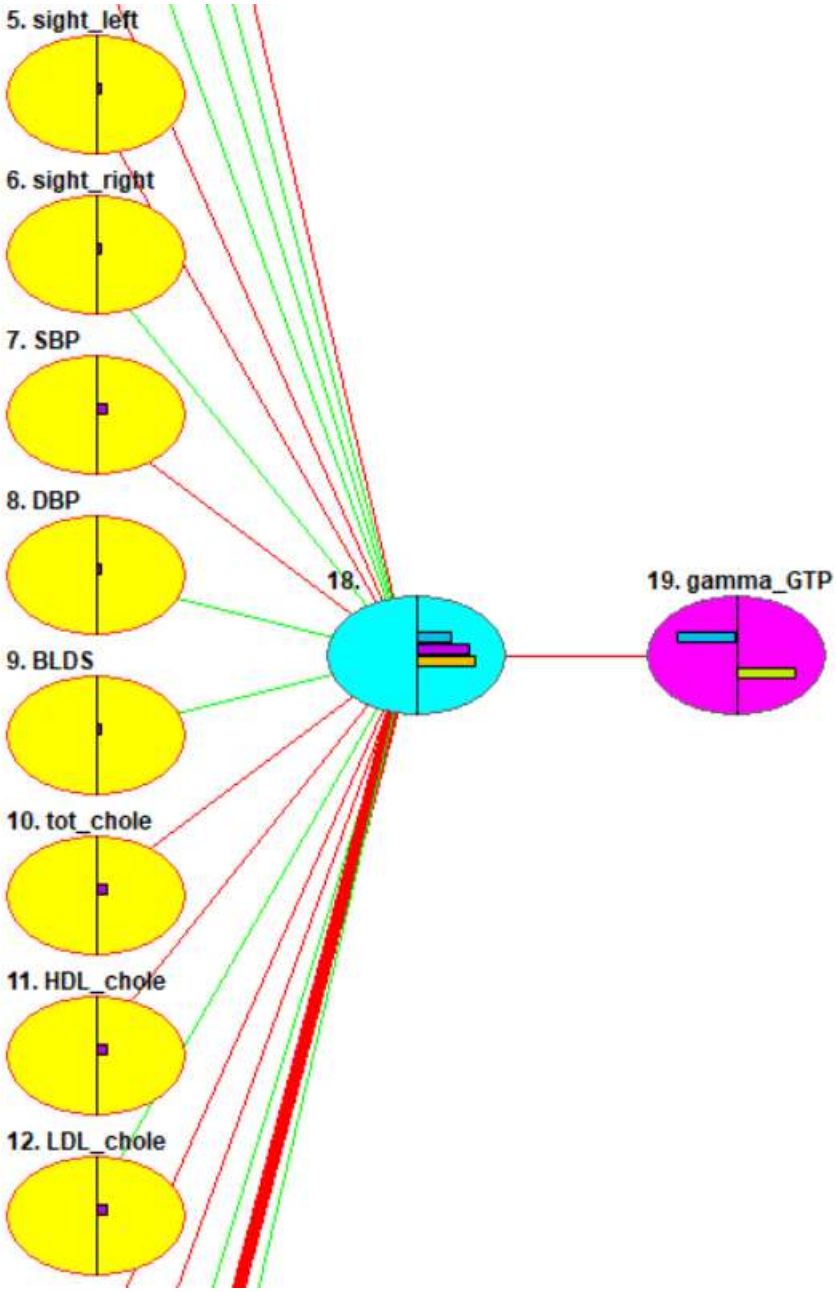

Figure 1: Architecture of the proposed model

Hyperparameter Tuning: Key hyperparameters such as the number of neurons in the hidden layer, learning rate, and batch size are tuned to optimize model performance.

Training and Validation: The dataset is split into training and validation sets. The model is trained on the training set, and its performance is evaluated on the validation set to prevent overfitting.

Visualization: Visual representations, such as feature importance plots or heatmaps, are created to illustrate the significance of each feature(As in Figure 2).

org1.tvq 31854 cycles. Target error 0.0100 Average training error 0.001639

The first 18 of 18 Inputs in descending order.

Column	Input Name	Importance	Relative Importance
16	SGOT_AST	43.3841	
15	serum_creatinine	6.1001	
0	sex	3.8922	
3	weight	3.8047	
13	triglyceride	3.7398	
6	sight_right	3.6539	
17	SGOT_ALT	3.6031	
7	SBP	3.3935	
4	waistline	3.1977	
11	HDL_chole	2.9419	
12	LDL_chole	1.7264	
2	height	1.6407	
1	age	1.5619	
10	tot_chole	0.8284	
9	BLDS	0.6207	
14	hemoglobin	0.4799	
8	DBP	0.1437	
5	sight_left	0.0362	

Figure 2: Features importance

Results and Discussion:

As mentioned above, the purpose of this experiment was to Analyzing the Relationship between Smoking and Drinking Patterns Using Neural Networks. We used Backpropagation algorithm, which provides the ability to perform neural network learning and testing. Our neural network is the front feed network, with one input layer (18 inputs), one hidden layers and one output layer (1 output) as seen in Figure 1. The proposed model is implemented in Just Neural Network (JNN) environment. The dataset were gathered from Kaggle which contains 5148 samples with 19 attributes (as seen in Figure 3). This model was used to determine the value of each of the variables using JNN which they are the most influential factor on diabetes prediction as shown in Figure 2. After training and validating, the network, it was tested using the test data and the following results were obtained. The accuracy number was (99.94%). The average error was 0.0016. The training cycles (number of epochs) were 31854. The training examples were 3595. The number of validating examples was 1552 as seen in Figure 4. The control parameter values of the model is shown in Figure 6 and the detail summary of the proposed model is shown in Figure 5.

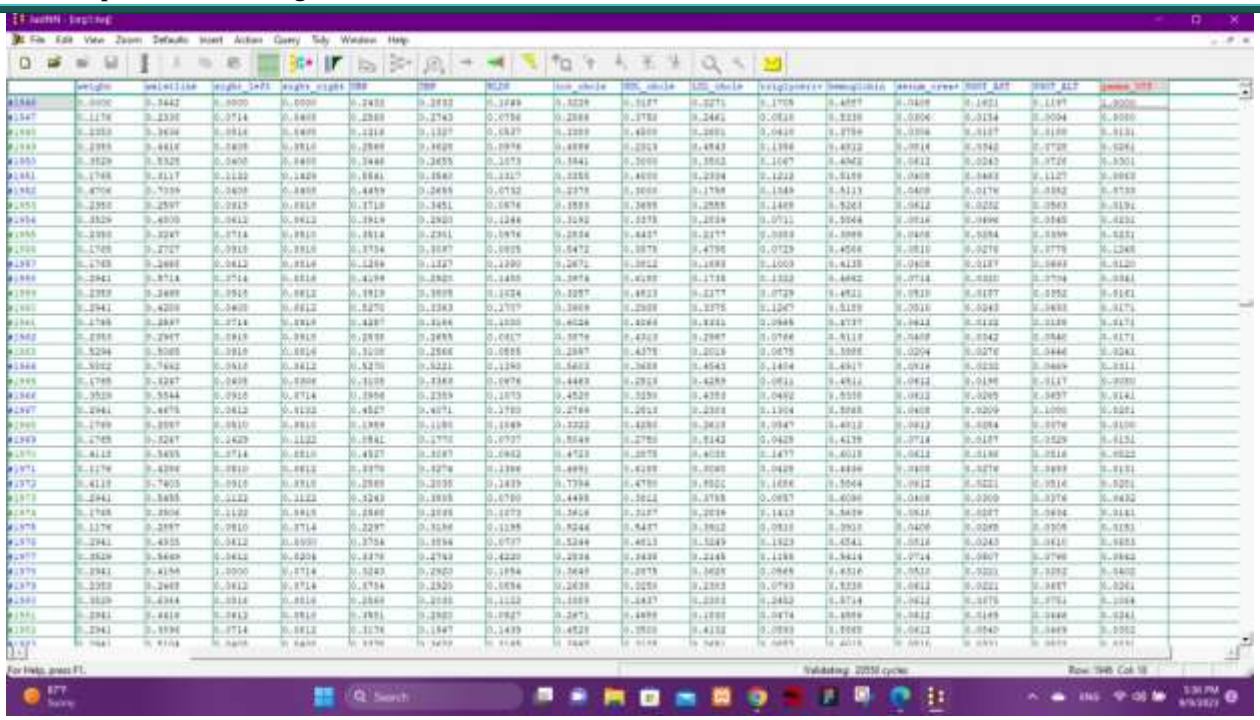

Figure 3: Dataset after cleaning

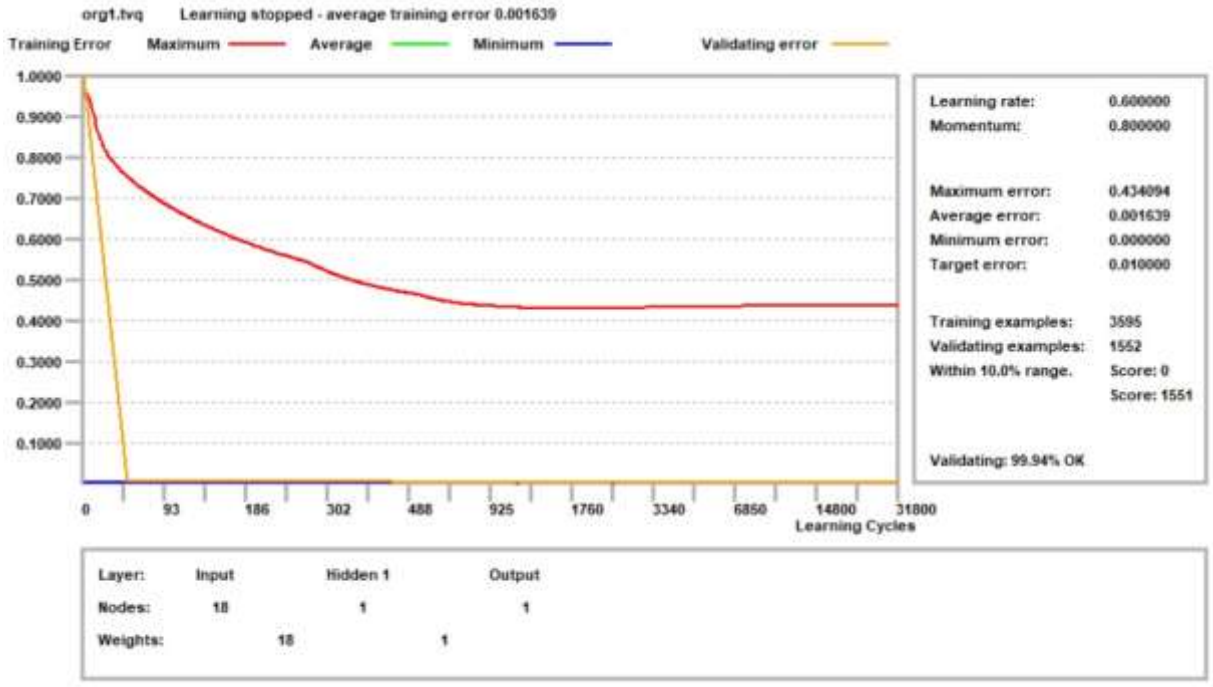

Figure 4: History of training and validation

Figure 5: details of the proposed model

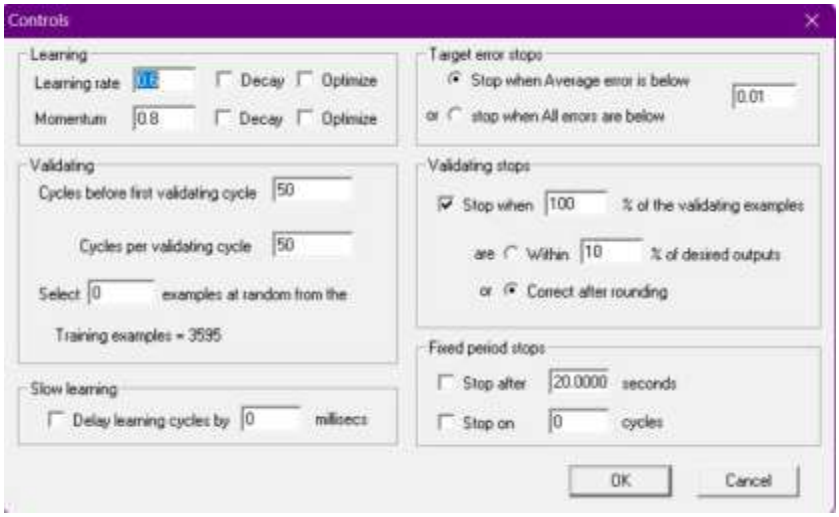

Figure 6: Controls of the proposed model

Conclusion

In this study, we harnessed neural networks to explore the connection between smoking and drinking behaviors and their relationship with various demographic and physiological factors. Our research yielded significant insights:

- Our predictive model achieved a remarkable 99.94% accuracy, emphasizing the potential of machine learning in modeling health-related behaviors.
- Serum aminotransferases, serum creatinine, sex, weight, and triglyceride levels were identified as pivotal factors in influencing these behaviors.
- Ethical considerations were addressed, ensuring responsible data handling.

Our findings have practical implications for public health interventions and contribute to understanding lifestyle choices. This study highlights the promise of machine learning in untangling intricate health phenomena, paving the way for future research and healthier societies.

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