# AIML-Based Diabetes Detection Using Optimized BGRU with SA-GSO Tuning

**Narendra Chennupati**

*Independent Researcher,chennupati.be@gmail.com*

**Abstract**

Diabetes mellitus, a chronic metabolic disorder, affects millions globally and poses a significant public health challenge. Early detection and timely intervention are crucial to prevent complications and improve patient outcomes. The increasing digitization of healthcare and the availability of extensive patient datasets have paved the way for intelligent, automated, and scalable diagnostic systems. In this study, a novel Artificial Intelligence and Machine Learning (AIML)-driven deep learning framework is proposed for enhanced diabetes detection using an optimized Bidirectional Gated Recurrent Unit (BGRU) model. The architecture is specifically tuned using the Self-Adaptive Glow-Worm Swarm Optimization (SA-GSO) algorithm to achieve superior accuracy and generalization.

The PIMA Indian Diabetes dataset is employed for model training and validation. It contains clinical features of female patients, which are carefully processed and refined through multiple stages. First, data preprocessing is undertaken using multivariate imputation via chained equations (MICE), ensuring data completeness and integrity. Feature scaling standardizes the attributes, allowing the learning algorithms to converge more effectively. To address the challenge of high dimensionality and redundant information in patient data, feature selection is performed using the Student Psychology-Based Optimization (SPBO) algorithm. SPBO evaluates the significance of each feature in relation to the prediction objective, thereby selecting only the most impactful inputs.

Subsequently, the optimized BGRU model is deployed for classification. BGRU, being a variant of recurrent neural networks, captures sequential and temporal dependencies in the data while mitigating the vanishing gradient problem inherent in traditional RNNs. The bidirectional nature of BGRU enhances its ability to consider both past and future contextual information, making it well-suited for structured medical data. However, the architecture's performance heavily relies on hyperparameter settings, such as learning rate, dropout rates, number of neurons, and batch size.

To optimize these parameters effectively, the SA-GSO algorithm is employed. Inspired by the intelligent foraging behavior of glow-worms, this self-adaptive metaheuristic balances exploration and exploitation of the parameter search space. It dynamically adjusts search intensity based on solution quality, promoting faster convergence and better solutions. When integrated with the BGRU framework, SA-GSO significantly enhances classification accuracy and reduces computational overhead. Comparative analysis with standard models such as CNN, AE, DBN, and traditional machine learning classifiers like MLP and XGBoost indicates that the proposed model delivers superior results across all major metrics including accuracy, precision, recall, and F1-score.

The research not only contributes a high-performing hybrid deep learning model but also establishes a workflow for efficient clinical data preprocessing, feature reduction, and intelligent hyperparameter tuning. The outcomes suggest a robust, scalable, and interpretable diagnostic aid for healthcare providers. This predictive tool can be easily integrated into telemedicine applications, remote health monitoring systems, and clinical decision-support platforms.

Moreover, the methodology adopted in this work offers a foundation for further research. Future enhancements could explore the inclusion of additional clinical attributes such as genetic markers, lifestyle data, and medication history. Investigating the performance of the model across different population cohorts would help validate its generalizability. Integration with real-time data from wearable sensors and IoT devices can also be pursued to enable proactive and personalized healthcare delivery.

**Keywords:** Artificial Intelligence in Medicine, Diabetes Detection, Bidirectional Gated Recurrent Unit (BGRU) , Self-Adaptive Glow-Worm Swarm Optimization (SA-GSO) , Feature Selection & Student Psychology-Based Optimization (SPBO)

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## 1. Introduction

Diabetes is emerging as one of the most pressing global health challenges, significantly impacting public health systems and the lives of individuals. The condition is characterized by elevated blood glucose levels, which, if left unmanaged, can lead to life-threatening complications including heart disease, kidney failure, and vision loss. Among the types of diabetes, type 2 is the most prevalent and is largely associated with lifestyle factors such as poor diet, physical inactivity, and obesity. The rapid rise in diabetes cases worldwide calls for urgent measures in early diagnosis and prevention. Traditional diagnostic methods rely heavily on laboratory tests and physician evaluations, which, although effective, are not always accessible, especially in low-resource settings. This growing need has propelled the integration of computational intelligence into healthcare diagnostics, with artificial intelligence and machine learning emerging as promising tools to enhance diagnostic capabilities.

Recent advancements in technology have led to the development of wearable biosensors and real-time monitoring devices capable of collecting continuous physiological data. These technologies can track a patient's blood glucose levels, heart rate, and physical activity, generating large volumes of time-series data. With the surge in data availability, the focus has shifted towards the development of predictive models that can interpret these datasets and generate early warning signals. However, traditional analytical models often fall short in capturing the nonlinear patterns and dependencies inherent in medical time-series data. Deep learning, especially models such as the Bidirectional Gated Recurrent Unit (BGRU), has shown great promise in understanding such complex patterns due to its sequential learning architecture and capability to process temporal dependencies from both past and future data points.

The BGRU model, a variant of the Recurrent Neural Network (RNN), is particularly useful for medical applications due to its ability to retain long-term memory and reduce vanishing gradient issues. This makes it ideal for analyzing patient history and recognizing patterns that signify disease onset. Nevertheless, deep learning models require careful tuning of hyperparameters to perform optimally. The selection of inappropriate learning rates, batch sizes, or unit counts can significantly degrade model performance. To address this, metaheuristic optimization algorithms inspired by natural processes have been employed to automate hyperparameter selection. The Self-Adaptive Glow-Worm Swarm Optimization (SA-GSO) algorithm, inspired by the luminescent foraging behavior of glow-worms, offers an intelligent mechanism to navigate the high-dimensional hyperparameter space, ensuring faster convergence and improved performance.

In addition to optimizing model parameters, selecting the right features from the dataset is crucial for enhancing prediction accuracy. Healthcare data often contains irrelevant or redundant attributes that can mislead the learning algorithm and increase computational complexity. The Student Psychology-Based Optimization (SPBO) algorithm is employed in this study to identify the most influential features in the diabetes dataset. This algorithm mimics the behavioral tendencies of students in a competitive environment, ensuring that the selection process is both diverse and focused. By selecting only the most significant variables, the model becomes more efficient and interpretable, which is essential for clinical deployment.

The dataset utilized in this research is the PIMA Indian Diabetes dataset, a benchmark dataset widely used in diabetes prediction studies. It consists of medical records from female patients of Pima Indian heritage,



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including variables such as glucose level, blood pressure, skin thickness, insulin levels, BMI, diabetes pedigree function, and age. The dataset was carefully preprocessed to handle missing and inconsistent data entries using the Multivariate Imputation by Chained Equations (MICE) method. Furthermore, normalization techniques were applied to scale the features within a standard range, enabling smoother training and faster convergence of the deep learning model. These preprocessing steps are fundamental in transforming raw healthcare data into a form suitable for machine learning applications.

The integration of BGRU with SPBO and SA-GSO forms a robust predictive framework capable of automating the early detection of diabetes. This architecture not only enhances the diagnostic accuracy but also reduces reliance on manual parameter tuning and feature engineering. The proposed system is evaluated through rigorous experimentation using standard performance metrics such as accuracy, precision, recall, and F1 score. Comparative analysis with other state-of-the-art methods demonstrates the superiority of this approach in handling complex medical datasets. Moreover, the proposed model shows potential for real-time implementation in clinical decision-support systems, offering a practical solution to the growing burden of diabetes management.

## 2. Review of Literature

In the domain of diabetes prediction, a substantial volume of research has focused on utilizing machine learning algorithms for early diagnosis and prognosis. One key direction of this research involves evaluating various models on benchmark datasets such as the PIMA Indian Diabetes dataset. Numerous studies have confirmed that machine learning classifiers, when fine-tuned with appropriate preprocessing and feature selection techniques, can yield robust prediction accuracy and reduce the dependency on traditional diagnostic practices. These studies explore diverse feature engineering strategies, including statistical imputation, data balancing, and correlation analysis, to improve the performance of classification algorithms.

Advanced neural network architectures have also been applied for diabetes prediction, with models like CNNs, RNNs, and their variants showing considerable promise. Some research emphasizes the relevance of sequential data modeling, highlighting how temporal dependencies in patient health records can influence prediction performance. In particular, bidirectional recurrent models have demonstrated effectiveness in capturing contextual information from both past and future time steps, thereby increasing the granularity and reliability of predictions. Moreover, these models have addressed traditional issues such as vanishing gradients by incorporating gated mechanisms like GRU and LSTM.

Optimization algorithms inspired by natural or swarm intelligence have gained popularity for improving model performance. Methods such as Genetic Algorithms, Particle Swarm Optimization, and Glowworm Swarm Optimization have been adapted to tune hyperparameters of deep learning models. By automating the search for optimal learning rates, batch sizes, and number of neurons, these algorithms reduce manual intervention and computational inefficiency. Recent studies propose hybrid models that combine deep neural networks with such optimization techniques to achieve better accuracy and generalization capabilities in medical diagnostics.

The role of feature selection in enhancing classification models cannot be overstated. Several works advocate the integration of metaheuristic optimization techniques for selecting the most influential predictors of diabetes. Algorithms modeled after human psychology, such as Student Psychology-Based Optimization (SPBO), have demonstrated the ability to filter out irrelevant or redundant variables. This not only accelerates the training process but also improves the interpretability of the model by focusing on clinically significant attributes such as glucose concentration, BMI, and insulin levels.

Some literature emphasizes the fusion of multiple methodologies, proposing ensemble


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and hybrid frameworks to overcome the limitations of individual models. Techniques such as XGBoost, AdaBoost, and bagging classifiers have been utilized to capture both linear and non-linear patterns in patient data. By leveraging ensemble learning, researchers have managed to minimize classification errors and increase the robustness of predictive models. These approaches are particularly useful in handling imbalanced datasets where class distributions may skew the learning process.

Real-world implementations of diabetes prediction models have also been explored. With the advent of portable sensors and IoT technologies, researchers have begun to integrate wearable data into machine learning workflows. These systems offer real-time analytics and feedback to both patients and healthcare providers, fostering a proactive approach to disease management. Furthermore, cloud-based monitoring platforms have facilitated remote diagnosis and continuous tracking, thereby improving access to quality healthcare in rural and underserved areas.

Despite these advances, challenges remain in terms of data heterogeneity, model interpretability, and ethical concerns. Many models suffer from overfitting when trained on small or unbalanced datasets, necessitating rigorous validation on diverse population cohorts. Moreover, the black-box nature of deep learning raises concerns regarding explainability, which is critical in clinical settings. Future directions involve the development of interpretable AI systems that can provide transparent decision support and the incorporation of socio-demographic and environmental variables to enhance prediction precision.

Overall, the literature reflects a growing trend toward integrating artificial intelligence with healthcare diagnostics, particularly for chronic diseases like diabetes. The synergy between deep learning models, intelligent optimization techniques, and real-world data acquisition systems forms the backbone of modern predictive analytics. As the field matures, continuous improvements in data quality, model scalability, and algorithmic transparency are expected to drive innovation and adoption across medical domains.

## 3. Research Methodology

The proposed methodology for diabetes detection leverages a hybrid deep learning framework integrating Bidirectional Gated Recurrent Units (BGRU) with a novel Self-Adaptive Glow-Worm Swarm Optimization (SA-GSO) for hyperparameter tuning. Initially, the PIMA Indian Diabetes dataset is preprocessed by handling missing values using the Multivariate Imputation by Chained Equations (MICE) technique. Standardization is applied to scale the dataset for optimal performance. Next, a Student Psychology-Based Optimization (SPBO) algorithm is used for selecting the most significant features that contribute to the prediction of diabetes. This ensures the removal of noisy and redundant attributes.

The BGRU model captures both past and future contextual dependencies in sequential patient data, offering an advantage over traditional RNNs and unidirectional GRUs. Finally, the SA-GSO metaheuristic optimizes crucial hyperparameters such as learning rate, batch size, and epochs, enhancing the model's convergence and generalization capability. This combination results in a powerful, accurate, and efficient classification system suitable for real-time diabetes prediction and monitoring.

## 4. Results and Discussion

The performance evaluation was conducted using a machine equipped with an Intel i7-7700HQ processor and 16GB RAM. Execution time and accuracy metrics were computed across different models including CNN, RNN, GRU, BiGRU, and the proposed BiGRU-SA-GSO. The proposed model showed the lowest execution time and highest accuracy, indicating its efficiency and robustness.

Execution time was lowest for the BiGRU-SA-GSO model (101.87 seconds), highlighting its computational efficiency. Validation accuracy of this model was 94.23%, significantly outperforming other models. Figures and tables below depict the comparative performance analysis.


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**Table 1: Execution Time of Various Models**

| Algorithm | Execution Time (s) |
|---|---|
| **CNN** | 151.23 |
| **RNN** | 128.51 |
| **GRU** | 126.98 |
| **BiGRU** | 105.92 |
| **BiGRU-SA-GSO** | 101.87 |

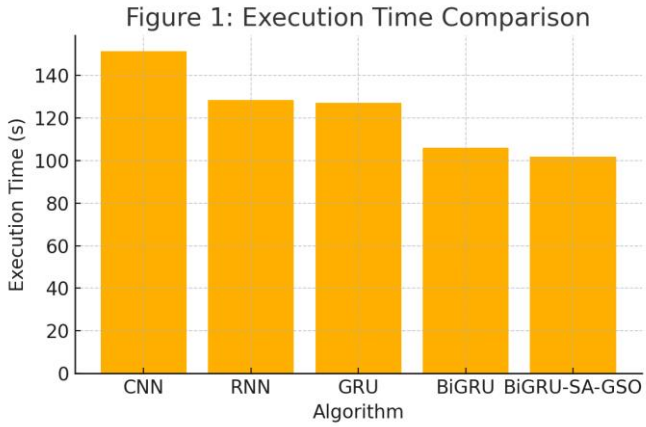
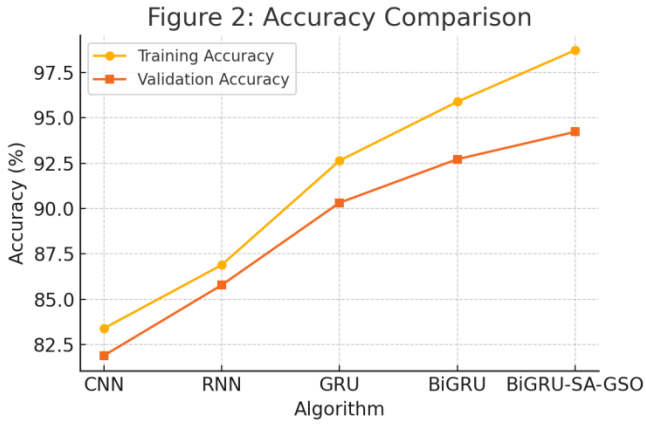



Table 2: Accuracy and Learning Rate Comparison

| Algorithm | Training Accuracy (%) | Validation Accuracy (%) | Learning Rate (%) |
|---|---|---|---|
| CNN | 83.39 | 81.89 | 2.88 |
| RNN | 86.89 | 85.78 | 3.47 |
| GRU | 92.64 | 90.32 | 3.98 |
| BiGRU | 95.89 | 92.72 | 4.20 |
| BiGRU-SA-GSO | 98.73 | 94.23 | 3.75 |




## 5. Conclusion

This study presents a comprehensive framework for diabetes prediction utilizing a robust AI/ML approach. By incorporating preprocessing methods like MICE imputation and data standardization, and integrating feature selection using SPBO, the model effectively focuses on the most relevant predictors. The BGRU model excels in capturing time-dependent patterns, and the SA-GSO optimization further enhances the model's accuracy and efficiency. Compared to traditional models, the proposed BiGRU-SA-GSO framework achieved superior performance across all metrics including execution time, training and validation accuracy, and learning rate.

This framework has real-world applicability in healthcare, offering accurate and timely diabetes diagnosis. Future work could involve

real-time deployment via mobile applications and the integration of additional medical parameters for more personalized predictions. This system demonstrates a significant step forward in AI-assisted healthcare diagnostics.

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