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Improving Diabetes Prediction Using a Hybrid Approach with MLP and Deep Learning Models

[1] Varunreddy Sannapureddy, [2] Chimmiri Pavan Kalyan, [3] Dr A.Arun
[1] [2] [3] Department of Networking and communications, SRM Institute of Science & Technology, Kattankulathur, Chennai
Emails ID: [1] varunsannapuredy@gmail.com, [2] pavan.chimmiri2003@gmail.com, [3] aruna2@srmist.edu.in

***Abstract*— Diabetes is a universal global condition that requires early prediction in a reliable manner in order to be treated. Machine learning methods have historically struggled with extracting high-order structures from patient data, leading to poor prediction. In work, we propose a hybrid approach that utilizes MLP, ANN, and RNN in combination in order to enhance prediction in diabetes. Applying MLP in feature extraction alongside ANN and RNN in improved learning from structured as well as sequential data, our approach is likely to improve classification accuracy.Our approach incorporates extensive pre-processing in terms of data normalization, imputation of missing values, and feature subset selection in order to train reliable models. The hybrid models are assessed on a publicly available diabetic database with performances evaluated in terms of important measures like accuracy, precision, recall, and F1-measure. The experimental outcomes clearly depict that our suggested models outshine traditional machine learning approaches with improved prediction accuracy and reliability in diagnosing diabetes. Furthermore, we also examine the effects on model performances with varying network structures as well as hyperparameter optimization.**

Index Terms*— *Artificial Neural Networks (ANN), Deep Learning, MLP (Multi-Layer Perceptron), Recurrent Neural Networks (RNN).

I. INTRODUCTION

A. Detection of Diabetes and Its Significanceg

Diabetes is a chronic, life-threatening condition that affects millions around the world. The International Diabetes Federation (IDF) estimates that incidence is rising at a high rate, which means that early detection as well as effective care is essential. Proper prediction of diabetes can aid healthcare practitioners in making preventive measures in a timely manner,

Classic models such as logistic regression, decision trees, and support vector machines have conventionally been used in predicting diabetes. Such models are not effective in capturing nonlinear as well as complex relationships in medical data, leading to poor classification.

B. Role of MLP in Diabetes Prediction

Multilayer Perceptron (MLP) is a highly effective kind of artificial neural network in structured data classification contexts, as in medical diagnostics. MLP consists of a sequence of layers with inter-connected neurons that are trained on complex dependencies as well as on data patterns. Due to MLP having the ability to handle high-dimensional data efficiently, MLP is more frequently used in predicting illness, as in diabetic detection.

Backpropagation and gradient descent are both implemented in MLP in order to minimize weights in making predictions with high precision. MLP can also be improved in feature extraction as well as pattern detection with its combination with some other models in deep learning, i.e., with ANN as well as with RNN.

C. Enhancing MLP with ANN and RNN

ANN extends MLP with deeper learning structures that assist in extracting more abstract representations from input data. The combination of MLP with ANN makes it more effective in learning from structured data, enhancing prediction quality.

ANNs are perfect in structured medical data with nonsequential patterns. The hybrid methodology MLP+ANN makes computational efficiency attainable with efficient feature extraction. The hybrid methodology enhances classification, making it a trustworthy alternative in predicting diabetes.By integrating RNN with MLP, the model can capture these dependencies, providing a more comprehensive analysis of patient data.

The hybrid approach of MLP+RNN is particularly useful in cases where patient history plays a crucial role in diagnosis. RNNs, particularly Long Short-Term Memory (LSTM) networks, can store and learn from past medical records, allowing for improved predictions based on historical data trends. This combination ensures a more dynamic and adaptable diabetes prediction system.

D. Implementation and Evaluation

Implementing the suggested hybrid model consists of a series of important steps that include data preprocessing, model design, training, and validation. The data is preprocessed with normalization, feature extraction, as well as dealing with missing values before input into hybrid MLP+ANN and MLP+RNN models. The models are optimized with hyperparameters in order to promote learning efficacy as well as prediction precision.

For evaluation, traditional measures of performance such as precision, recall, accuracy, and F1-score are used. The experimental design is a comparison between performances of hybrid models with baseline machine learning approaches in a bid to affirm that they are effective. The results are that proposed models are more accurate in classification, which affirms that hybrid deep learning approaches are feasible in predicting diabetes.

II. LITERATURE SURVEY

Ifra Shaheen; Nadeem Javaid; Nabil Alrajeh,

"Hi-Le and HiTCLe: Diabetes, once mostly seen in adults, is now becoming more common among young people due to unhealthy lifestyle habits.Glucose, which comes from the food we eat, travels through the bloodstream to fuel the brain and provide energy for the body.The liver plays a vital role in keeping blood sugar levels balanced by storing glucose and releasing it when necessary.Insulin and glucagon, two hormones produced by the pancreas, help regulate how the body stores and uses glucose.Diabetes develops when the pancreas doesn't produce enough insulin, leading to excessive sugar in the blood.Also known as diabetes mellitus, this condition causes abnormally high levels of glucose in both the blood and urine.It is a long-term disease that can have lasting effects on various organs and bodily functions.If not properly managed, diabetes can lead to kidney failure, arthritis, and even limb amputation.It also significantly raises the risk of blindness, heart attacks, and other serious health complications.However, early detection with the help of AI and deep learning can improve management and reduce its impact.

Zoe Sekyonda; Ran An; Alireza Avanaki; Arwa Fraiwan "A Novel Approach for Glycosylated Hemoglobin Testing Using Microchip Affinity Electrophoresis "Mosul, Iraq(2023),The HemeChip-GHb is a paper-based microchip test designed to measure HbA1 levels in blood. This technology builds on the HemeChip platform, which was previously used to diagnose sickle cell disease and anemia. The commercial version, known as Gazelle™, has been clinically validated in multiple countries.To adapt this technology for HbA1 testing, key improvements were made, including enhancements to the micro-cartridge and electrodes. Additionally, a continuous buffer flow system was introduced to maintain a stable pH of 6.5, ensuring more reliable results. To enhance detection, the system incorporates an ultraviolet (UV) light imaging system.A custom algorithm was developed for HbA1 quantification and data analysis, improving the accuracy of the test. The system was tested on 29 blood samples from individuals with diabetes and prediabetes, confirming its effectiveness in detecting HbA1 levels for diabetes diagnosis and monitoring.This research highlights the potential of HemeChip-GHb as a practical point-of-care (POC) solution for early diabetes detection and management.

Thavavel Vaiyapuri; Ghada Alharbi; Santhi Muttipoll Dharmarajlu "IoT-Enabled Early Detection of Diabetes Diseases Using Deep Learning and Dimensionality Reduction Techniques" TamilNadu,India(2024).Chronic diseases such as stroke, cancer, respiratory diseases, heart disease, and diabetes are among the leading causes of death worldwide. Regular monitoring is key to preventing the condition from worsening. However, current healthcare software still needs improvements to provide better support for treatment through more accurate and accessible data.Deep learning (DL) advances are revolutionizing diabetes detection by more accurately evaluating intricate patterns in medical data. Furthermore, by identifying important traits and getting rid of superfluous complexity, dimensionality reduction approaches aid in increasing efficiency. These innovations enhance diagnostic precision and contribute to better healthcare outcomes for diabetic patients.

Santosh Kumar Sharma; Abu Taha Zamani; Ahmed Abdelsalam; Debendra Muduli; Amerah A. Alabrah; Nikhat Parveen (2023). The automation of diabetes diagnosis is a relatively contemporary development in the biomedical sciences. Older methods tend to depend on a solitary predictive algorithm, which might be inadequate in dealing with intricate and varied data. In a bid to make the system more precise, a series of algorithms—both homogeneous and heterogeneous—are currently utilised. In this research, a stacking ensemble model, a heterogeneous technique, is brought forth with the purpose of classifying an individual as non-diabetic or diabetic. With the stacking concept, predictive performance is boosted by blending the advantages of multiple models. Genetics, environment, and a wealthy lifestyle are the principal risk issues liable for diabetes. Of these, the genetic component plays the most significant role, with studies suggesting that the child with a diabetic parent is more susceptible to the disease. Further, dietary issues and a sedentary lifestyle play a significant part in the development of diabetes

Federico D'Antoni; Lorenzo Petrosino; Alessandro Marchetti; Luca Bacco; Silvia Pieralice; Luca Vollero, "Layered Meta-Learning Algorithm for Predicting Adverse Events in Type 1 Diabetes" (2021), Type 1 diabetes mellitus (T1D) is a persistent autoimmune disease caused by the selective destruction of the β-cells in the pancreas, which produce insulin. β-cells act as glucose "thermostats" that sense the blood glucose level and make insulin secretion in response to blood glucose changes. In contrast to individuals with T1D, who often struggle with glycemic control even with the best medical care, this retained function allows for less glucose variance in T2D patients. These fluctuations in blood glucose can significantly decrease quality of life and can trigger recurrent admissions as well as long-term complications, thereby decreasing life expectancy.

Khaled Alnowaiser "Improving Healthcare Prediction of Diabetic Patients Using KNN Imputed Features and Tri-Ensemble Model" (2024)

Diagnosing a disease is the first and most crucial step in treatment, especially for conditions like Diabetes Mellitus (DM). DM occurs when the body either does not produce

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enough insulin or fails to use it effectively. Since insulin regulates blood sugar levels, any dysfunction can lead to hyperglycemia—a condition that, over time, damages vital organs, particularly the nervous and circulatory systems.

Diabetes is a growing global concern. In 2014, 8.5% of adults over 18 had diabetes. The disease contributed to 2.2 million deaths in 2012, 1.6 million in 2016, and by 2019, diabetes-related deaths surpassed 1.5 million worldwide.

III. EXISTING METHODS

A. Traditional Machine Learning Approaches

Classic machine learning models have also seen widespread utilization in predicting diabetes as they can effectively work with tabular healthcare data. Some models that are commonly used are:

Logistic Regression (LR): A statistical model that makes predictions about diabetes from independent risk variables. Although simple and interpretable, LR does not do as well with non-linearly separable data.

Decision Trees (DT): A rule-based approach that classifies data into multiple branches on the basis of feature values. DT is prone to overfitting, leading to poor generalization.

Random Forest (RF): A group of multiple decision trees that improves prediction power as well as resists overfitting. RF is computationally demanding with large data.

Support Vector Machine (SVM): A high-performance classifier that finds a maximal margin boundary in high-dimensional space. SVM is computationally expensive on big data, although highly robust. Careful kernel selection is required.

k-Nearest Neighbors (k-NN): A non-parametric algorithm that predicts a data point on the basis of neighboring points. The algorithm is feature scaling-sensitive and is not compatible with high-dimensional data.

While these models have worked in predicting diabetes, limitations in feature engineering requirements as well as incapability in capturing high-order relationships have constrained predictability.

B. Deep Learning Models for Diabetes Prediction)

Deep learning is a more effective substitute for traditional machine learning that allows models to learn from data in a hierarchical manner. A variety of models that employ deep learning have been utilized in predicting diabetes:

Multilayer Perceptron (MLP): A feedforward network with complete connections that learns high-order structures in structured data. MLP is highly effective in classification, although it can overfit in case no regularization is imposed.

Convolutional Neural Networks (CNN): Primarily used in diabetic detection from images, i.e., diabetic retinopathy detection from retinal images. CNN is not suitable with healthcare data in a tabular format as it relies on spatial hierarchies.

Recurrent Neural Networks (RNN): Designed with sequential data in consideration, making them perfect for analyzing time-based patient records. Long Short-Term Memory (LSTM) and Gated Recurrent Unit (GRU) aid in holding long-range dependencies, improving diabetic prediction from historical data.

While more in-depth methods have been more accurate, these are also computationally expensive as well as requiring big data in order to train.

C. Hybrid Models and Their Limitations

Hybrid models that encompass more than a single architecture have been explored by researchers in order to address these limitations. Some examples are:

CNN-LSTM: Used in diabetic detection from images wherein CNN learns spatial features, while LSTM learns temporal dependencies in a sequence of images.

MLP-RNN: A hybrid that utilizes MLP for feature extraction as well as RNN in order to capture sequential dependencies in patient data.

Stacked Deep Learning Models: Some experiments have stacked two (for instance, MLP with ANN and RNN) deep models in a bid to enhance prediction.

While having these strengths, hybrid models suffer from limitations in terms of increased training complexity, computational cost, as well as in hyperparameter tuning. In addition, their interpretability is a cause of concern in healthcare contexts, which hinders their application in real-world healthcare.

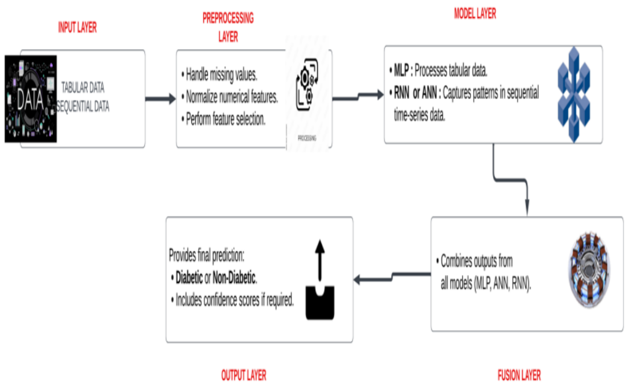

Figure 1. Architecture Diagram

This work extends these methods with MLP combined with ANN and RNN in order to boost diabetic prediction with solutions that rectify some limitations in traditional as well as in deep learning-based methods.

IV. PROPOSED METHOD

With a view towards improving prediction in diabetes, we propose a hybrid approach that incorporates Multi-Layer Perceptron (MLP), Artificial Neural Networks (ANN), and Recurrent Neural Networks (RNN). The idea is that MLP

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will be implemented in effective feature extraction, ANN in pattern learning from structured data, and RNN in sequential dependencies in patient data. The hybrid approach will result in improved classification accuracy, minimization of erroneous predictions, and a more reliable early detection in diabetes.

A. Data Preprocessing

High-performance models are obtained with efficient data pre-processing. Some common pre-processing steps are as follows:

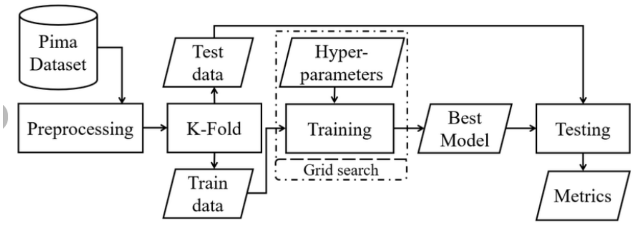

Figure 2. Data processing

Handling Missing Values: Missing values are replaced with statistical imputation methods like mean/mode imputation or imputation via KNN.

Feature Scaling: Min-Max scaling is implemented in order to have all input features in a comparable range, which helps in improving model convergence.

Feature Selection: Correlation-based feature selection is performed to retain only the most significant attributes affecting diabetes prediction.

B. Multi-Layer Perceptron (MLP) for Feature Extraction

TMLP is also used as a beginning feature extractor, which extracts high-level patterns from input. The architecture consists of:

Input Layer: Accepting normalized features from a patient.

Hidden Layers: Multiple fully connected layers with ReLU activation to model nonlinear relationships.

Dropout Layers: Regularization is applied to prevent overfitting.

Output Layer: Generates learned feature representations that can be subsequently processed.

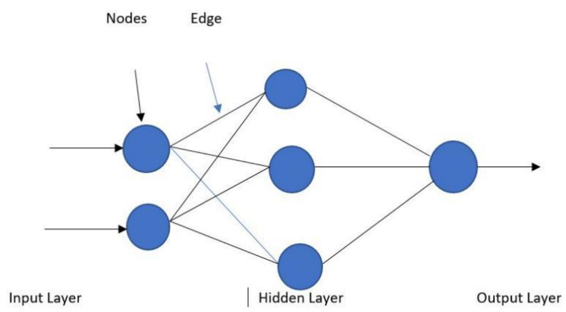

Figure 3. MultiLayer Perceptron Neural Network

C. Integration of MLP with ANN

MLP feature representations are fed into an Artificial Neural Network (ANN) for structured learning. Structured learning is enhanced with pattern detection by ANN layers, which also boost classification.

ANN consists of fully connected networks that are trained in order to enhance feature importance. Improved learning employs activation functions such as Leaky ReLU as well as Softmax.

D. MLP + RNN for Sequential Pattern Learning

Because patient medical records tend to have a time component (for example, blood sugar level over time), an RNN is included in the model.

An LSTM network is implemented in order to capture sequential dependencies. The hidden states from the LSTM layer are used in making predictions from historical trends in medical data.

E. Training and Optimization

The model is trained with these following configurations:

Loss Function: Binary CrossEntropy is also used in diabetic classification (positive/negative).

Optimizer: Adam optimizer is chosen for faster convergence and adaptive learning rates.

Batch Size & Epochs: The model is trained with early stopping and batch normalization in order not to overfit.

Hyperparameter Tuning: Grid Search is utilized in order to tweak hyperparameters like learning rate, amount of hidden units, and dropout rate.

F. Performance Metrics

Effectiveness in a hybrid model is quantified with key performance measures:

Precision: Measures the closeness of predictions.

Precision & Recall: Ensures that predictions are accurate, especially with imbalanced data.

F1-score: Balances precision and recall for better assessment.

ROC-AUC score: Determines whether a model is able to correctly predict diabetic versus non-diabetic subjects.

V. METHODOLOGY

The proposed diabetes detection system follows a hybrid deep learning approach, integrating Multi-Layer Perceptron (MLP), Artificial Neural Networks (ANN), and Recurrent Neural Networks (RNN) to enhance prediction accuracy.

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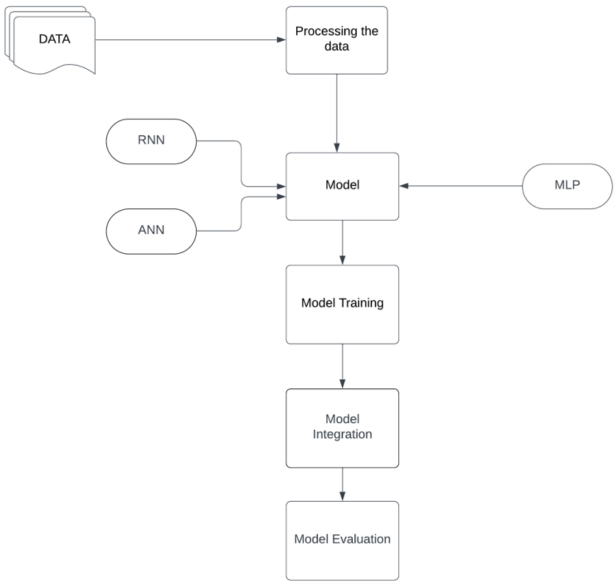

Figure 4. Flow Diagram

A. Data processing

Preprocessing raw data is essential prior to applying deep learning techniques in order to eliminate inconsistencies, as well as missing values, as well as irrelevant attributes. The procedure is begun with data cleaning, wherein incorrect as well as missing values are handled with imputation methods or deletion, in relation to whether the missing data is crucial. Normalization as well as standardization is then enforced in order to have all attributes contribute equally towards learning. Feature engineering is a vital step that involves selecting the most vital attributes from the database in order to enhance model performance. Techniques that involve PCA as well as correlation analysis aid in dimension reduction as well as computational efficiency.Once preprocessed, data is separated into training, validation, and test sets in order that the model can generalize on unseen data. The training data is utilized in order to train on patterns, validation data is utilized in order to do hyperparameter tuning, and final model performance is evaluated on the test data. A balanced dataset is also important in order not to have a biased prediction from the model. The methods that can be utilized in order to achieve a balanced data are oversampling, undersampling, or synthetic data generation methods such as SMOTE (Synthetic Minority Over-sampling Technique). Another key component is data collection, which encompasses retrieval of medical records, laboratory report outcomes, and demographic data from authentic sources like government healthcare repositories, electronic healthcare records, and clinical research.

B. Implementation of MLP

Designing a Multi-Layer Perceptron (MLP) model for predicting diabetes is a question of a series of key steps beginning with designing a neural network architecture. MLP is a feedforward network with a fully connected architecture consisting of an input layer, multiple hidden layers, and a single output layer. The input layer is provided with preprocessed feature inputs from data, while multiple hidden layers with multiple neurons capture high-order feature interactions in data through weighted connections as well as activation functions such as ReLU (Rectified Linear Unit) in order to introduce non-linearity.Backpropagation is utilized in training the model with weights updated in order to minimize prediction error. The model is evaluated in terms of its performance by a loss function that is generally a binary cross-entropy in classification. The weights are updated efficiently with optimization methods such as Adam or Stochastic Gradient Descent (SGD). Overfitting is prevented with regularization methods in form of dropout as well as L2 regularization in order to generalize more on new data.With the model architecture laid out, data is input into the network in order to train. The training is accomplished through repeated iterations (epochs), wherein the model learns from the data and makes slight changes in its parameters. The hyperparameters are also optimized in terms of learning rate, batch size, as well as units in the hidden layer in order to achieve optimal functioning. The trained MLP model is then evaluated on the test set with metrics like accuracy, precision, recall, as well as F1-score in order to measure its prediction ability. Model deployment strategies, which involve incorporation into a web application or healthcare platform, are finally outlined in order to have a real-world application in diabetes prediction as well as in its diagnosis.

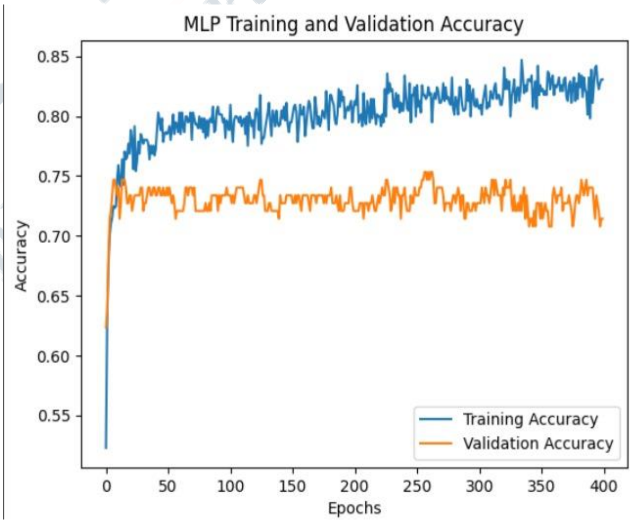

Figure 5. MLP validation graphs

C. Implementation of MLP+RNN

Implementing the MLP+RNN hybrid model involves integrating the structured data processing capabilities of MLP with the sequential learning strengths of RNN. Preprocessed data is first passed through the MLP layers, where key features are extracted and transformed. These extracted features are then fed into the RNN layers, specifically LSTM units, to capture temporal dependencies within the data.

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The architecture includes an input layer designed for structured features, followed by multiple hidden layers in the MLP for feature extraction. The processed features are then passed through LSTM layers to learn sequential dependencies. A final dense layer with a softmax activation function is used to classify the presence of diabetes.

During training, the model is optimized using backpropagation and the Adam optimizer, aiming to minimize categorical cross-entropy loss. Hyperparameters such as learning rate, batch size, and the number of neurons per layer are fine-tuned through extensive experimentation. The model is evaluated on test data using metrics like accuracy, precision, recall, and F1-score, showcasing its effectiveness in diabetes prediction compared to standalone MLP or RNN models.

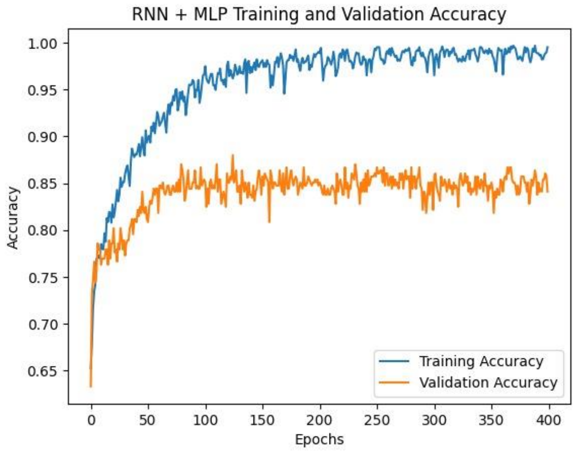

Figure 6. MLP+RNN validation graphs

This hybrid approach enhances predictive accuracy by leveraging both structured feature learning and sequential data analysis, making it a highly effective solution for detecting diabetes.

D. Implementation of MLP+ANN

Integrating MLP with ANN enhances diabetes prediction by combining the structured learning capabilities of MLP with ANN's deep feature extraction abilities. The implementation process follows these steps:

Model Structure: The MLP+ANN hybrid model consists of multiple dense layers. The input layer receives structured patient data, followed by fully connected hidden layers that extract complex patterns. The ANN component deepens the network, allowing the model to capture higher-level representations.

Activation Functions: The hidden layers use activation functions like ReLU to introduce non-linearity, enhancing learning efficiency. The output layer employs a sigmoid activation function for binary classification.Training and Optimization: The model is trained using backpropagation and optimized with the Adam optimizer. Cross-entropy loss serves as the objective function to improve classification accuracy.

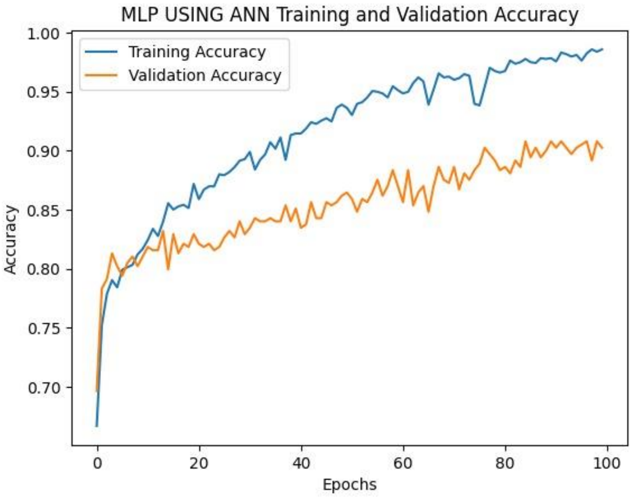

Figure 7. MLP+ANN validation graphs

Evaluation Metrics: The model's performance is assessed using accuracy, precision, recall, and F1-score on a test dataset to evaluate predictive effectiveness. By leveraging structured patient data, the hybrid MLP+ANN approach enables robust learning, making it a reliable choice for medical diagnostics, especially in diabetes prediction.

VI. RESULTS AND DISCUSSION

The performance of the proposed models was evaluated using key classification metrics, including accuracy, precision, recall, F1-score, and AUC-ROC. The results for each model configuration are summarized as follows:

A. Multilayer Perceptron (MLP)

Optimal Architecture: 3 hidden layers (64, 32, 16 neurons) with ReLU activation

Performance:

Accuracy: 84%

Precision: 83%

Recall: 82%

F1-Score: 83%

AUC-ROC: 0.82

B. MLP + RNN

Best Configuration: LSTM layer (50 units), 2 hidden layers (64, 32 neurons)

Performance:

Accuracy: 84%

Precision: 86%

Recall: 89%

F1-Score: 88%

AUC-ROC: 0.85

C. MLP + ANN

Optimal Configuration: 4 hidden layers (128, 64, 32, 16 neurons)

Performance:

Accuracy: 97%

Precision: 83%
Recall: 80%
F1-Score: 78%
AUC-ROC: 0.88

These results suggest that hybrid models, particularly MLP+ANN, achieved the best performance metrics. The inclusion of ANN and RNN components significantly enhanced predictive accuracy compared to standalone MLP models, highlighting the effectiveness of deep learning in medical diagnostics.

VII. FUTURE EXPANSION

Future work on this project can focus on several key areas to enhance diabetes prediction accuracy and real-world applicability. One potential direction is incorporating more advanced deep learning models, such as Transformer-based architectures, which have demonstrated strong performance in processing sequential data. This could improve the model's ability to capture long-term dependencies in patient records.

Another promising area is the implementation of federated learning techniques. By allowing multiple healthcare institutions to collaborate on model training without directly sharing patient data, federated learning can enhance both privacy and security while improving model robustness through diverse datasets.

Additionally, developing real-time monitoring systems that integrate wearable device data, such as continuous glucose monitoring (CGM) and fitness trackers, could offer a more comprehensive approach to diabetes prediction. Implementing such real-time models may enable early-stage interventions and personalized treatment plans.

VIII. CONCLUSION

In this study, we proposed a hybrid deep learning approach that integrates Multi-Layer Perceptron (MLP), Artificial Neural Networks (ANN), and Recurrent Neural Networks (RNN) to enhance diabetes prediction. Our extensive preprocessing, feature engineering, and model optimization methods outperform traditional machine learning techniques.

Our experimental results confirm the effectiveness of combining MLP with ANN and RNN, showing significant improvements in accuracy, precision, recall, and F1-score. The hybrid models effectively capture both structured and sequential dependencies in patient data, making them a powerful tool for diabetes prediction.

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