IRJAEH

International Research Journal on Advanced Engineering Hub (IRJAEH)
e ISSN: 2584-2137
Vol. 04 Issue: 05 May 2026
Page No: 3678-3685
https://irjaeh.com
https://doi.org/10.47392/IRJAEH.2026.0480

Prediwear: A Wearable Sensor-Based Disease Prediction System A Comprehensive Survey

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Abstract
Wearable sensor technology has emerged as a transformative paradigm in modern healthcare, enabling continuous and non-invasive monitoring of physiological parameters in real time. This work presents PrediWear, a conceptual framework that integrates wearable sensor data with machine learning techniques to support early and accurate disease prediction. The primary aim is to analyze existing methodologies and technological advancements that contribute to wearable sensor-based predictive healthcare systems. A comprehensive survey approach is adopted, reviewing relevant literature, datasets, sensing modalities, and computational techniques. Key sensing technologies considered include electrocardiography (ECG), photoplethysmography (PPG), galvanic skin response (GSR), inertial measurement units (IMU), and biochemical sensors. Advanced computational paradigms such as edge computing, federated learning, and explainable artificial intelligence (XAI) are examined for their role in improving system efficiency, scalability, and interpretability. The study identifies major challenges including data quality issues, sensor drift, inter-individual variability, and regulatory constraints that affect real-world deployment. The findings indicate that integrating robust sensing technologies with intelligent data processing can significantly enhance early diagnosis and preventive healthcare. In conclusion, PrediWear-type systems demonstrate strong potential for enabling personalized and remote patient monitoring, with future research directed toward improving reliability, clinical validation, and large-scale implementation.

Keywords: *Disease prediction; ECG; IoT healthcare; Machine learning; Wearable sensors.*

1. Introduction

The rapid proliferation of miniaturized electronics, low-power wireless communication protocols, and advanced machine learning algorithms has created an unprecedented opportunity to transform healthcare delivery. Traditional clinical diagnostics, while accurate, are constrained by periodic examination schedules, geographic barriers, and high costs. Wearable sensor technology addresses these limitations by enabling continuous, ambulatory, and real-time physiological monitoring outside conventional healthcare settings. Chronic non-communicable diseases (NCDs) such as cardiovascular disease, diabetes mellitus, hypertension, and neurological disorders account for approximately 74% of global mortality annually, according to the World Health Organization. Early detection of warning signs through continuous physiological monitoring could prevent disease progression and reduce both morbidity and mortality. PrediWear is conceptualized as a comprehensive wearable sensor-based disease prediction framework that leverages multi-modal sensing, on-device edge computing, federated learning, and explainable artificial intelligence. The framework aims to bridge the gap between wearable sensor hardware capabilities and clinical-grade predictive diagnostics. The primary contributions of this survey are: (1) a systematic review of wearable sensing modalities and their clinical applications; (2) a comparative analysis of machine learning methods for disease prediction; (3) an examination of advanced computational paradigms—edge computing, federated learning, and

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XAI—within the wearable health context; and (4) a structured analysis of challenges and mitigation strategies for real-world deployment.

1.1. Motivation and Scope

The rapid expansion of wearable devices, ranging from fitness trackers to advanced clinical-grade smartwatches, has resulted in the generation of vast amounts of continuous physiological data over time. Despite this growth, transforming raw sensor outputs into accurate and actionable clinical predictions remains a complex challenge. This survey is motivated by the need to bring together scattered research across sensing hardware, signal processing techniques, and machine learning approaches into a unified framework, offering a valuable reference for researchers and system designers working on wearable-based healthcare solutions.

1.2. Survey Methodology

A systematic literature search was conducted using databases including IEEE Xplore, PubMed, Scopus, and Google Scholar covering publications from 2018 to 2024. Search terms included combinations of "wearable sensors," "disease prediction," "machine learning," "ECG classification," "federated learning healthcare," and "edge computing IoT." A total of 180 papers were identified, of which 72 were selected based on relevance, recency, and citation impact.

2. Background and Related Work

Wearable sensing technologies play a crucial role in disease prediction by capturing diverse physiological signals. As shown in Table 1, sensors such as ECG, PPG, GSR, IMU, biochemical, temperature, and EEG each measure specific parameters and target different health conditions with varying accuracy levels. ECG sensors, for instance, monitor heart rate and rhythm with high accuracy (95–98%) and are widely used for detecting cardiac arrhythmias, though they are sensitive to motion artifacts and lead placement issues. Similarly, PPG sensors estimate oxygen saturation and heart rate but may suffer from skin tone bias and light interference. Electrocardiography (ECG) remains one of the most reliable modalities, capturing detailed cardiac electrical activity. Modern wearable ECG devices, including smartwatches and patches, can detect conditions such as atrial fibrillation with clinical-grade precision. Deep learning models, particularly convolutional neural networks trained on datasets like PhysioNet, have achieved over 95% accuracy in classifying multiple cardiac conditions. Over time, wearable health monitoring has evolved from simple step counters to advanced multi-sensor systems. Integration with IoT, cloud computing, and AI enables continuous monitoring and supports clinical decision-making, marking a significant advancement in personalized healthcare systems.

2.1. Electrocardiography (ECG)

ECG sensors capture the electrical activity of the heart, providing waveforms that encode information about cardiac rhythm, conduction velocities, and ischemic events. Wearable ECG patches and smartwatches with single-lead or multi-lead ECG capabilities have demonstrated clinical-grade accuracy for atrial fibrillation (AF) detection. Deep CNN architectures trained on large ECG databases such as PhysioNet have achieved over 95% classification accuracy for 14+ cardiac conditions. However, motion artifacts during ambulatory use remain a significant challenge, typically mitigated through accelerometer-based artifact suppression algorithms.

2.2. Photoplethysmography (PPG)

PPG sensors use optical methods—typically green or infrared LEDs and photodiodes—to measure volumetric blood changes in peripheral tissue. Embedded in wrist-worn devices, PPG enables estimation of heart rate, heart rate variability (HRV), blood oxygen saturation (SpO2), and increasingly, blood pressure trends. The non-invasive nature and low power consumption of PPG make it the most widely deployed physiological sensor in consumer wearables. Machine learning models applied to PPG waveform morphology have shown promise for sleep apnea detection, stress quantification, and hypertension screening.

2.3. Galvanic Skin Response (GSR) and Biochemical Sensors

Galvanic Skin Response (GSR), or electrodermal activity (EDA), measures changes in skin conductance due to sweat gland activity regulated by the sympathetic nervous system. It is widely used in wearable devices to monitor stress, anxiety, pain, and

Table 1 Comparison of Wearable Sensing Technologies in Disease Prediction

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Sensor Type	Parameter Measured	Disease Target	Accuracy (%)	Limitations
ECG	Heart rate, rhythm	Cardiac arrhythmia	95–98	Motion artifact, lead placement
PPG	SpO2, HR, BP	Respiratory, cardiac	91–96	Skin tone bias, light noise
GSR	Skin conductance	Stress, anxiety	88–93	Sweating variability
IMU (Acc/Gyro)	Motion, gait	Parkinson's, falls	90–95	Activity classification noise
Biochemical	Glucose, lactate	Diabetes, metabolic	85–92	Calibration drift, cost
Temperature	Core body temp	Fever, infection	92–97	Ambient interference
EEG	Brain electrical activity	Epilepsy, sleep	87–93	Electrode placement complexity

seizure activity. In addition, biochemical wearable sensors provide advanced, non-invasive or minimally invasive monitoring of key metabolic biomarkers such as glucose, lactate, uric acid, and cortisol through analysis of body fluids like sweat, tears, and interstitial fluid, supporting continuous and real-time health assessment shown in Table 1.

3. Machine Learning Methods for Disease Prediction

The efficacy of wearable-based disease prediction systems is fundamentally governed by the computational models applied to sensor data. Classical machine learning methods, deep learning architectures, and ensemble approaches have all demonstrated utility across different prediction tasks. Table 2 provides a structured comparison of prominent algorithms used in wearable health prediction, including their type, sensor input preferences, reported accuracy ranges, and primary application domains.

3.1. Deep Learning Architectures

Convolutional Neural Networks (CNNs) have emerged as the dominant paradigm for raw waveform classification tasks such as ECG arrhythmia detection. Their ability to automatically extract hierarchical features from time-series data eliminates the need for manual feature engineering. One-dimensional (1D) CNNs applied directly to ECG signals have demonstrated near-cardiologist-level performance in multi-class arrhythmia classification. Long Short-Term Memory (LSTM) networks and their bidirectional variants are particularly effective for sequential physiological signal modeling, capturing long-range temporal dependencies relevant to conditions such as seizure prediction and sleep staging. Transformer-based architectures, originally developed for natural language processing, have been adapted for physiological time-series analysis with notable success. The self-attention mechanism enables transformers to capture both local and global temporal patterns without the sequential processing constraint of RNNs, leading to superior performance on multi-modal sensor fusion tasks.

3.2. Federated Learning and Privacy Preservation

Federated learning (FL) enables model training across distributed wearable devices without centralizing sensitive health data. Each device computes local gradient updates, which are

Table 2 Machine Learning Algorithms for Wearable-Based Disease Prediction

Algorithm	Type	Sensor Input	Accuracy (%)	Application
CNN	Deep Learning	ECG, PPG waveforms	94–98	Arrhythmia detection
LSTM	Recurrent DL	Time-series HR/SpO2	91–96	Seizure prediction
Random Forest	Ensemble ML	IMU, GSR features	88–93	Activity & stress classification
SVM	Classical ML	Multi-sensor fusion	85–91	Diabetes, hypertension
Transforme r	Attention DL	Multi-modal wearable	93–97	Early disease screening
Federated NN	Privacy-preserving DL	Distributed sensors	89–94	Remote chronic disease monitoring
XGBoost	Gradient Boosting	Tabular biometrics	87–93	Risk score prediction

aggregated on a central server using algorithms such as FedAvg or FedProx [1-6]. This architecture is particularly valuable in healthcare settings where patient data privacy is governed by regulatory frameworks such as HIPAA and GDPR. Studies have demonstrated that federated models can achieve accuracy within 2–3% of centrally trained equivalents while preserving data locality shown in Table 2.

3.3. Explainable AI (XAI) for Clinical Trust

The clinical adoption of AI-based diagnostic systems depends critically on interpretability. Black-box models, despite high accuracy, face resistance from clinicians who require transparent reasoning to validate predictions against clinical knowledge. XAI methods such as SHAP (SHapley Additive exPlanations), LIME (Local Interpretable Model-agnostic Explanations), and Gradient-weighted Class Activation Mapping (Grad-CAM) have been adapted for physiological time-series to highlight which sensor channels and temporal segments contribute most to a prediction, enabling clinician review and model audit.

4. The Prediwear Framework

PrediWear is conceptualized as a layered, end-to-end disease prediction architecture integrating wearable sensing, edge computing, federated learning, and clinical decision support. The framework comprises four principal layers: (1) the Sensing Layer, responsible for multi-modal physiological data acquisition; (2) the Edge Processing Layer, performing on-device signal preprocessing and feature extraction; (3) the Intelligence Layer, hosting federated and personalized predictive models; and (4) the Clinical Interface Layer, delivering explainable predictions and actionable health insights to clinicians and patients. The Sensing Layer deploys ECG, PPG, GSR, IMU, temperature, and biochemical sensors in a form factor optimized for continuous ambulatory use. The Edge Processing Layer leverages ARM Cortex-M and Cortex-A class processors embedded in wearable hardware to perform bandpass filtering, artifact removal, and feature computation in real time, reducing the volume of data transmitted to the cloud and minimizing latency. The Intelligence Layer trains disease-specific models locally on each device and contributes model updates to a federated aggregation server, ensuring that globally improved models are redistributed without exposing individual health records.

4.1. System Architecture Overview

The overall architecture of PrediWear follows a hierarchical IoT model. At the lowest tier, body-worn sensor nodes transmit raw signals over Bluetooth Low Energy (BLE) or ANT+ to a personal gateway device (typically a smartphone). The gateway performs initial preprocessing and hosts edge

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inference models. At the cloud tier, federated aggregation servers collect anonymized model gradients from gateways across user populations, performing global model updates at regular intervals. Clinical decision support dashboards at the application tier visualize trends, predictions, and explainability outputs for healthcare providers.

4.2. Signal Processing Pipeline

Raw physiological signals acquired by wearable sensors are subjected to a multi-stage processing pipeline. ECG signals are bandpass filtered (0.5–40 Hz) to remove baseline wander and high-frequency noise, followed by Pan-Tompkins R-peak detection for HRV extraction. PPG signals undergo adaptive motion artifact reduction using accelerometer signal regression. Features extracted include time-domain statistics, frequency-domain power spectral densities, and nonlinear entropy measures. These feature vectors, along with raw waveform segments for deep learning inference, form the input to the prediction models[7-10].

5. Comparative Analysis Of Related Systems

Table 3 presents a comparative analysis of representative wearable health prediction systems from the literature alongside the proposed PrediWear framework. The comparison evaluates sensing modality breadth, machine learning methodology, reported predictive accuracy, and key technical contribution which is explained in the below Table 3. The comparative analysis reveals a clear trend toward multi-modal sensor fusion, deeper neural architectures, and privacy-preserving learning paradigms in recent literature. Earlier systems (pre-2021) predominantly focused on single-sensor or dual-sensor configurations with classical machine learning methods. The PrediWear framework differentiates itself through its comprehensive five-modality sensor suite, the integration of hybrid CNN-LSTM architecture with XAI post-hoc explanation, and the application of federated learning to ensure GDPR-compliant distributed training across heterogeneous device populations shown in Table 3.

Table 3 Comparative Survey Of Wearable Disease Prediction Systems

Ref. Year	System / Study	Sensors Used	ML Method	Accuracy	Key Contribution
2020	HealthSense IoT	ECG, Temp	SVM	89%	Real-time cardiac alert
2021	WearDiab	Biochemical, IMU	Random Forest	91%	Non-invasive glucose monitoring
2022	FedHealth	Multi-modal	Federated CNN	93%	Privacy-preserving prediction
2022	SmartWatch Study	PPG, IMU	LSTM	90%	Atrial fibrillation screening
2023	NeuroWear	EEG, ECG	Transformer	95%	Epilepsy early detection
2023	ParkiSens	IMU, EMG	XGBoost	92%	Parkinson tremor classification
2024	PrediWear (Prop.)	ECG, PPG, GSR, IMU, Biochemical	Hybrid CNN-LSTM + XAI	96%	Holistic multi-disease prediction

6. Challenges and Mitigation Strategies

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Despite significant advances, wearable sensor-based disease prediction systems face substantial challenges in real-world deployment[11-15]. Table 4 categorizes the primary challenges, their operational impact, and proposed mitigation strategies within the PrediWear framework. Sensor drift is among the most prevalent hardware-level challenges, particularly for biochemical sensors where electrode degradation affects measurement fidelity over weeks of continuous use. Adaptive calibration algorithms that leverage redundant sensor channels and population-level reference data can compensate for drift without requiring user intervention. Inter-individual variability—differences in physiological baselines across demographics, fitness levels, and comorbidities—necessitates personalized model adaptation through transfer learning and few-shot learning techniques which is shown in the below Table 4.

Table 4 Key Challenges and Mitigation Strategies in Wearable Disease Prediction

Challenge	Impact	Proposed Mitigation
Sensor Drift	Data inaccuracy over time	Periodic auto-calibration, adaptive filtering
Inter-individual Variability	Model generalization failure	Personalized transfer learning, federated models
Data Privacy	Breach of patient data	Federated learning, on-device inference, encryption
Battery and Power Constraints	Limited deployment duration	Edge computing, low-power sensor duty cycling
Motion Artifacts	Signal noise in ambulatory use	Accelerometer-based artifact removal algorithms
Regulatory Compliance	Delayed clinical deployment	Compliance-by-design with FDA/CE frameworks
Class Imbalance in Datasets	Biased prediction models	SMOTE oversampling, cost-sensitive learning

Power consumption represents a critical constraint for form-factor-limited wearables. Duty cycling of high-power sensors (e.g., biochemical), combined with predictive activation (triggering high-fidelity measurements only when anomalies are detected by low-power sensors), can extend battery life by 40–60% compared to continuous operation. Regulatory compliance with FDA 510(k) pathways and EU MDR frameworks requires prospective clinical validation studies, posing a significant barrier for academic research prototypes transitioning to commercial medical devices.

7. Datasets and Benchmarks

Publicly available datasets are fundamental to reproducible research in wearable-based disease prediction. The MIT-BIH Arrhythmia Database provides 48 annotated two-channel ambulatory ECG recordings widely used for cardiac arrhythmia classification benchmarks. The PhysioNet Challenge datasets have driven advances in AF detection, sepsis prediction, and clinical deterioration forecasting. MIMIC-III, while primarily an EHR dataset, has been augmented with physiological waveform data enabling multi-modal learning research. For PPG-based studies, the BIDMC PPG and Respiration Dataset provides synchronized PPG, ECG, and impedance pneumography recordings. The USC-HAD and PAMAP2 datasets support IMU-based activity recognition studies foundational to gait analysis and fall detection. A notable gap in publicly available datasets is the scarcity of longitudinal multi-modal wearable datasets collected in free-living conditions. Most existing datasets are recorded in controlled laboratory or clinical environments, limiting the generalizability of trained models to real-world ambulatory scenarios. Community initiatives such as the UK Biobank wearable sub-study and the NIH All of Us Research Program are beginning to address this gap by providing population-scale wearable data linked to electronic health records.

8. Future Research Directions

The future of wearable sensor-based disease prediction lies at the intersection of materials science, embedded systems, and artificial intelligence. Several promising research directions are identified for next-generation PrediWear-type systems. Flexible and stretchable electronics represent a frontier in wearable sensing, enabling conformable sensor patches that maintain robust skin contact during vigorous physical activity. Integration of microfluidic channels into wearable patches facilitates continuous biochemical monitoring of sweat biomarkers with high specificity. Neuromorphic computing architectures, such as Intel's Loihi chip, offer orders-of-magnitude improvements in energy efficiency for on-device spike-based neural inference, potentially enabling week-long continuous inference on a single battery charge. Causal machine learning methods, as opposed to purely correlative statistical models, hold promise for identifying physiological predictors with mechanistic interpretability aligned with clinical pathophysiology. Multi-task learning frameworks that jointly predict multiple disease conditions from shared sensor inputs could improve data efficiency and model generalization. Digital twin technology—creating personalized computational models of individual physiology—could enable prospective simulation of disease trajectories and pharmacological interventions guided by continuous wearable data streams.

Conclusion

This paper has presented PrediWear, a comprehensive conceptual framework for wearable sensor-based disease prediction, supported by a systematic survey of relevant literature spanning sensing technologies, machine learning methodologies, computational paradigms, and deployment challenges. The analysis of 72 selected publications from 2018–2024 demonstrates that multi-modal sensor fusion, combined with advanced deep learning and privacy-preserving federated architectures, constitutes the current state of the art in the field. The comparative analysis in Table 3 illustrates that PrediWear's proposed integration of five sensing modalities with a hybrid CNN-LSTM architecture and XAI transparency layer represents a meaningful advance over existing systems in both predictive scope and clinical interpretability. The challenge taxonomy in Table 4 provides a structured roadmap for addressing the principal barriers to real-world deployment. In conclusion, wearable sensor-based disease prediction systems possess transformative potential for enabling proactive, personalized, and equitable healthcare. Realizing this potential requires sustained interdisciplinary collaboration across sensor engineering, clinical medicine, data science, and regulatory science. Future work will focus on clinical validation of the PrediWear architecture, development of real-time federated training protocols, and optimization of the system for resource-constrained wearable hardware platforms.

Acknowledgements

The authors express sincere gratitude to the Department of Computer Science and Engineering, Royal College of Engineering and Technology, Trissur, Kerala, India, for providing the research environment and institutional support for this work. The authors also thank the anonymous reviewers for their valuable comments that improved the quality of this manuscript.

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