

Medi-CAT: Contrastive Adversarial Training for Medical Image Classification

Pervaiz Iqbal Khan^{1,2}^a, Andreas Dengel^{1,2}^b and Sheraz Ahmed¹^c

¹German Research Center for Artificial Intelligence (DFKI), Kaiserslautern, Germany

²RPTU Kaiserslautern-Landau, Germany

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Abstract: There are not many large medical image datasets available. Too small deep learning models can't learn useful features, so they don't work well due to underfitting, and too big models tend to overfit the limited data. As a result, there is a compromise between the two issues. This paper proposes a training strategy to overcome the aforementioned issues in medical imaging domain. Specifically, it employs a large pre-trained vision transformers to overcome underfitting and adversarial and contrastive learning techniques to prevent overfitting. The presented method has been trained and evaluated on four medical image classification datasets from the MedMNIST collection. Experimental results indicate the effectiveness of the method by improving the accuracy up-to 2% on three benchmark datasets compared to well-known approaches and up-to 4.1% over the baseline methods. Code can be accessed at: <https://github.com/pervaizniazi/medicat>.

1 INTRODUCTION

The classification of medical images aids healthcare professionals in evaluating the images in a quick and error-free manner. It uses the discriminative features present in the images to distinguish between different images. Traditionally, convolutional neural networks (CNNs) have been employed to learn the image features and hence improve computer-aided diagnosis systems (Lo and Hung, 2022; Hu et al., 2022b; Hu et al., 2022a; Yang and Stamp, 2021). CNNs learn the discriminative features from the images to perform tasks such as classification, object detection, etc.


However, CNNs learn these features by exploiting local image structure, and they cannot capture long-range dependencies present within the image. Recently, transformer methods (Vaswani et al., 2017; Devlin et al., 2018; Yang et al., 2019; Radford et al., 2018) have revolutionized natural language processing (NLP) field by employing a self-attention mechanism to capture global dependencies present in the text. The success in NLP tasks has led to the suggestion of a transformer architecture for vision tasks. Vision Transformer (ViT) (Dosovitskiy et al., 2020)


converts an image into 16×16 patches (like tokens in NLP tasks), and takes them as input to generate its feature representation. It has shown superior performance over the CNNs in various studies (Wang et al., 2021).


Large models like ViT may be prone to overfitting the smaller datasets by retaining the training examples and may fail to perform well when faced with unknown information. This can be particularly problematic in the medical imaging, where data is scarce. Despite the large number of training samples in some datasets (Yang et al., 2023), the per-class samples are still small due to the large number of classes.

In this paper, we propose a training methodology to overcome the overfitting issue by utilizing adversarial training and contrastive learning. We primarily use the Fast Gradient Sign Method (FGSM) (Goodfellow et al., 2014) to generate adversarial examples. Then we jointly train the clean and adversarial examples to learn their representations. In addition, we use a contrastive learning method (Zbontar et al., 2021) that improves image representation by bringing the clean and adversarial example pairs closer and pushing the other examples away from them. The main contributions of this paper are:

- It proposes a novel method for avoiding overfitting by jointly minimizing the training objective for the clean and adversarial examples.

^a <https://orcid.org/0000-0002-1805-335X>

^b <https://orcid.org/0000-0002-6100-8255>

^c <https://orcid.org/0000-0002-4239-6520>

- It performs experimentation on four public datasets in the domain of medical image classification to evaluate the effectiveness of our proposed training method.
- The proposed approach exceeds the well-known approaches in the literature on three out of four datasets.

2 RELATED WORK

2.1 Convolutional Neural Networks

Convolutional neural networks (CNNs) have made great progress in the domain of computer vision due to their ability to learn useful image feature representation. GoogLeNet (Szegedy et al., 2015) used the inception network to improve feature learning. ResNet (He et al., 2016) employed residual connections to overcome the vanishing gradient problem. MobileNet (Howard et al., 2017) enhanced the efficiency of CNNs by employing both depth-wise separable convolutions and point-wise convolutions. DenseNet (Huang et al., 2017) used skip-connections between every two successive layers and concatenated their features instead of their summation. ConvNext (Liu et al., 2022b) applied 7x7 depth-wise convolutions and achieved comparable performance to ViT.

2.2 Vision Transformers

After achieving significant success in NLP, transformers in the image domain, i.e., vision transformers (ViT) have been successfully implemented in various tasks, including image classification (Dosovitskiy et al., 2020), image segmentation (Zheng et al., 2021), and object detection (Carion et al., 2020). ViT divides an image into patches, which resemble tokens in NLP, and then applies transformer layers to uncover the correlation between these patches. This way, it learns useful features for the downstream tasks. Many improvements have been proposed over the standard ViT. To strengthen the local structural relationship between the patches, T2T-ViT (Yuan et al., 2021) generates tokens and then combines neighboring tokens into a single token. Swin Transformer (Liu et al., 2021) learns the in-window and cross-window relationships by applying self-attention in the local window with the shifted window. The pooling-based vision transformer (PiT) (Heo et al., 2021) uses a newly designed pooling layer in the transformer architecture to reduce spatial size similar to CNNs and empirically shows the improvement.

2.3 Medical Image Classification

MedMNIST (Yang et al., 2023) comprises of 12 datasets related to 2D images and 6 datasets related to 3D images. The authors presented baseline results on these datasets using various models such as ResNet-18 (He et al., 2016), ResNet-50 (He et al., 2016), auto-sklearn (Feurer et al., 2015), AutoKeras (Jin et al., 2019), and Google AutoML Vision (Bisong et al., 2019). MedViT (Manzari et al., 2023) proposed a hybrid model that combines the capabilities of CNNs to model local representations with the capabilities of transformers to model the global relationship. Their attention mechanisms use efficient convolution to solve the problem of quadratic complexity. A novel mixer, known as a C-Mixer (Zheng and Jia, 2023) incorporates a pre-training mechanism to address the uncertainty and inefficient information problem in label space. This mixer employs an incentive imaginary matrix and a self-supervised method with random masking to overcome the uncertainty and inefficient information problem in label space. BioMedGPT (Zhang et al., 2023), is a generalized framework for multi-modal tasks in the medical domain, such as images and clinical notes. It first employs pre-training using masked language molding (MLM), masked image infilling, question answering, image captioning, and object detection to learn diverse types of knowledge. Then it is fine-tuned to the downstream tasks to show the efficacy of the model for transferring knowledge to other tasks.

3 METHODOLOGY

In this section, we present our proposed training method for medical image classification. As shown in Figure 1, our method consists of three main components. (1) Transformer-based image encoder that extracts features from the input image; (2) image encoder that takes images with perturbations generated by FGSM (Goodfellow et al., 2014) and extracts features; (3) Contrastive loss that takes the average patch embeddings of the clean and perturbed images as input and further improves their features in the representation space.

3.1 Image Encoder

The pre-trained ViT (Dosovitskiy et al., 2020) is chosen as the image encoder to encode the image in the representation space. An image is first split into 16×16 patches as tokens, and then these tokens are passed as inputs to the ViT. At the end of its forward

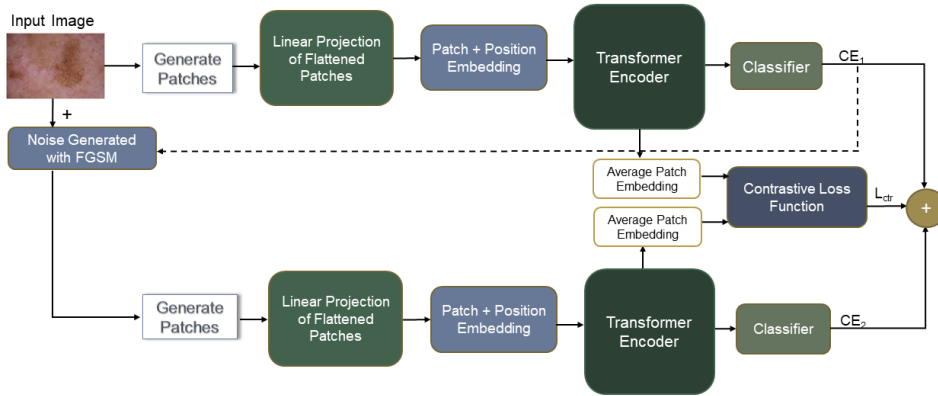


Figure 1: Proposed training methodology for medical image classification to overcome underfitting and overfitting.

pass, ViT returns the classification loss computed using cross-entropy as given by the following equation:

$$\mathcal{L}_{CE} = -\frac{1}{N} \sum_{i=1}^N \sum_{c=1}^C y_{i,c} \log(p(y_i, c | s_{[CLS]}^i)) \quad (1)$$

where $s_{[CLS]}^i$ is the final hidden representation for the i -th training example in the batch, 'N' is the number of training examples in the batch, and 'C' is the number of classes.

3.2 Adversarial Examples

Adversarial examples are generated by adding a small amount of perturbations in the images from the training set. We utilize the FGSM (Goodfellow et al., 2014) to generate the amount of noise η . Let $f_{\theta}(x_i, y_i)$ be a neural network parameterized by θ where x_i , and y_i represent the input example and its corresponding label, respectively. Let, \mathcal{L} represent the loss at the end of the forward pass as calculated using equation 1. Then perturbation η generated by FGSM is given as follows:

$$\eta = -\varepsilon \text{sign}(\nabla_{x_i} \mathcal{L}(f_{\theta}(x_i, y_i))) \quad (2)$$

In equation 2, ∇ is the gradient of the loss \mathcal{L} w.r.t input x_i . ε is the hyperparameter controlling the amount of noise. The generated noise η is added to the input image to generate an adversarial example. The generated adversarial example is passed to the image encoder as discussed in section 3.1, where another forward pass is completed and another classification loss is computed as given by equation 1. We use the shared image encoder to extract the representations for the clean and perturbed images.

3.3 Contrastive Learning

We employed Barlow Twins (Zbontar et al., 2021) as a contrastive learning method that takes two inputs,

i.e., encoding of the clean image, and encoding of its perturbed version that are generated by image encoder. The encoding of the last hidden state of the image encoder can be represented as $H \in \mathbb{R}^{p \times d}$. Here, p is the number of patches, i.e. 16, and d is the number hidden units of ViT, i.e., 1024. We average the encoding of all the patches for both clean and perturbed examples and then pass it to Barlow Twins (Zbontar et al., 2021) loss function that improves their representations by pulling the pair of clean and perturbed encoding closer while pushing them away from other image encoding in the training batch.

Let E^o and E^p represent the averaged encoding of the original and its perturbed version, respectively. Then, the Barlow Twins (Zbontar et al., 2021) improves their representations by using following objective function:

$$\mathcal{L}_{CT\mathcal{R}} = \sum_{i=1} (1 - X_{ii})^2 + \lambda \sum_{i=1} \sum_{j \neq i} X_{ij}^2 \quad (3)$$

where $\sum_{i=1} (1 - X_{ii})^2$, and $\sum_{i=1} \sum_{j \neq i} X_{ij}^2$ are the invariance, and redundancy reduction terms respectively, and λ controls weights between the two terms. The matrix X computes the cross-correlation between E^o , and E^p . It is computed as follows:

$$X_{ij} = \frac{\sum_{b=1}^N E_{b,i}^o E_{b,i}^p}{\sqrt{\sum_{b=1}^N (E_{b,i}^o)^2} \sqrt{\sum_{b=1}^N (E_{b,i}^p)^2}} \quad (4)$$

where b is the batch size, and X_{ij} represents the entry of the i -th row and j -th column of X . Both E^o and $E^p \in \mathbb{R}^{1 \times 1024}$

3.4 Training Objective

The training objective of our proposed method consists of three parts:(1) Minimizing the classification loss of the clean images; (2) minimizing the classification loss of the perturbed images; (3) minimizing

the contrastive loss for the clean and perturbed image encoding.

Total loss \mathcal{L} is given as follows:

$$\mathcal{L} = \frac{(1 - \alpha)}{2}(\mathcal{L}_{CE_1} + \mathcal{L}_{CE_2}) + \alpha\mathcal{L}_{CTR} \quad (5)$$

where \mathcal{L}_{CTR} is the contrastive loss, \mathcal{L}_{CE_1} , and \mathcal{L}_{CE_2} are two classification losses for the clean and perturbed images, and α is the trade-off parameter between the three losses. A higher value of α means more weight to the contrastive loss.

4 EXPERIMENTS

4.1 Datasets

MedMNIST (Yang et al., 2023) is a collection of 2D and 3D medical images related to ordinal regression, multi-label, and multi-class classification. We performed experimentation on four multi-class classification datasets from this collection to validate the performance of our proposed training strategy. The details of each dataset are given in Table 1.

4.2 Evaluation Metrics

Following (Zhang et al., 2023), we use accuracy as an evaluation metric. Accuracy is based on the threshold used to evaluate the discrete label prediction and is sensitive to class imbalance. As there is no class imbalance in the datasets we used in experimentation, accuracy is a good metric. On each dataset, we report the average accuracy score for two random runs with seeds of 42, and 44 respectively.

4.3 Training Details

We conducted training on each of the datasets mentioned in the section 4.1 for 50 epochs, with a batch size of 48. Before the training, all images were resized to 224x224 pixels. We used the same parameters as in (Yang et al., 2023) to normalize all the images. We used a fixed learning rate of $1e^{-4}$ and AdamW (Loshchilov and Hutter, 2018) as an optimizer in all our experiments. The cross-entropy and the Barlow Twins (Zbontar et al., 2021) were employed as classification loss and contrastive loss, respectively. The default hyperparameters were used for contrastive loss, and unlike the original implementation, we did not use a projection network for its two inputs. We performed a grid search for $\alpha \in \{0.1, 0.2, 0.3, 0.4, 0.5, 0.6, 0.7, 0.8, 0.9\}$ and $\epsilon \in$

$\{0.0001, 0.001, 0.0005, 0.001\}$ and used the validation set model with the highest accuracy for test set evaluation.

5 RESULTS AND ANALYSIS

In this section, we present the results and analysis of our proposed approach. Furthermore, we compare our results with well known approaches in the literature and also discuss the effect of various hyperparameters on the model performance.

5.1 Comparison with Existing Methods

Table 2 shows that our proposed method outperforms the existing methods on three datasets, whereas it remains second-best on the fourth one. These enhancements can be attributed to adversarial training and contrastive learning, which enhance the generalization of the model by avoiding overfitting. However, these improvements come with additional training costs, which are incurred by gradient calculations in FGSM (Goodfellow et al., 2014) method and additional training passes with perturbed images. However, accuracy can be more important in health-related tasks than training costs.

5.2 Analysis of Noise Amount and Trade-off Parameter

Figure 2 shows the effect of trade-off parameter α and noise controlling parameter ϵ on the validation sets of four datasets. For simplicity, these results are taken from one of the training runs. All the plots show that the accuracy for the smaller values of α is generally higher, whereas it decreases sharply for $\alpha \geq 0.6$. This implies giving more weight to contrastive loss after a certain degree negatively affects performance. For values of $\alpha < 0.6$ there is only a slight change in the performance of the model. As shown in Figure 2g and 2h, DermaMNIST (Yang et al., 2023) is more sensitive to both α and ϵ values as compared to other datasets.

5.3 Effectiveness of Proposed Method

Table 3 illustrates the effectiveness of our proposed method. The results show that incorporating adversarial training enhances the model’s precision on the DermaMNIST (Yang et al., 2023). Furthermore, incorporating contrastive learning further improves the performance of the model. This performance en-

Table 1: Statistics of datasets from MedMNIST (Yang et al., 2023) collection used in our experiments.

Name	Modality	# Classes	# Samples	Train/validation/Test
DermaMNIST (Yang et al., 2023)	Dermatoscope	7	10,015	7,007/1,003/2,005
OrganAMNIST (Yang et al., 2023)	Abdominal CT	11	58,850	34,581/6,491/17,778
OrganCMNIST (Yang et al., 2023)	Abdominal CT	11	23,660	13,000/2,392/8,268
OrganSMNIST (Yang et al., 2023)	Abdominal CT	11	25,221	13,940/2,452/8,829

Table 2: Compares the results of our proposed method with existing methods in literature on DermaMNIST, OrganAMNIST, OrganCMNIST, and OrganSMNIST (Yang et al., 2023) datasets in terms of accuracy score. Similar to (Zhang et al., 2023), we only present SotA approaches if they provided open-source code for reproducibility. The proposed method outperforms existing methods on three out of four datasets.

Methods	DermaMNIST	OrganAMNIST	OrganCMNIST	OrganSMNIST
ResNet-18 (28) (Yang et al., 2023)	0.735	0.935	0.900	0.782
ResNet-18 (224) (Yang et al., 2023)	0.754	0.951	0.920	0.778
ResNet-50 (28) (Yang et al., 2023)	0.735	0.935	0.905	0.770
ResNet-50 (224) (Yang et al., 2023)	0.731	0.947	0.911	0.785
auto-sklearn (Yang et al., 2023)	0.719	0.762	0.829	0.672
AutoKeras (Yang et al., 2023)	0.749	0.905	0.879	0.813
Google AutoML Vision (Yang et al., 2023)	0.768	0.886	0.877	0.749
FPVT (Liu et al., 2022a)	0.766	0.935	0.903	0.785
MedViT-T (224) (Manzari et al., 2023)	0.768	0.931	0.901	0.789
MedViT-S (224) (Manzari et al., 2023)	0.780	0.928	0.916	0.805
MedViT-L (224) (Manzari et al., 2023)	0.773	0.943	0.922	0.806
Complex Mixer (Zheng and Jia, 2023)	0.833	0.951	0.922	0.810
BioMed-GPT (Zhang et al., 2023)	0.786	0.952	0.931	0.823
Ours	0.824	0.961	0.940	0.843

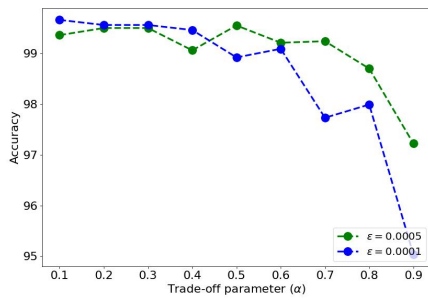
Table 3: Shows accuracy scores on four datasets for the proposed method. Here, AT stands for adversarial training.

Method	DermaMNIST	OrganAMNIST	OrganCMNIST	OrganSMNIST
ViT _{Large} (Dosovitskiy et al., 2020) (Baseline)	0.783	0.954	0.937	0.841
AT Only	0.817	0.949	0.942	0.841
AT + Contrastive (Proposed)	0.824	0.961	0.940	0.843

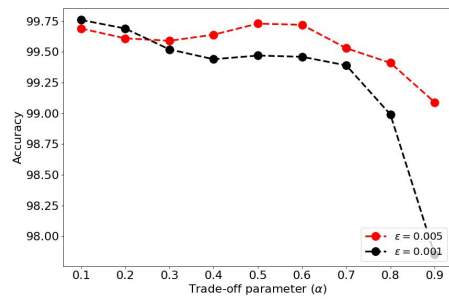
hancement of over 4% can be attributed to adversarial and contrastive training. Since the original dataset size is smaller as compared to other datasets, the FGSM (Goodfellow et al., 2014) generates new training samples with small perturbations, and then adversarial training and contrastive learning improve feature representations. For the OrganAMNIST (Yang et al., 2023), adversarial training results in a decrease in model performance, whereas the addition of contrastive training enhances the performance compared to the baseline model. The inclusion of contrastive learning results in a slight decrease in performance compared to adversarial training for the OrganCMNIST (Yang et al., 2023). Our method for OrganSMNIST (Yang et al., 2023) only makes a small improvement over the standard model. The difficulty of the dataset itself might be the reason for this, as it doesn't allow noise to improve performance.

6 CONCLUSIONS

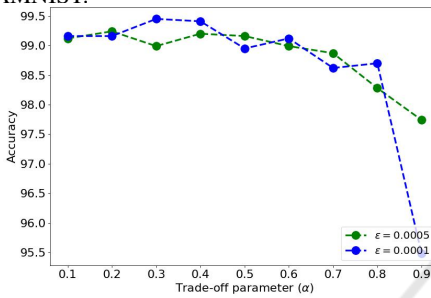
In this paper, a training method is proposed to overcome the problems of underfitting and overfitting in medical image classification. The proposed method used the power of a vision transformer to learn the features for different classes by fine-tuning it on the downstream classification task. To fix the overfitting, perturbations were added to the training images, and then both clean and perturbed images were jointly trained. To further improve the feature representation, contrastive loss was added, which pushes the clean and perturbed versions of the sample closer and farther than the other samples in the representation space. Extensive experiments on the four benchmark medical image classification datasets demonstrate the effectiveness of the proposed method. In the future, we intend to apply the proposed method to object detection and segmentation tasks.



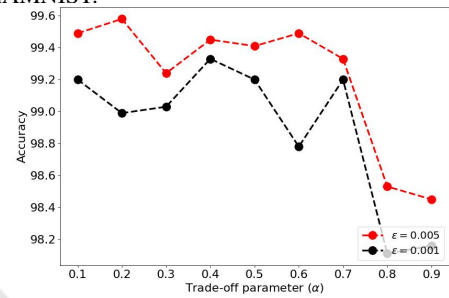
(a) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.0005, 0.0001)$ on OrganAMNIST.



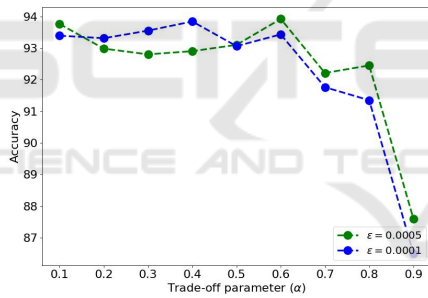
(b) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.005, 0.001)$ on OrganAMNIST.



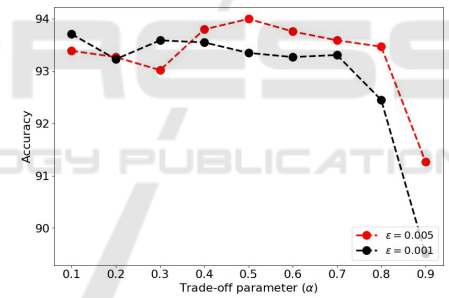
(c) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.0005, 0.0001)$ on OrganCMNIST.



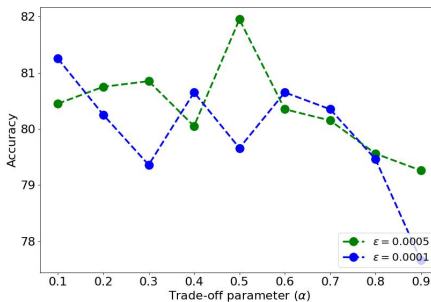
(d) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.005, 0.001)$ on OrganCMNIST.



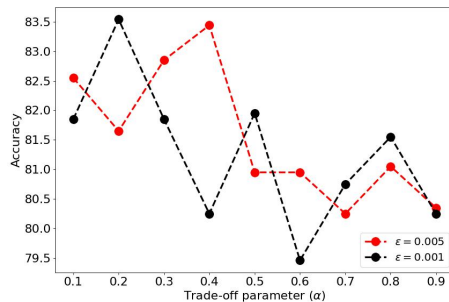
(e) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.0005, 0.0001)$ on OrganSMNIST.



(f) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.005, 0.001)$ on OrganSMNIST.



(g) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.0005, 0.0001)$ on DermaMNIST.



(h) Plots showing the effect of trade-off parameter α and noise controlling parameter $\epsilon \in (0.005, 0.001)$ on DermaMNIST.

Figure 2: Accuracy plots on the validation set for MedMNIST datasets showing the effect of trade-off parameter and noise amount.

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