The Dataset I've decided to work on is a Stress Detection Dataset by Ashish that focuses on the psychological, behavioral, and physiological features of the participants in the dataset. This data set is interesting to me because, as someone who suffers from stress on a day-to-day basis, I have a better understanding of how to dissect this data.

For the public, this dataset has broad relevance as it highlights the interactions between daily behaviors (phone usage, sleep, and mobility) and stress. These can contribute to the public understanding of stress management and help people make healthier choices.

The attributes are as follows:

1. Participant ID and Day: Identifiers for each participant and the day of observation.
2. PSS Score: A Perceived Stress Scale score, a common measure of perceived stress levels.
3. Personality Traits (Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism): Standard personality dimensions that may influence or correlate with stress.
4. Sleep Metrics (sleep time, wake time, sleep duration): Attributes related to sleep patterns, are often linked to mental and physical well-being.
5. PSQI Score: Pittsburgh Sleep Quality Index, another measure of sleep quality.
6. Phone Usage Metrics (call duration, number of calls, number of SMS): Indicators of phone use that may correlate with stress levels.
7. Screen On Time: Total screen usage time, possibly related to daily habits or stress.
8. Biometric Data (skin conductance, accelerometer readings): Indicators of physiological stress responses, like sweating and movement.

9. Mobility (mobility radius, mobility distance): Measures of physical mobility that can reflect lifestyle or stress-related behaviors.

Here is the website URL the dataset is posed on through Kaggle:

https://www.kaggle.com/datasets/swadeshi/stress-detection-dataset?resource=download

Here is the URL to the dataset in a Google Sheet:

https://docs.google.com/spreadsheets/d/1k2PUn3stN5nCfgqGYOgo_3GZZeS-PeYZzZghlsMw6hg/edit?gid=1026374734#gid=1026374734