

# Chronic Stress Assessment Based on EEG Signals: An Empirical Method for EEG Feature Importance

Akraradet Sinsamersuk, Rattaphong Laoharungpisit<sup>†</sup>, Chaklam Silpasuwanchai, Matthew Dailey and Attaphongse Taparugssanagorn

Center for Health and Wellness Technologies, School of Engineering and Technology, Asian Institute of Technology.

Contributing authors: [akraradets@gmail.com](mailto:akraradets@gmail.com);  
[laoharungpisit.r@gmail.com](mailto:laoharungpisit.r@gmail.com); [chaklam@ait.ac.th](mailto:chaklam@ait.ac.th);  
[mdailey@ait.ac.th](mailto:mdailey@ait.ac.th); [attaphongset@ait.ac.th](mailto:attaphongset@ait.ac.th);

<sup>†</sup>These authors contributed equally to this work.

## Abstract

Chronic stress is a prolonged and constant feeling of stress which could lead to depression and anxiety; therefore, a self-diagnosing tool can help notify an individual beforehand. EEG potential has been successful as a mean of prediction human emotion, but studies on EEG and chronic stress are limited. We recorded rest-state EEG and Perceived Stress Scale (PSS) score from 55 participants. Five frequency bands and asymmetry are extracted as features from the rest-state EEG. A feature selection procedure was performed using a t-test and feature importance scores from five classifiers. A RBF-SVM achieved a 10-cv score over 0.9 using eight different frequency bands, electrodes, and asymmetries namely,  $\beta_f$ ,  $F3_\delta$ ,  $F4_\delta$ ,  $F3_\beta$ ,  $P4_\delta$ ,  $F3_\gamma$ ,  $P4_\theta$ , and  $C3_\theta$ . This paper shows the empirical method of feature selection and confirms that EEG can be used in the chronic stress classification.

**Keywords:** Long-term stress, Chronic stress, Electroencephalography

# 1 Introduction

Stress is an unavoidable life phenomenon that can generate temporary discomfort as well as long-term consequences. Stress can have damaging effects on the mental health of individuals and can be categorized into acute (short-term) and chronic (long-term) occurrence [1], where acute stress is usually not a health risk, while the persistence of stress for a longer duration becomes chronic [1], which can lead to a state of depression, anxiety, and other possibly life-threatening issues. Chronic stress also affects the human body at different levels ranging from skin conditions, eating habits, inadequate sleeping to decision-making [2–4] and can be a better predictor of depressive symptoms as compared to acute stress [5]. Early detection of chronic stress can therefore reduce the risk of physical and mental illness if the stress is identified around the individual undertake appropriate stress relief therapies.

Several studies that have developed techniques to assess chronic stress using subjective psychological self-report questionnaires such as the Perceived Stress Scale (PSS) [6]. This approach is practical for capturing signs of stress over a long period, but the result could be biased since participants must reconstruct their feelings in the past, and they may hide their real feelings due to personal circumstances. As a result, genuine stress may out come to light. Recently, objective physiological assessments based on bio-markers such as electroencephalography (EEG) signals have emerged as alternative means to detect mental states including acute stress [7, 8]. However, the relationship between chronic stress and EEG signals has not been widely investigated.

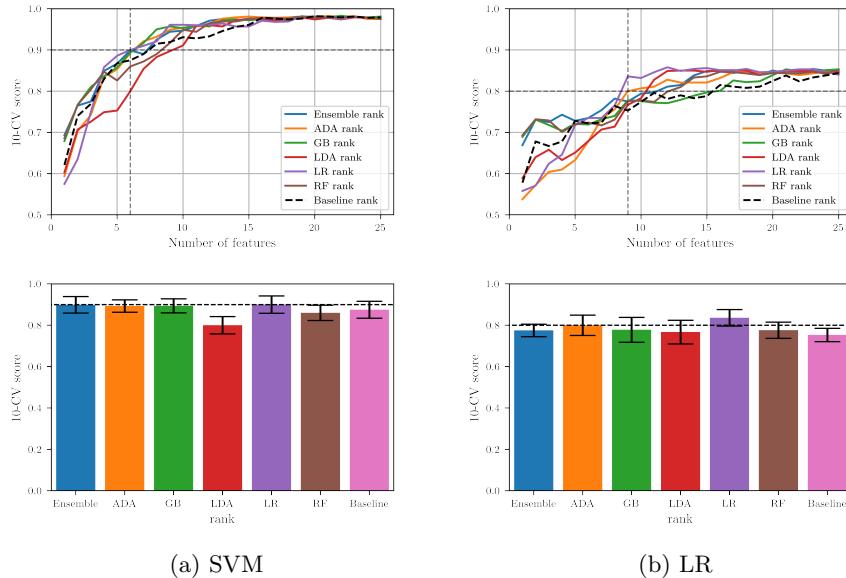
The aim of this study is to identify which EEG features are important contributors to predictive classification accuracy. We performed a study with a total of 55 participants, whose rest-state EEG measurement were recorded for ten minutes with eyes closed. The label of each participant was calculated from the statistics of their PSS score. An initial 133 features including five EEG frequency bands ( $\delta$ ,  $\theta$ ,  $\alpha$ ,  $\beta$ ,  $\gamma$ ), two custom bands (slow,  $\beta_{low}$ ), one engineered band ( $\gamma_{relative}$ ) from 16 electrodes and five asymmetries of Alpha and Beta band are extracted from the recorded EEG. We selected the 25 most important features using t-test. We ranked the 25 features with six methods. The first five are based on five classifiers' feature importance scores. The five classifiers are Logistic Regression (LR), Linear Discriminant Analysis (LDA), AdaBoost (AB), Gradient Boosting (GB), and Random Forest (RF). The sixth ranking was created by combining the first five ranked using ranked voting scheme. Finally, 10-CV score is used to verify the rank and t-Distributed Stochastic Neighbor Embedding (t-SNE) is used for visualizing the similarity of Stress and Non-Stress groups given a set of features.

sdfsdf asdkasdjjaasnmxcnv s;df

We found that the SVM with Radial Basis Function (RBF) kernel achieves close or up to 0.9 10-CV score when using top six features from Rank<sub>LR</sub> and Rank<sub>Ensemble</sub> as shown in Figure 1a. Top eight features in Rank<sub>Ensemble</sub> are  $\beta_f$ , F3 $_{\delta}$ , F4 $_{\delta}$ , F3 $_{\beta}$ , P4 $_{\delta}$ , F3 $_{\gamma}$ , P4 $_{\theta}$ , and C3 $_{\theta}$ . In addition, t-SNE seems to suggest

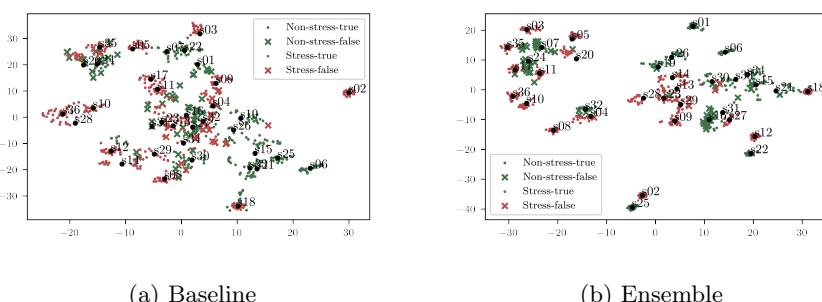
## Chronic Stress Assessment Based on EEG Signals: An Empirical Method for EEG Feature 1

**Fig. 1:** 10-CV score of both SVM and LR classifier when using different rank at different number of features. A line plot show the trend of 10-CV when increasing the number of feature based on ranks. The bar plot show the 10-CV score at the number of feature, 6 for SVM and 9 for LR.



that top six Rank<sub>Ensemble</sub> are a better representation of a chronic stress when comparing to the Rank<sub>Baseline</sub> as shown in Figure 2.

**Fig. 2:** The top six features from Rank<sub>Baseline</sub> and Rank<sub>Ensemble</sub> plot in t-SNE space. Color green and red indicate the group Non-stress and Stress respectively and shape dot and x indicates the classification result with rbf-SVM.



This paper shows the empirical method of feature selection by combining t-test result with coefficient/feature importance score of five different classifiers. Our result confirms that EEG is a viable data for classifying chronic stress and the top eight features agree with the previous work that Delta and Beta are the most important frequency for this task.

## 2 Related work

Stress is known to cause aberrant reactions in the autonomic nervous system (ANS), which is comprised of the antagonistic regulation of the sympathetic (SNS) as well as the parasympathetic (PNS) nervous system [9, 10]. These two systems are associated with stress and relaxation responses, respectively. Changes in the ANS can be detected by EEG signals [11]. In recent years, EEG signals have become an alternative technique to analyze mental states including stress [7, 8]. EEG signals can be decomposed into frequency band [12], where each of the frequency bands can be utilized to differentiate between different brain states [13]. A changes of power in  $\beta$  band is associated with alertness, whereas  $\theta$  band occurred throughout the sleep state, and  $\alpha$  band rose with relaxation [14]. Recently, some studies used EEG signals conducted with various signals processing and machine learning methods to detect stress.

Several studies have demonstrated the relationship between stress and EEG signals and show that EEG can be used as an input variable in both short-term and long-term stress analysis. In EEG, the  $\alpha$  band is commonly used in stress assessment because it is increasing during the relaxation situation. On the other hand, it is decreasing during stress condition [15]. In contrast,  $\alpha$  is not the only band that can indicate mental stress. The  $\beta$  band has been found as a sign of mental stress due to an increase of power in  $\beta$  band associated with an increase in alertness when performing cognitive tasks. The relationship between stress and  $\beta$  band at the anterior temporal lobe has demonstrated when stress-inducing pictures were shown [7, 11, 16]. Meanwhile, theta band was used to assess stress during mental arithmetic tasks [17]. Moreover, the relative gamma band has been proposed as a biomarker for the identification of stress [18].

Previous studies have demonstrated the feasibility of using EEG for chronic stress assessment. Chronic stress is measured without involving stress-induced tasks. Since chronic stress is a greater indicator of depressive symptoms than acute stress [5] as well as the potential of EEG to be employed as a stress indicator in everyday life [19]. Thus, we propose the use of EEG signals to identify chronic stress without inducing stress.

## 3 Methodology

### 3.1 Participants

A total of 55 healthy participants (30 male, 25 female) with ages ranging from 21 to 45 years (Mean = 26,  $SD = 4.84$ ) participated in the study. The

*Chronic Stress Assessment Based on EEG Signals: An Empirical Method for EEG Feature Extraction*

participants were informed to avoid food and drink with caffeine as well as conditioners, hair creams, sprays, or styling gels on the day of the experiment. Prior to the experiment, all participants gave consent in writing before completing the questionnaire and having their EEG recorded.

### 3.2 Data Acquisition

The EEG acquisition phase of the experiment was conducted in a room with a controlled environment. An EEG Electrode Cap Kit was used to record EEG signals of the participants at 16 active electrodes, namely FP1, FP2, F3, F4, F7, F8, C3, C4, T3, T4, T5, T6, P3, P4, O1, and O2, with two reference electrodes according to the 10 - 20 system EEG electrode placement with the sampling rate of 125 Hz. The experimental procedure showed in Figure 3. All participants were initially instructed regarding the experimental procedure and signed consent form. The experiment was carried out after each participant taking the PSS questionnaire. Each participant was placed comfortably in a chair and asked to close their eyes for five minutes while keeping their head motionless to eliminate movement artifacts. The closed-eyes condition was utilized because the particular stimuli can affect the physical, emotional, cognitive, or behavior of an individual. Thus, the eyes closed condition is a better choice without involving stress induction for chronic stress classification. [1, 19, 20].

In this study, PSS-10 questionnaire was used for assessing and labeling to evaluate the stress of each participant. The questionnaire has ten questions, which each question asks about the frequency of stress in the last month. Each question is answered on a scale of 0, which indicate that the incident has never happened, to 4, which indicate that it occurs frequently. All participants were categorized into three groups based on PSS score, as stress, non-stress, and neutral groups. Therefore, a threshold was chosen based on the following equation:

$$T_u = \mu + \frac{\sigma}{2} \quad (1)$$

$$T_l = \mu - \frac{\sigma}{2} \quad (2)$$

where  $\mu$  represent the mean,  $\sigma$  represent standard deviation of the PSS scores,  $T_u$  is the upper threshold and  $T_l$  is the lower threshold. Any participants with PSS score lower than  $T_l$  is in non-stressed group, higher than  $T_u$  is in stressed group, and others are in neutral group.

### 3.3 Feature Extraction

The recorded five-minute rest-state EEG is segmented into 20 smaller records (15 seconds each). For each records, the five EEG frequency bands were obtained using `psd_welch` function from the `mne` library. The frequency bands namely, delta (1–3 Hz), theta (4–7 Hz), alpha (8–12 Hz), beta (13–30 Hz), gamma (25–43 Hz), slow (4–13 Hz), and low beta (13–17 Hz) were computed

**Fig. 3:** Experimental procedure and data acquisition process



from every electrode. The ratio of gamma to slow bands was used to calculate a Relative Gamma (RG). Moreover, there were five Alpha and Beta asymmetries determined. The following formulae were used to compute the alpha asymmetries:

$$\alpha_f = \frac{F4_\alpha - F3_\alpha}{F4_\alpha + F3_\alpha} \quad (3)$$

$$\alpha_t = \frac{T4_\alpha - T3_\alpha}{T4_\alpha + T3_\alpha} \quad (4)$$

$$\alpha_a = \alpha_f + \alpha_t \quad (5)$$

where  $\alpha_f$ ,  $\alpha_t$  and  $\alpha_a$  indicates frontal, temporal, and alpha asymmetries respectively and  $\text{channel}_\alpha$  denotes the power spectral density of alpha at each electrode. Beta asymmetry was determined at the frontal and temporal in the same procedure.

$$\beta_f = \frac{F4_\beta - F3_\beta}{F4_\beta + F3_\beta} \quad (6)$$

$$\beta_t = \frac{\text{T4}_\beta - \text{T3}_\beta}{\text{T4}_\beta + \text{T3}_\beta} \quad (7)$$

where  $\beta_f$ , and  $\beta_t$  indicates frontal, temporal asymmetries of beta and channel $_{\beta}$  denotes the power spectral density of beta at each electrode.

In total, number of extracted features is  $(16 \times 8) + 5 = 133$

### 3.4 Feature Selection

The data is segmented into 15 seconds long (20 samples from each participant) followed by the feature extraction process. The data is then normalized using the following equation;

$$\mathbf{X}' = \frac{\mathbf{X} - \mu}{\sigma} \quad (8)$$

We rank the importance of normalized features using t-test hence, a set of features with  $p < .001$ . Then, seven ranks are created as follow.

1. Rank<sub>Baseline</sub>: listed with no reason.

2. Rank<sub>LR</sub>: listed according to the Logistic Regression Coefficient.
3. Rank<sub>LDA</sub>: listed according to the Linear Discriminant Analysis Coefficient.
4. Rank<sub>ADA</sub>: listed according to the feature importance score of AdaBoost.
5. Rank<sub>GB</sub>: listed according to the feature importance score of Gradient Boosting.
6. Rank<sub>RF</sub>: listed according to the feature importance score of Random Forest.
7. Rank<sub>Ensemble</sub>: listed according to the ranking score based on the previous five ranks. The score is calculated using Equation 9

$$\text{score}(x) = \sum_{M=m} \text{Rank}_m.\text{index}(x) \quad (9)$$

where  $M$  is {LR, LDA, ADA, GB, RF} and  $x$  is the interested feature. The Rank<sub>Ensemble</sub> is sorted in an ascending order. Thus, feature with the lowest score is the most important one.

### 3.5 Classification

We extract the band power features from EEG signals and fed these to the classifiers. For classification, we have used two classifiers, Support Vector Machine [13, 21] and Logistic Regression [19], which have been demonstrated in previous studies to be the most efficient classifier [13, 19, 22].

### 3.6 Performance Metrics

A 10-CV score is used to measure the classification performance. t-SNE is used to visualize the similarity between samples.

## 4 Results

### 4.1 Groups Labeling

A total of 55 participants can be divided into 3 groups consisting of Stress, Non-Stress, and Neutral groups based on the PSS questionnaire score. From the Equation 1 and Equation 2, we obtain the  $\mu, \sigma = (20.75 \pm 6.13)$ . The score lower than 17.68 is considered to be Non-Stress group, whereas the score higher than 23.81 is considered to be Stress group. The participants with a score in between the first standard deviation are considered to be in Neutral group and are discarded in the classification. As a result, the Stress group comprises 20 participants, while Non-Stress group comprises 16 participants. In total, the number of subjects in classification is  $(20 + 16) = 36$  and  $(36 \times 20) = 720$  samples after segmentation.

### 4.2 t-test result

The independent sample t-test with  $p < .001$  was used to select feature in this study. For the t-test, the degree of freedom was 1 and the null hypothesis was

tested for EEG feature of Stress and Non-Stress groups. The result using the p-values for different features are shown in Table 1 and Table 2.

**Table 1:** Results for the t-test on various frequency bands.

Channel	Delta ( $\delta$ )	Theta ( $\theta$ )	Alpha ( $\alpha$ )	Beta ( $\beta$ )	Gamma ( $\gamma$ )	Frequency bands			
						Slow	Low Beta	RG	
FP1	<.001	0.744	<b>0.002</b>	0.899	<b>0.024</b>	0.203	0.629	0.221	
FP2	<b>0.016</b>	<b>0.010</b>	<b>0.041</b>	<b>0.008</b>	0.956	0.682	0.071	0.168	
F3	<.001	<.001	<.001	<.001	<.001	<.001	<.001	0.864	
F4	<.001	<b>0.001</b>	<.001	0.488	0.276	<b>0.020</b>	0.479	<b>0.011</b>	
F7	<b>0.006</b>	0.550	<.001	0.015	0.616	<b>0.026</b>	0.474	<b>0.011</b>	
F8	0.115	0.211	0.088	<b>0.045</b>	0.251	0.789	0.117	0.677	
C3	<.001	<.001	0.297	0.069	<b>0.007</b>	<b>0.026</b>	<b>0.003</b>	<.001	
C4	0.551	0.329	0.316	0.895	<b>0.016</b>	0.297	0.186	0.146	
T3	0.090	0.719	<b>0.001</b>	0.650	<.001	0.401	0.608	0.078	
T4	0.101	<.001	0.855	<b>0.029</b>	<b>0.003</b>	<b>0.003</b>	<.001	<b>0.001</b>	
T5	0.095	0.126	0.213	0.217	0.305	0.482	0.687	0.199	
T6	0.919	0.840	<.001	0.306	<b>0.003</b>	<b>0.010</b>	<b>0.014</b>	0.105	
P3	0.639	0.507	0.405	0.114	0.068	0.424	0.077	0.358	
P4	<.001	<.001	<.001	0.573	<b>0.012</b>	0.630	0.379	0.165	
O1	0.057	0.169	0.080	0.271	0.128	0.163	0.778	0.469	
O2	<b>0.001</b>	0.384	0.388	<b>0.009</b>	0.544	0.729	0.252	<b>0.042</b>	

**Table 2:** Results for the t-test on asymmetries

Alpha asymmetry ( $\alpha_a$ )	Alpha frontal ( $\alpha_f$ )	Alpha temporal ( $\alpha_t$ )	Beta frontal ( $\beta_f$ )	Beta temporal ( $\beta_t$ )
<.001	<.001	<.001	<.001	0.002

There are 25 features with  $p < .001$  which are  $\text{FP1}_\delta$ ,  $\text{F3}_\delta$ ,  $\text{F4}_\delta$ ,  $\text{C3}_\delta$ ,  $\text{P4}_\delta$ ,  $\text{F3}_\theta$ ,  $\text{C3}_\theta$ ,  $\text{T4}_\theta$ ,  $\text{P4}_\theta$ ,  $\text{F3}_\alpha$ ,  $\text{F4}_\alpha$ ,  $\text{F7}_\alpha$ ,  $\text{T6}_\alpha$ ,  $\text{P4}_\alpha$ ,  $\text{F3}_\beta$ ,  $\text{F3}_\gamma$ ,  $\text{T3}_\gamma$ ,  $\text{F3}_{\text{slow}}$ ,  $\text{F3}_{\text{Low}\beta}$ ,  $\text{T4}_{\text{Low}\beta}$ ,  $\text{C3}_{\text{RG}}$ ,  $\alpha_f$ ,  $\alpha_t$ ,  $\alpha_a$ ,  $\beta_f$ . We use this as a list for  $\text{Rank}_{\text{Baseline}}$ .

### 4.3 Ranking with coefficient and feature importance score

We rank the 25 features from the t-test result using coefficient/feature importance score of a classifier as mentioned in the Section 3.4. To verify any  $\text{Rank}_m$  where  $m \in \{\text{LR}, \text{LDA}, \text{ADA}, \text{GB}, \text{RF}\}$ , we (1) iterate over the index of  $\text{Rank}_m$ ; (2) select the features from the  $\text{Rank}_m^1$  to  $\text{Rank}_m^i$  where  $i$  is the current iteration; (3) calculate the 10-CV score using rbf-SVM and LR; and (4) plot the t-SNE space to visualize the similarity of samples given the features from the iteration that SVM can achieve over 0.9 10-CV score.

The 10-CV score threshold of 0.9 for SVM and 0.8 for LR is selected based on the 10-CV score of each model when training the model using 25 features. The SVM exceeds 0.9 10-CV score while LR can reach 0.85 at best. Table that reports every ranks and 10-CV score of all classifiers can be found in Appendix A.

#### 4.3.1 Baseline

When using  $\text{Rank}_{\text{Baseline}}$ , rbf-SVM can achieve 0.9 10-CV score with top eight features including  $\text{FP1}_\delta$ ,  $\text{F3}_\delta$ ,  $\text{F4}_\delta$ ,  $\text{C3}_\delta$ ,  $\text{P4}_\delta$ ,  $\text{F3}_\theta$ ,  $\text{C3}_\theta$ , and  $\text{T4}_\theta$  as shown in

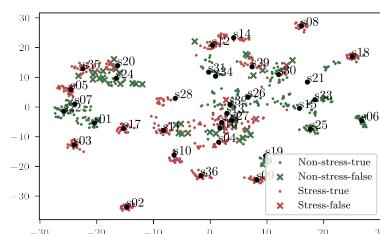
## Chronic Stress Assessment Based on EEG Signals: An Empirical Method for EEG Feature 1

Table 3. Using the same rank with LR, however, the model requires top 16 features in order to reach 0.8 10-CV score.

**Table 3:** The 10-CV score of each classifier when using Rank<sub>Baseline</sub> as a rank. The model is trained on a list of features from Rank<sup>1</sup> to Rank<sup>*i*</sup> where *i* is the row number.

No.	Rank <sub>Baseline</sub>	SVM	LR
1	FP1 <sub>δ</sub>	0.621±0.046	0.578±0.054
2	F3 <sub>δ</sub>	0.740±0.061	0.678±0.055
3	F4 <sub>δ</sub>	0.769±0.043	0.667±0.062
4	C3 <sub>δ</sub>	0.829±0.044	0.678±0.077
5	P4 <sub>δ</sub>	0.868±0.051	0.728±0.064
6	F3 <sub>θ</sub>	0.875±0.041	0.722±0.049
7	C3 <sub>θ</sub>	0.890±0.020	0.724±0.043
8	T4 <sub>θ</sub>	<b>0.915±0.031</b>	0.764±0.033
9	P4 <sub>θ</sub>	0.919±0.012	0.753±0.032
10	F3 <sub>α</sub>	0.931±0.020	0.774±0.041
11	F4 <sub>α</sub>	0.928±0.024	0.796±0.027
12	F7 <sub>α</sub>	0.933±0.028	0.781±0.048
13	T6 <sub>α</sub>	0.946±0.031	0.790±0.036
14	P4 <sub>α</sub>	0.956±0.016	0.783±0.045
15	F3 <sub>β</sub>	0.961±0.023	0.788±0.041
16	F3 <sub>γ</sub>	0.978±0.015	<b>0.815±0.037</b>
17	T3 <sub>γ</sub>	0.976±0.023	0.811±0.044
18	F3 <sub>slow</sub>	0.974±0.015	0.808±0.040
19	F3 <sub>Lowβ</sub>	0.976±0.011	0.811±0.040
20	T4 <sub>Lowβ</sub>	0.982±0.014	0.825±0.058
21	C3 <sub>RG</sub>	0.981±0.013	0.838±0.022
22	α <sub>f</sub>	0.979±0.007	0.824±0.041
23	α <sub>t</sub>	0.981±0.009	0.833±0.037
24	α <sub>a</sub>	0.978±0.013	0.838±0.031
25	β <sub>f</sub>	0.979±0.014	0.844±0.040

**Fig. 4:** The data plot in t-SNE space using top eight features from Rank<sub>Baseline</sub>. Although the rbf-SVM achieves 0.915 10-CV score, the data are not separated. This affect the LR performance as shown in Table 3



### 4.3.2 Logistic Regression Coefficient

Table 4 shows the result using the ranked features of Logistic Regression Coefficient. With this rank, the SVM is able to achieve 0.9 10-CV score at top six features. The LR classifier also reach 0.8 10-CV score at top nine features, seven features less than the Rank<sub>Baseline</sub>. The top six features of Rank<sub>LR</sub> are F3<sub>β</sub>, P4<sub>δ</sub>, β<sub>f</sub>, C3<sub>RG</sub>, F3<sub>δ</sub>, F4<sub>δ</sub>, and T4<sub>θ</sub>.

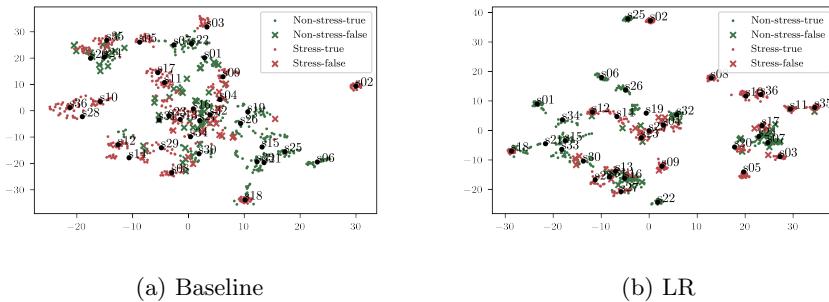
**Table 4:** The 10-CV score of each classifier when using Rank<sub>LR</sub> as a rank. The model is trained on a list of features from Rank<sup>1</sup> to Rank<sup>i</sup> where *i* is the row number.

No.	Rank <sub>LR</sub>	coeff	SVM	LR
1	F3 <sub>β</sub>	1.894	0.575±0.051	0.558±0.040
2	P4 <sub>δ</sub>	1.651	0.635±0.050	0.571±0.048
3	β <sub>f</sub>	-1.435	0.749±0.058	0.624±0.051
4	C3 <sub>RG</sub>	-1.346	0.858±0.034	0.646±0.032
5	F3 <sub>δ</sub>	-1.273	0.886±0.030	0.718±0.047
6	F4 <sub>δ</sub>	-1.258	<b>0.900±0.042</b>	0.735±0.061
7	T4 <sub>θ</sub>	0.952	0.910±0.029	0.735±0.053
8	F3 <sub>Lowβ</sub>	-0.841	0.921±0.037	0.765±0.054
9	P4 <sub>α</sub>	-0.833	0.961±0.014	<b>0.836±0.040</b>
10	F7 <sub>α</sub>	0.767	0.961±0.022	0.832±0.040
11	F4 <sub>α</sub>	-0.609	0.960±0.018	0.846±0.048
12	F3 <sub>α</sub>	-0.594	0.961±0.016	0.858±0.045
13	FP1 <sub>δ</sub>	-0.503	0.964±0.015	0.849±0.052
14	T6 <sub>α</sub>	-0.465	0.957±0.015	0.854±0.019
15	F3 <sub>γ</sub>	0.422	0.957±0.031	0.856±0.032
16	P4 <sub>θ</sub>	0.405	0.971±0.018	0.851±0.049
17	T4 <sub>Lowβ</sub>	0.396	0.968±0.019	0.850±0.041
18	F3 <sub>θ</sub>	-0.384	0.969±0.016	0.854±0.037
19	C3 <sub>δ</sub>	0.350	0.982±0.013	0.846±0.036
20	C3 <sub>θ</sub>	-0.348	0.979±0.016	0.847±0.020
21	T3 <sub>γ</sub>	-0.323	0.979±0.011	0.850±0.034
22	α <sub>t</sub>	-0.201	0.975±0.019	0.853±0.034
23	α <sub>a</sub>	-0.182	0.981±0.023	0.853±0.035
24	α <sub>f</sub>	-0.067	0.979±0.017	0.847±0.052
25	F3 <sub>slow</sub>	0.036	0.975±0.015	0.840±0.042

### 4.3.3 Ensemble

The score for Rank<sub>Ensemble</sub> is calculated follow the Equation 9. Table 5 shows the calculated score and rank them accordingly. In this configuration, SVM, at top six features, achieves 0.899±0.040 10-CV score and, later, achieves over 0.9 10-CV score at iteration eight. The top eight features are β<sub>f</sub>, F3<sub>δ</sub>, F4<sub>δ</sub>, F3<sub>β</sub>, P4<sub>δ</sub>, F3<sub>γ</sub>, P4<sub>θ</sub>, and C3<sub>θ</sub>.

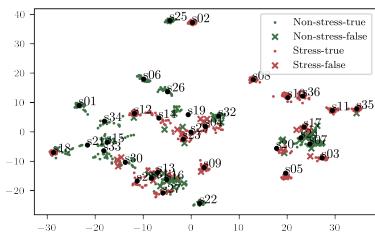
**Fig. 5:** The top six features from Rank<sub>Baseline</sub> and Rank<sub>LR</sub> plot in t-SNE space. The two groups are better separated in the case of Rank<sub>LR</sub>.



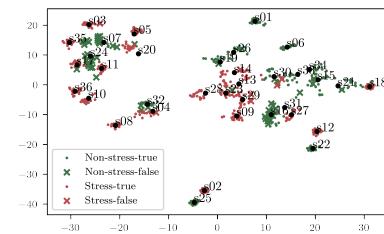
**Table 5:** The 10-CV score of each classifier when using Rank<sub>ensemble</sub> as a rank. The model is trained on a list of features from Rank<sup>1</sup> to Rank<sup>*i*</sup> where *i* is the row number.

No.	Rank <sub>ensemble</sub>	score	SVM	LR
1	$\beta_f$	15	$0.693 \pm 0.057$	$0.669 \pm 0.046$
2	$F3_\delta$	18	$0.765 \pm 0.029$	$0.731 \pm 0.048$
3	$F4_\delta$	34	$0.775 \pm 0.057$	$0.725 \pm 0.035$
4	$F3_\beta$	34	$0.849 \pm 0.040$	$0.743 \pm 0.047$
5	$P4_\delta$	45	$0.867 \pm 0.044$	$0.728 \pm 0.070$
6	$F3_\gamma$	47	$0.899 \pm 0.040$	$0.735 \pm 0.033$
7	$P4_\theta$	48	$0.890 \pm 0.040$	$0.754 \pm 0.041$
8	$C3_\theta$	49	<b><math>0.925 \pm 0.023</math></b>	$0.782 \pm 0.058$
9	$C3_{RG}$	52	$0.944 \pm 0.030$	$0.775 \pm 0.030$
10	$T4_\theta$	54	$0.947 \pm 0.017$	$0.794 \pm 0.050$
11	$T4_{Low\beta}$	54	$0.958 \pm 0.023$	$0.797 \pm 0.058$
12	$P4_\alpha$	57	$0.971 \pm 0.020$	<b><math>0.811 \pm 0.060</math></b>
13	$F7_\alpha$	57	$0.975 \pm 0.025$	$0.815 \pm 0.050$
14	$F3_\alpha$	59	$0.972 \pm 0.025$	$0.838 \pm 0.040$
15	$F3_\theta$	61	$0.976 \pm 0.021$	$0.849 \pm 0.034$
16	$C3_\delta$	61	$0.978 \pm 0.023$	$0.849 \pm 0.058$
17	$F4_\alpha$	67	$0.978 \pm 0.015$	$0.844 \pm 0.056$
18	$F3_{Low\beta}$	69	$0.979 \pm 0.018$	$0.849 \pm 0.036$
19	$T3_\gamma$	71	$0.981 \pm 0.013$	$0.840 \pm 0.035$
20	$T6_\alpha$	73	$0.981 \pm 0.015$	$0.850 \pm 0.053$
21	$FP1_\delta$	79	$0.979 \pm 0.009$	$0.844 \pm 0.037$
22	$F3_{slow}$	88	$0.981 \pm 0.013$	$0.844 \pm 0.040$
23	$\alpha_f$	94	$0.981 \pm 0.011$	$0.854 \pm 0.036$
24	$\alpha_a$	103	$0.979 \pm 0.013$	$0.850 \pm 0.038$
25	$\alpha_t$	111	$0.978 \pm 0.015$	$0.844 \pm 0.020$

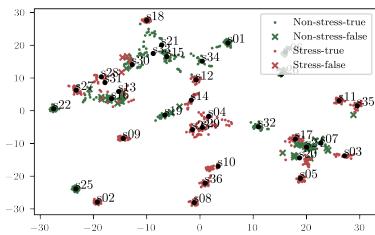
**Fig. 6:** The top six and top eight features from Rank<sub>LR</sub> and Rank<sub>Ensemble</sub> plot in t-SNE space.



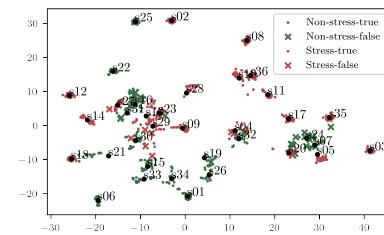
(a) top six LR



(b) top six Ensemble



(c) top eight LR



(d) top eight Ensemble

## 5 Discussion

At the recording state, we chose to do eye-closed conditions because we want to avoid external factors such as lighting conditions and visual distraction, as well as eye artifacts. However, there are challenges to this approach. First, during closing the eye, the power of the Alpha band in the occipital area is greatly increased. We could argue that this does not affect our result but due to the nature of EEG, the Alpha information in the occipital area could contaminate their neighbor. Maybe this is the reason why any of the Alpha asymmetry features are staying at the bottom of the rank. Second, the participant might fall asleep during the record. Because the record session is five minutes long and the participant is asked to avoid any form of caffeine which many of them have on a daily basis, closing the eyes for five minutes is enough to turn some participants into a relaxing or sleeping state.

All 55 participants can be considered well educated since all of them are, at least, pursuing a degree of bachelor. The nationality range is limited to Asian and the age is between 20 and 40 years old. Our data is somewhat biased by this fact.

The label of the data is based on the questionnaire PSS-10 score, a method subject to error and manipulation. The analysis could be improved if a psychologist expert is involved in the labeling process. Because of our labeling method, our data has a minor imbalance issue which we chose to ignore (16 Non-stress and 20 Stress participants). Our suggestion would be to increase the lower threshold to accommodate more Non-stress samples or we could segment the two groups differently.

In our experiment, RBF-SVM shows to be the best classifier for chronic stress. However, because of the nature of the RBF kernel, we can not rank the features by importance. To be specific, given enough data dimension, RBF-SVM always achieves a 0.9 10-CV score. While we could brute force through every combination of features given enough time, we can not be sure that the model learns chronic stress patterns or participant-specific patterns. Because of this reason, t-SNE is utilized.

We, first, investigated the Logistic Regression Coefficient and found that, in t-SNE space, the two groups are well separated as shown in Figure 5. In addition, the performance of other models is also improved given a smaller set of features (Table A2). Therefore, we extend our idea to other models and, finally, convolute all ranks into the Rank<sub>Ensemble</sub>. Every classifier seems to agree that the Beta and Delta band are the most important frequency. The electrode F3 is the most important followed by F4 and P4. Our result agrees with the previous studies [19].

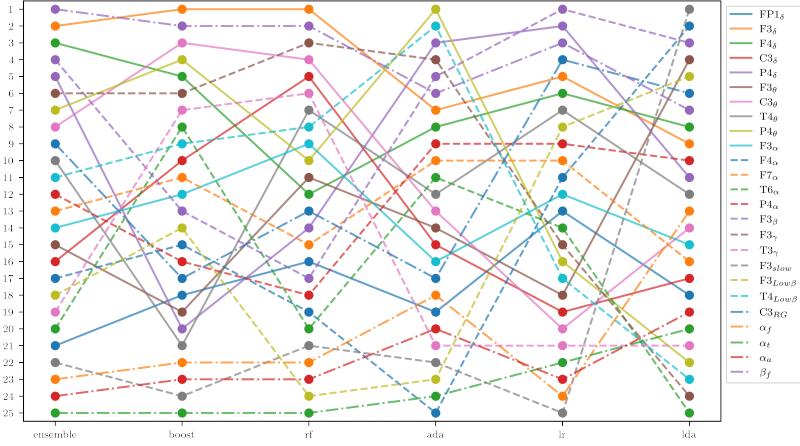
Furthermore, t-SNE plots seem to suggest that our data has an outlier, for instance, s07 and s24 consistently appear in the middle of the stress group. To confirm this assumption, a larger and broader group of participants is needed.

## 6 Conclusion

In conclusion, the rest-state EEG can be used to classify chronic stress. The classification result shows that SVM with rbf kernel achieves over 0.98 10-CV scores and LR achieves 0.85 using all features with  $p < .001$  from the reported t-test result. Extended ranking with various classifiers improve the feature selection and help to narrow down the feature list. Finally, convoluted Rank<sub>Ensemble</sub> shows the top eight Chronic Stress features which are  $\beta_f$ , F3 $_{\delta}$ , F4 $_{\delta}$ , F3 $_{\beta}$ , P4 $_{\delta}$ , F3 $_{\gamma}$ , P4 $_{\theta}$ , and C3 $_{\theta}$ . With these eight features, rbf-SVM, ADA, GB, and RF achieve over 0.9 10-CV score while adding the next four features ( C3<sub>RG</sub>, T4 $_{\theta}$ , T4<sub>Low $\beta$</sub> , and P4 $_{\alpha}$  ), helps LR and LDA to achieve over 0.8 10-CV score (Table A7).

## Appendix A 10-CV result of each Ranks

**Fig. A1:** A bump chart of features in each ranking.



**Table A1:** The 10-CV score of each classifier when using  $\text{Rank}_{\text{baseline}}$  as a rank.

No.	$\text{Rank}_{\text{baseline}}$	SVM	LR	GB	ADA	RF	LDA
1	$\text{FP1}_\delta$	0.621±0.046	0.578±0.054	0.606±0.030	0.604±0.036	0.525±0.045	0.585±0.044
2	$\text{F3}_\delta$	0.740±0.061	0.678±0.055	0.733±0.047	0.710±0.049	0.724±0.061	0.676±0.045
3	$\text{F4}_\delta$	0.769±0.043	0.667±0.062	0.765±0.047	0.714±0.037	0.761±0.028	0.664±0.039
4	$\text{C3}_\delta$	0.829±0.044	0.678±0.077	0.832±0.038	0.761±0.036	0.843±0.028	0.675±0.043
5	$\text{P4}_\delta$	0.868±0.051	0.728±0.064	0.868±0.030	0.807±0.043	0.885±0.036	0.733±0.036
6	$\text{F3}_\theta$	0.875±0.041	0.722±0.049	0.853±0.050	0.821±0.074	0.878±0.058	0.724±0.055
7	$\text{C3}_\theta$	0.890±0.020	0.724±0.043	0.875±0.032	0.833±0.046	0.897±0.040	0.722±0.046
8	$\text{T4}_\theta$	<b>0.915±0.031</b>	0.764±0.033	0.883±0.052	0.843±0.030	<b>0.907±0.030</b>	0.751±0.054
9	$\text{P4}_\theta$	0.919±0.012	0.753±0.032	<b>0.901±0.021</b>	0.840±0.027	0.911±0.045	0.765±0.052
10	$\text{F3}_\alpha$	0.931±0.020	0.774±0.041	0.918±0.027	0.878±0.039	0.926±0.021	0.778±0.050
11	$\text{F4}_\alpha$	0.928±0.024	0.796±0.027	0.931±0.026	0.876±0.030	0.936±0.026	<b>0.800±0.035</b>
12	$\text{T7}_\alpha$	0.933±0.028	0.781±0.048	0.928±0.028	0.867±0.034	0.939±0.028	0.793±0.032
13	$\text{T6}_\alpha$	0.946±0.031	0.790±0.036	0.940±0.019	0.869±0.038	0.936±0.036	0.789±0.042
14	$\text{P4}_\alpha$	0.956±0.016	0.783±0.045	0.933±0.027	0.899±0.037	0.947±0.024	0.788±0.030
15	$\text{F3}_\beta$	0.961±0.023	0.788±0.041	0.940±0.028	0.882±0.041	0.957±0.020	0.769±0.033
16	$\text{F3}_\gamma$	0.978±0.015	<b>0.815±0.037</b>	0.951±0.022	<b>0.924±0.029</b>	0.969±0.022	0.814±0.032
17	$\text{T3}_\gamma$	0.976±0.023	0.811±0.044	0.956±0.030	0.912±0.027	0.975±0.015	0.814±0.044
18	$\text{F3}_{\text{Slow}}$	0.974±0.015	0.808±0.040	0.961±0.025	0.914±0.031	0.968±0.024	0.817±0.047
19	$\text{F3}_{\text{Low}\beta}$	0.976±0.011	0.811±0.040	0.960±0.020	0.911±0.024	0.971±0.025	0.808±0.042
20	$\text{T4}_{\text{Low}\beta}$	0.982±0.014	0.825±0.058	0.958±0.012	0.918±0.027	0.974±0.013	0.812±0.051
21	$\text{C3}_{\text{RG}}$	0.981±0.013	0.838±0.022	0.958±0.020	0.904±0.021	0.971±0.018	0.814±0.043
22	$\alpha_f$	0.979±0.007	0.824±0.041	0.962±0.015	0.912±0.036	0.975±0.020	0.819±0.041
23	$\alpha_t$	0.981±0.009	0.833±0.037	0.964±0.015	0.924±0.032	0.969±0.021	0.821±0.042
24	$\alpha_a$	0.978±0.013	0.838±0.031	0.968±0.022	0.914±0.037	0.979±0.016	0.826±0.031
25	$\beta_f$	0.979±0.014	0.844±0.040	0.961±0.022	0.917±0.037	0.972±0.014	0.831±0.033

**Table A2:** The 10-CV score of each classifier when using Rank<sub>LR</sub> as a rank.

No.	Rank <sub>LR</sub>	coeff	SVM	LR	GB	ADA	RF	LDA
1	F3 <sub>β</sub>	1.894	0.575±0.051	0.558±0.040	0.561±0.072	0.607±0.075	0.564±0.057	0.565±0.046
2	P4 <sub>δ</sub>	1.651	0.635±0.050	0.571±0.048	0.656±0.033	0.610±0.054	0.693±0.036	0.571±0.047
3	β <sub>f</sub>	-1.435	0.749±0.058	0.624±0.051	0.753±0.047	0.742±0.039	0.814±0.055	0.624±0.054
4	C3 <sub>RG</sub>	-1.346	0.858±0.034	0.646±0.032	0.856±0.032	0.781±0.034	0.885±0.035	0.647±0.044
5	F3 <sub>δ</sub>	-1.273	0.886±0.030	0.718±0.047	0.875±0.052	0.826±0.044	0.897±0.019	0.715±0.024
6	F4 <sub>δ</sub>	-1.258	<b>0.900±0.042</b>	0.735±0.061	0.899±0.028	0.850±0.035	<b>0.912±0.028</b>	0.749±0.015
7	T4 <sub>θ</sub>	0.952	0.910±0.029	0.735±0.053	<b>0.900±0.038</b>	0.865±0.036	0.922±0.044	0.754±0.041
8	F3 <sub>lowβ</sub>	-0.841	0.921±0.037	0.765±0.054	0.896±0.052	0.868±0.037	0.931±0.039	0.761±0.044
9	P4 <sub>α</sub>	-0.833	0.961±0.014	<b>0.836±0.040</b>	0.931±0.026	0.888±0.033	0.940±0.018	<b>0.836±0.046</b>
10	F7 <sub>α</sub>	0.767	0.961±0.022	0.832±0.040	0.932±0.035	0.893±0.036	0.960±0.028	0.835±0.067
11	F4 <sub>α</sub>	-0.609	0.960±0.018	0.846±0.048	0.947±0.024	0.893±0.031	0.946±0.021	0.840±0.049
12	F3 <sub>α</sub>	-0.594	0.961±0.016	0.858±0.045	0.942±0.024	<b>0.900±0.025</b>	0.949±0.027	0.846±0.040
13	FP1 <sub>δ</sub>	-0.503	0.964±0.015	0.849±0.052	0.938±0.021	0.908±0.031	0.953±0.021	0.839±0.037
14	T6 <sub>α</sub>	-0.465	0.957±0.015	0.854±0.019	0.939±0.031	0.917±0.032	0.951±0.024	0.836±0.043
15	F3 <sub>γ</sub>	0.422	0.957±0.031	0.856±0.032	0.956±0.024	0.912±0.035	0.964±0.020	0.842±0.045
16	P4 <sub>θ</sub>	0.405	0.971±0.018	0.851±0.049	0.951±0.027	0.935±0.026	0.967±0.017	0.846±0.024
17	T4 <sub>lowβ</sub>	0.396	0.968±0.019	0.850±0.041	0.961±0.010	0.922±0.036	0.968±0.028	0.839±0.048
18	F3 <sub>ρ</sub>	-0.384	0.969±0.016	0.854±0.037	0.962±0.018	0.935±0.021	0.968±0.014	0.838±0.064
19	C3 <sub>δ</sub>	0.350	0.982±0.013	0.846±0.036	0.962±0.021	0.938±0.027	0.972±0.021	0.843±0.033
20	C3 <sub>ρ</sub>	-0.348	0.979±0.016	0.847±0.020	0.951±0.029	0.936±0.017	0.967±0.021	0.831±0.034
21	T3 <sub>γ</sub>	-0.323	0.979±0.011	0.850±0.034	0.957±0.025	0.939±0.029	0.974±0.020	0.835±0.023
22	α <sub>t</sub>	-0.201	0.975±0.019	0.853±0.034	0.962±0.033	0.925±0.033	0.969±0.018	0.829±0.038
23	α <sub>a</sub>	-0.182	0.981±0.023	0.853±0.035	0.954±0.014	0.917±0.039	0.976±0.025	0.829±0.036
24	α <sub>r</sub>	-0.067	0.979±0.017	0.847±0.052	0.964±0.029	0.919±0.031	0.976±0.012	0.826±0.040
25	F3 <sub>slow</sub>	0.036	0.975±0.015	0.840±0.042	0.956±0.018	0.925±0.021	0.974±0.016	0.833±0.041

**Table A3:** The 10-CV score of each classifier when using Rank<sub>LDA</sub> as a rank.

No.	Rank <sub>LDA</sub>	score	SVM	LR	GB	ADA	RF	LDA
1	F3 <sub>slow</sub>	4.658	0.603±0.044	0.589±0.046	0.593±0.052	0.592±0.059	0.610±0.055	0.583±0.043
2	F4 <sub>α</sub>	-3.383	0.707±0.040	0.640±0.055	0.703±0.063	0.682±0.050	0.706±0.053	0.643±0.058
3	F3 <sub>β</sub>	3.258	0.726±0.038	0.658±0.049	0.758±0.051	0.718±0.046	0.783±0.038	0.650±0.064
4	F3 <sub>ρ</sub>	-2.143	0.749±0.049	0.633±0.039	0.800±0.024	0.729±0.053	0.818±0.043	0.629±0.041
5	F3 <sub>lowβ</sub>	-1.710	0.753±0.046	0.651±0.044	0.788±0.032	0.775±0.041	0.804±0.049	0.649±0.066
6	C3 <sub>RG</sub>	-1.595	0.800±0.042	0.679±0.049	0.808±0.044	0.738±0.045	0.847±0.041	0.674±0.044
7	β <sub>f</sub>	-1.398	0.854±0.049	0.707±0.041	0.882±0.027	0.824±0.025	0.886±0.038	0.725±0.043
8	F4 <sub>δ</sub>	-1.289	0.883±0.048	0.714±0.053	0.886±0.044	0.856±0.037	<b>0.917±0.026</b>	0.725±0.026
9	F3 <sub>δ</sub>	-1.227	0.897±0.031	0.767±0.057	0.893±0.030	0.868±0.023	0.912±0.041	0.782±0.026
10	P4 <sub>α</sub>	-1.155	<b>0.911±0.022</b>	0.783±0.042	<b>0.910±0.030</b>	0.867±0.050	0.918±0.040	0.785±0.058
11	P4 <sub>δ</sub>	1.143	0.958±0.022	<b>0.828±0.039</b>	0.925±0.030	0.892±0.036	0.944±0.022	<b>0.832±0.034</b>
12	T4 <sub>θ</sub>	1.069	0.960±0.027	0.849±0.037	0.947±0.022	0.899±0.035	0.954±0.022	0.844±0.044
13	α <sub>f</sub>	-1.042	0.957±0.027	0.850±0.029	0.942±0.019	<b>0.906±0.037</b>	0.953±0.026	0.844±0.046
14	C3 <sub>ρ</sub>	-0.639	0.972±0.020	0.850±0.048	0.943±0.027	0.915±0.024	0.967±0.021	0.838±0.044
15	F3 <sub>α</sub>	-0.458	0.975±0.021	0.847±0.033	0.944±0.029	0.914±0.044	0.960±0.018	0.839±0.034
16	F7 <sub>α</sub>	0.395	0.976±0.014	0.851±0.042	0.946±0.031	0.914±0.030	0.961±0.023	0.835±0.032
17	C3 <sub>δ</sub>	0.364	0.972±0.022	0.851±0.045	0.946±0.025	0.919±0.028	0.968±0.020	0.833±0.024
18	FP1 <sub>δ</sub>	-0.339	0.975±0.016	0.850±0.038	0.950±0.039	0.890±0.031	0.960±0.023	0.832±0.038
19	α <sub>a</sub>	-0.279	0.979±0.019	0.839±0.044	0.946±0.023	0.915±0.031	0.961±0.025	0.835±0.036
20	α <sub>t</sub>	0.271	0.974±0.025	0.847±0.025	0.953±0.029	0.912±0.028	0.972±0.015	0.836±0.043
21	T3 <sub>γ</sub>	0.180	0.978±0.019	0.849±0.034	0.953±0.020	0.904±0.029	0.974±0.021	0.835±0.040
22	P4 <sub>θ</sub>	0.077	0.974±0.015	0.849±0.034	0.947±0.039	0.910±0.044	0.968±0.018	0.838±0.044
23	T4 <sub>lowβ</sub>	0.066	0.979±0.017	0.849±0.024	0.953±0.026	0.911±0.032	0.978±0.015	0.825±0.053
24	F3 <sub>γ</sub>	-0.042	0.978±0.015	0.842±0.042	0.964±0.029	0.925±0.038	0.971±0.034	0.832±0.033
25	T6 <sub>α</sub>	0.022	0.976±0.013	0.847±0.037	0.962±0.019	0.932±0.027	0.975±0.023	0.835±0.051

*Chronic Stress Assessment Based on EEG Signals: An Empirical Method for EEG Feature Selection***Table A4:** The 10-CV score of each classifier when using Rank<sub>ADA</sub> as a rank.

No.	Rank <sub>ADA</sub>	score	SVM	LR	GB	ADA	RF	LDA
1	P4 <sub>θ</sub>	0.10	0.594±0.070	0.538±0.026	0.571±0.040	0.604±0.044	0.517±0.071	0.539±0.032
2	T4 <sub>Lowβ</sub>	0.08	0.703±0.041	0.572±0.045	0.656±0.065	0.633±0.029	0.636±0.054	0.569±0.031
3	P4 <sub>δ</sub>	0.08	0.742±0.042	0.604±0.035	0.731±0.032	0.682±0.052	0.750±0.046	0.599±0.052
4	F3 <sub>γ</sub>	0.08	0.835±0.026	0.610±0.051	0.879±0.028	0.774±0.054	0.893±0.027	0.612±0.047
5	F3 <sub>β</sub>	0.08	0.853±0.026	0.633±0.055	0.899±0.038	0.794±0.037	<b>0.915±0.038</b>	0.621±0.041
6	β <sub>f</sub>	0.08	0.893±0.030	0.678±0.050	<b>0.924±0.033</b>	0.846±0.055	0.940±0.029	0.676±0.048
7	F3 <sub>δ</sub>	0.06	<b>0.921±0.033</b>	0.733±0.044	0.942±0.040	<b>0.906±0.029</b>	0.958±0.024	0.739±0.054
8	F4 <sub>δ</sub>	0.06	0.932±0.037	0.756±0.035	0.947±0.019	0.901±0.027	0.961±0.014	0.769±0.052
9	P4 <sub>α</sub>	0.06	0.949±0.028	<b>0.800±0.049</b>	0.942±0.038	0.917±0.024	0.964±0.021	<b>0.804±0.054</b>
10	F7 <sub>α</sub>	0.06	0.954±0.021	0.807±0.048	0.950±0.025	0.932±0.023	0.964±0.028	0.803±0.054
11	T6 <sub>α</sub>	0.04	0.958±0.022	0.811±0.038	0.962±0.022	0.921±0.028	0.968±0.016	0.806±0.039
12	T4 <sub>θ</sub>	0.04	0.964±0.023	0.828±0.049	0.965±0.025	0.928±0.030	0.975±0.017	0.810±0.038
13	C3 <sub>θ</sub>	0.04	0.976±0.022	0.821±0.031	0.957±0.025	0.926±0.028	0.969±0.014	0.819±0.043
14	F3 <sub>θ</sub>	0.04	0.979±0.023	0.821±0.058	0.954±0.028	0.933±0.038	0.972±0.026	0.817±0.047
15	C3 <sub>δ</sub>	0.02	0.981±0.017	0.821±0.048	0.964±0.018	0.944±0.022	0.969±0.016	0.825±0.049
16	F3 <sub>α</sub>	0.02	0.979±0.025	0.832±0.045	0.956±0.008	0.924±0.035	0.975±0.023	0.833±0.037
17	C3 <sub>RG</sub>	0.02	0.978±0.023	0.846±0.040	0.967±0.019	0.935±0.015	0.975±0.018	0.828±0.030
18	α <sub>f</sub>	0.02	0.979±0.014	0.847±0.049	0.957±0.020	0.936±0.021	0.976±0.022	0.825±0.029
19	FP1 <sub>δ</sub>	0.02	0.979±0.022	0.843±0.044	0.960±0.013	0.929±0.030	0.972±0.023	0.826±0.034
20	α <sub>a</sub>	0.00	0.981±0.020	0.846±0.051	0.964±0.021	0.929±0.020	0.975±0.016	0.817±0.043
21	T3 <sub>γ</sub>	0.00	0.982±0.006	0.843±0.034	0.963±0.022	0.928±0.040	0.978±0.017	0.826±0.046
22	F3 <sub>slow</sub>	0.00	0.981±0.017	0.839±0.057	0.967±0.023	0.924±0.027	0.981±0.021	0.829±0.054
23	F3 <sub>Lowβ</sub>	0.00	0.982±0.013	0.843±0.036	0.968±0.015	0.914±0.033	0.979±0.014	0.832±0.037
24	α <sub>t</sub>	0.00	0.975±0.021	0.847±0.023	0.958±0.032	0.918±0.018	0.983±0.015	0.832±0.015
25	F4 <sub>α</sub>	0.00	0.975±0.016	0.847±0.022	0.956±0.026	0.906±0.043	0.972±0.020	0.831±0.037

**Table A5:** The 10-CV score of each classifier when using Rank<sub>GB</sub> as a rank.

No.	Rank <sub>GB</sub>	score	SVM	LR	GB	ADA	RF	LDA
1	F3 <sub>δ</sub>	0.140	0.679±0.049	0.689±0.041	0.668±0.051	0.688±0.047	0.582±0.053	0.688±0.024
2	β <sub>f</sub>	0.099	0.767±0.024	0.731±0.050	0.761±0.040	0.749±0.042	0.732±0.049	0.725±0.054
3	C3 <sub>θ</sub>	0.082	0.810±0.039	0.718±0.031	0.782±0.050	0.806±0.033	0.803±0.032	0.714±0.042
4	P4 <sub>θ</sub>	0.076	0.836±0.025	0.704±0.040	0.822±0.024	0.831±0.037	0.846±0.036	0.707±0.047
5	F4 <sub>δ</sub>	0.073	0.858±0.015	0.721±0.054	0.851±0.031	0.836±0.031	0.868±0.025	0.721±0.035
6	F3 <sub>γ</sub>	0.071	0.894±0.034	0.719±0.049	<b>0.919±0.037</b>	0.894±0.029	<b>0.936±0.021</b>	0.722±0.046
7	T3 <sub>γ</sub>	0.069	<b>0.917±0.030</b>	0.732±0.049	0.932±0.042	0.892±0.037	0.953±0.022	0.735±0.039
8	T6 <sub>α</sub>	0.061	0.950±0.026	0.740±0.063	0.933±0.031	<b>0.910±0.029</b>	0.956±0.028	0.740±0.072
9	T4 <sub>Lowβ</sub>	0.050	0.957±0.021	0.778±0.060	0.953±0.027	0.922±0.028	0.956±0.023	0.776±0.035
10	C3 <sub>δ</sub>	0.040	0.953±0.015	0.776±0.053	0.947±0.036	0.897±0.020	0.954±0.022	0.776±0.040
11	F7 <sub>α</sub>	0.036	0.960±0.018	0.772±0.059	0.956±0.023	0.919±0.025	0.971±0.020	0.781±0.034
12	F3 <sub>α</sub>	0.034	0.957±0.024	0.771±0.063	0.947±0.037	0.915±0.029	0.968±0.015	0.788±0.051
13	F3 <sub>β</sub>	0.026	0.972±0.019	0.779±0.036	0.949±0.029	0.931±0.019	0.976±0.021	<b>0.801±0.056</b>
14	F3 <sub>Lowβ</sub>	0.021	0.974±0.021	0.789±0.043	0.953±0.011	0.921±0.027	0.974±0.015	0.817±0.031
15	F4 <sub>α</sub>	0.016	0.972±0.024	0.797±0.049	0.956±0.022	0.922±0.032	0.972±0.021	0.822±0.025
16	P4 <sub>α</sub>	0.015	0.975±0.014	<b>0.801±0.030</b>	0.961±0.017	0.938±0.034	0.974±0.024	0.804±0.048
17	C3 <sub>RG</sub>	0.014	0.976±0.016	0.826±0.036	0.957±0.024	0.925±0.029	0.971±0.013	0.817±0.028
18	FP1 <sub>δ</sub>	0.014	0.972±0.014	0.822±0.051	0.957±0.030	0.929±0.031	0.967±0.014	0.808±0.043
19	F3 <sub>θ</sub>	0.013	0.978±0.013	0.824±0.047	0.957±0.021	0.922±0.029	0.972±0.024	0.812±0.043
20	P4 <sub>δ</sub>	0.012	0.981±0.013	0.839±0.029	0.960±0.020	0.921±0.032	0.975±0.015	0.826±0.044
21	T4 <sub>θ</sub>	0.011	0.979±0.019	0.853±0.040	0.961±0.025	0.932±0.046	0.982±0.015	0.832±0.057
22	α <sub>f</sub>	0.010	0.983±0.018	0.849±0.042	0.958±0.016	0.926±0.015	0.975±0.015	0.828±0.037
23	α <sub>a</sub>	0.007	0.979±0.017	0.847±0.043	0.954±0.023	0.921±0.033	0.976±0.018	0.835±0.038
24	F3 <sub>slow</sub>	0.006	0.979±0.017	0.851±0.038	0.967±0.017	0.922±0.033	0.978±0.019	0.833±0.061
25	α <sub>t</sub>	0.002	0.981±0.013	0.853±0.037	0.964±0.017	0.910±0.026	0.986±0.012	0.828±0.043

**Table A6:** The 10-CV score of each classifier when using Rank<sub>RF</sub> as a rank.

No.	Rank <sub>RF</sub>	score	SVM	LR	GB	ADA	RF	LDA
1	F3 <sub>δ</sub>	0.103	0.686±0.068	0.693±0.033	0.669±0.048	0.694±0.026	0.568±0.070	0.690±0.039
2	$\beta_f$	0.076	0.767±0.046	0.732±0.039	0.751±0.037	0.747±0.056	0.733±0.037	0.725±0.044
3	F3 <sub>γ</sub>	0.066	0.804±0.033	0.729±0.057	0.868±0.037	0.821±0.039	0.883±0.024	0.725±0.051
4	C3 <sub>θ</sub>	0.052	0.847±0.038	0.701±0.067	0.879±0.043	0.864±0.050	0.885±0.029	0.711±0.058
5	C3 <sub>δ</sub>	0.048	0.826±0.038	0.719±0.048	0.897±0.021	0.853±0.032	<b>0.907±0.027</b>	0.721±0.050
6	T3 <sub>γ</sub>	0.045	0.860±0.037	0.724±0.043	<b>0.904±0.038</b>	0.865±0.037	0.925±0.024	0.722±0.045
7	T4 <sub>θ</sub>	0.045	0.872±0.025	0.717±0.031	0.914±0.034	0.868±0.039	0.950±0.023	0.726±0.040
8	T4 <sub>Lowβ</sub>	0.045	0.890±0.043	0.731±0.057	0.919±0.025	0.894±0.031	0.957±0.017	0.742±0.041
9	F3 <sub>α</sub>	0.041	<b>0.917±0.030</b>	0.776±0.039	0.925±0.023	0.896±0.025	0.951±0.042	0.785±0.034
10	P4 <sub>θ</sub>	0.038	0.949±0.025	0.778±0.025	0.936±0.023	<b>0.901±0.031</b>	0.968±0.015	0.788±0.071
11	F3 <sub>θ</sub>	0.038	0.944±0.019	0.774±0.033	0.935±0.030	0.901±0.032	0.975±0.016	0.786±0.038
12	F4 <sub>δ</sub>	0.036	0.965±0.023	0.799±0.037	0.951±0.026	0.915±0.039	0.971±0.021	<b>0.819±0.040</b>
13	C3 <sub>RG</sub>	0.036	0.969±0.026	<b>0.810±0.038</b>	0.954±0.021	0.921±0.032	0.958±0.014	0.806±0.040
14	P4 <sub>δ</sub>	0.036	0.969±0.018	0.833±0.059	0.960±0.019	0.919±0.022	0.971±0.024	0.822±0.026
15	F7 <sub>α</sub>	0.035	0.975±0.018	0.836±0.037	0.957±0.024	0.907±0.022	0.974±0.023	0.828±0.028
16	FP1 <sub>δ</sub>	0.033	0.978±0.015	0.847±0.038	0.953±0.023	0.912±0.036	0.974±0.013	0.825±0.025
17	F3 <sub>β</sub>	0.032	0.978±0.011	0.846±0.042	0.958±0.021	0.924±0.027	0.969±0.020	0.828±0.026
18	P4 <sub>α</sub>	0.032	0.976±0.015	0.843±0.033	0.967±0.019	0.925±0.017	0.972±0.022	0.829±0.032
19	F4 <sub>α</sub>	0.029	0.981±0.020	0.839±0.035	0.956±0.016	0.915±0.042	0.972±0.015	0.829±0.035
20	T6 <sub>α</sub>	0.029	0.979±0.019	0.844±0.028	0.957±0.022	0.935±0.016	0.976±0.026	0.831±0.040
21	F3 <sub>Slow</sub>	0.027	0.979±0.014	0.844±0.039	0.969±0.025	0.933±0.023	0.975±0.016	0.825±0.040
22	$\alpha_f$	0.026	0.979±0.024	0.843±0.022	0.958±0.012	0.931±0.024	0.982±0.013	0.825±0.029
23	$\alpha_a$	0.023	0.981±0.015	0.847±0.036	0.962±0.023	0.911±0.029	0.975±0.016	0.822±0.034
24	F3 <sub>Lowβ</sub>	0.019	0.979±0.017	0.844±0.045	0.958±0.028	0.917±0.022	0.969±0.017	0.833±0.060
25	$\alpha_t$	0.012	0.975±0.014	0.851±0.037	0.957±0.037	0.907±0.044	0.978±0.009	0.831±0.040

**Table A7:** The 10-CV score of each classifier when using Rank<sub>Ensemble</sub> as a rank.

No.	Rank <sub>Ensemble</sub>	score	SVM	LR	GB	ADA	RF	LDA
1	$\beta_f$	15	0.693±0.057	0.669±0.046	0.646±0.038	0.671±0.035	0.585±0.042	0.667±0.042
2	F3 <sub>δ</sub>	18	0.765±0.029	0.731±0.048	0.742±0.050	0.736±0.043	0.733±0.036	0.728±0.038
3	F4 <sub>δ</sub>	34	0.775±0.057	0.725±0.035	0.761±0.051	0.774±0.032	0.769±0.038	0.726±0.045
4	F3 <sub>β</sub>	34	0.849±0.040	0.743±0.047	0.840±0.028	0.817±0.035	0.860±0.037	0.742±0.064
5	P4 <sub>δ</sub>	45	0.867±0.044	0.728±0.070	0.860±0.058	0.839±0.032	0.879±0.028	0.728±0.067
6	F3 <sub>γ</sub>	47	0.899±0.040	0.735±0.033	<b>0.928±0.025</b>	0.892±0.034	<b>0.939±0.037</b>	0.749±0.052
7	P4 <sub>θ</sub>	48	0.890±0.040	0.754±0.041	0.940±0.028	<b>0.908±0.036</b>	0.947±0.024	0.765±0.036
8	C3 <sub>θ</sub>	49	<b>0.925±0.023</b>	0.782±0.058	0.942±0.029	0.910±0.028	0.956±0.025	0.782±0.035
9	C3 <sub>RG</sub>	52	0.944±0.030	0.775±0.030	0.946±0.024	0.900±0.031	0.953±0.017	0.785±0.037
10	T4 <sub>θ</sub>	54	0.947±0.017	0.794±0.050	0.960±0.021	0.917±0.036	0.960±0.024	0.796±0.035
11	T4 <sub>Lowβ</sub>	54	0.958±0.023	0.797±0.058	0.957±0.024	0.914±0.040	0.969±0.010	<b>0.801±0.052</b>
12	P4 <sub>α</sub>	57	0.971±0.020	<b>0.811±0.060</b>	0.954±0.019	0.947±0.018	0.975±0.022	0.818±0.038
13	F7 <sub>α</sub>	57	0.975±0.025	0.815±0.050	0.956±0.020	0.937±0.023	0.971±0.017	0.824±0.042
14	F3 <sub>α</sub>	59	0.972±0.025	0.838±0.040	0.956±0.025	0.928±0.017	0.974±0.025	0.833±0.026
15	F3 <sub>θ</sub>	61	0.976±0.021	0.849±0.034	0.958±0.016	0.926±0.030	0.969±0.016	0.828±0.042
16	C3 <sub>δ</sub>	61	0.978±0.023	0.849±0.058	0.957±0.025	0.932±0.016	0.975±0.019	0.829±0.037
17	F4 <sub>α</sub>	67	0.978±0.015	0.844±0.056	0.961±0.016	0.925±0.023	0.968±0.015	0.829±0.032
18	F3 <sub>Lowβ</sub>	69	0.979±0.018	0.849±0.036	0.965±0.024	0.926±0.028	0.974±0.025	0.839±0.043
19	T3 <sub>γ</sub>	71	0.981±0.013	0.840±0.035	0.961±0.017	0.925±0.028	0.972±0.025	0.836±0.058
20	T6 <sub>α</sub>	73	0.981±0.015	0.850±0.053	0.961±0.010	0.933±0.036	0.975±0.018	0.836±0.041
21	FP1 <sub>δ</sub>	79	0.979±0.009	0.844±0.037	0.958±0.027	0.921±0.026	0.974±0.018	0.828±0.049
22	F3 <sub>Slow</sub>	88	0.981±0.013	0.844±0.040	0.953±0.039	0.917±0.039	0.974±0.018	0.829±0.036
23	$\alpha_f$	94	0.981±0.011	0.854±0.036	0.957±0.017	0.925±0.035	0.969±0.017	0.831±0.027
24	$\alpha_a$	103	0.979±0.013	0.850±0.038	0.960±0.027	0.922±0.038	0.979±0.013	0.831±0.037
25	$\alpha_t$	111	0.978±0.015	0.844±0.020	0.968±0.019	0.929±0.030	0.978±0.018	0.832±0.039

## References

- [1] Khosrowabadi, R., Quek, C., Ang, K., Tung, S., Heijnen, M.: A brain-computer interface for classifying eeg correlates of chronic mental stress. *Proceedings of the International Joint Conference on Neural Networks*, 757–762 (2011)
- [2] Thoits, P.A.: Stress and health: Major findings and policy implications. *Journal of Health and Social Behavior* **51**, 41–53 (2010)
- [3] Garg, A., Chren, M.-M., Sands, L.P., Matsui, M.S., Marenus, K.D., Feingold, K.R., Elias, P.M.: Psychological stress perturbs epidermal permeability barrier homeostasis: implications for the pathogenesis of stress-associated skin disorders. *Archives of dermatology* **137** 1, 53–9 (2001)
- [4] Adam, T.C., Epel, E.S.: Stress, eating and the reward system. *Physiology & Behavior* **91**, 449–458 (2007)
- [5] McGonagle, K.A., Kessler, R.C.: Chronic stress, acute stress, and depressive symptoms. *American Journal of Community Psychology* **18**, 681–706 (1990)
- [6] Cohen, S., Kamarck, T., Mermelstein, R.: A global measure of perceived stress. *Journal of health and social behavior* **24** 4, 385–96 (1983)
- [7] Awang, S.A., Paulraj, M.P., Yaacob, S., Yusnita, M.A.: Analysis of eeg signals during relaxation and mental stress condition using ar modeling techniques. *2011 IEEE International Conference on Control System, Computing and Engineering*, 477–481 (2011)
- [8] Hu, B., Peng, H., Zhao, Q., Hu, B., Majoe, D., Zheng, F., Moore, P.: Signal quality assessment model for wearable eeg sensor on prediction of mental stress. *IEEE Transactions on NanoBioscience* **14**, 553–561 (2015)
- [9] Cohen, H., Benjamin, J., Geva, A.B., Matar, M.A., Kaplan, Z., Kotler, M.: Autonomic dysregulation in panic disorder and in post-traumatic stress disorder: application of power spectrum analysis of heart rate variability at rest and in response to recollection of trauma or panic attacks. *Psychiatry Research* **96**, 1–13 (2000)
- [10] Hughes, J.W., Stoney, C.M.: Depressed mood is related to high-frequency heart rate variability during stressors. *Psychosomatic Medicine* **62**, 796–803 (2000)
- [11] Seo, S.H., Lee, J.-T.: Stress and EEG, (2010)

- [12] Kulkarni, N., Phalle, S., Desale, M., Gokhale, N., Kasture, K.: A review on eeg based stress monitoring system using deep learning approach. *Mukt Shabd J* **9**, 1317–1325 (2020)
- [13] Al-Shargie, F., Tang, T.B., Badruddin, N., Kiguchi, M.: Towards multilevel mental stress assessment using svm with ecoc: an eeg approach. *Medical & biological engineering & computing* **56**(1), 125–136 (2018)
- [14] Wang, X.-W., Nie, D., Lu, B.-L.: Emotional state classification from eeg data using machine learning approach. *Neurocomputing* **129**, 94–106 (2014)
- [15] Al-shargie, F., Kiguchi, M., Badruddin, N., Dass, S.C., Hani, A.F.M., Tang, T.B.: Mental stress assessment using simultaneous measurement of eeg and fnirs. *Biomedical optics express* **7** **10**, 3882–3898 (2016)
- [16] Hamid, N.H., Sulaiman, N., Mohd Aris, S.A., Murat, Z., Taib, M.N.: Evaluation of human stress using eeg power spectrum. 6th International Colloquium on Signal Processing and Its Applications (CSPA), 1–4 (2010)
- [17] Gärtner, M., Grimm, S., Bajbouj, M.: Frontal midline theta oscillations during mental arithmetic: effects of stress. *Frontiers in Behavioral Neuroscience* **9** (2015)
- [18] Arsalan, A., Majid, M., Butt, A.R., Anwar, S.M.: Classification of perceived mental stress using a commercially available eeg headband. *IEEE Journal of Biomedical and Health Informatics* **23**, 2257–2264 (2019)
- [19] Saeed, S.M.U., Anwar, S.M., Khalid, H., Majid, M., Bagci, U.: Eeg based classification of long-term stress using psychological labeling. *Sensors (Basel, Switzerland)* **20** (2020)
- [20] Peng, H., Hu, B., Zheng, F., Fan, D., Zhao, W., Chen, X., Yang, Y., Cai, Q.: A method of identifying chronic stress by eeg. *Personal and Ubiquitous Computing* **17**, 1341–1347 (2012)
- [21] Subhani, A.R., Mumtaz, W., Saad, M.N.B.M., Kamel, N.S., Malik, A.S.: Machine learning framework for the detection of mental stress at multiple levels. *IEEE Access* **5**, 13545–13556 (2017)
- [22] Kotsiantis, S.B.: Supervised machine learning: A review of classification techniques. *Informatica (Slovenia)* **31**, 249–268 (2007)