



Stress Detection and Prediction using Artificial Neural Networks

This innovative project aims to leverage the power of Artificial Neural Networks (ANNs) to accurately detect and predict stress levels in individuals. By analyzing key physiological factors, the system will provide users with personalized insights and recommendations to manage stress effectively.



Introduction to the Project

1

Holistic Approach

This project takes a comprehensive approach to stress management by considering multiple physiological and behavioral factors.

2

Predictive Analytics

The ANN-based model will predict stress levels to help users proactively manage their well-being.

3

User-Friendly Interface

The web application will provide an intuitive and accessible platform for stress assessment and personalized recommendations.

The 8 Key Factors for Stress Prediction

Physiological

Snoring Rate, Respiratory Rate,
Body Temperature, Blood
Oxygen

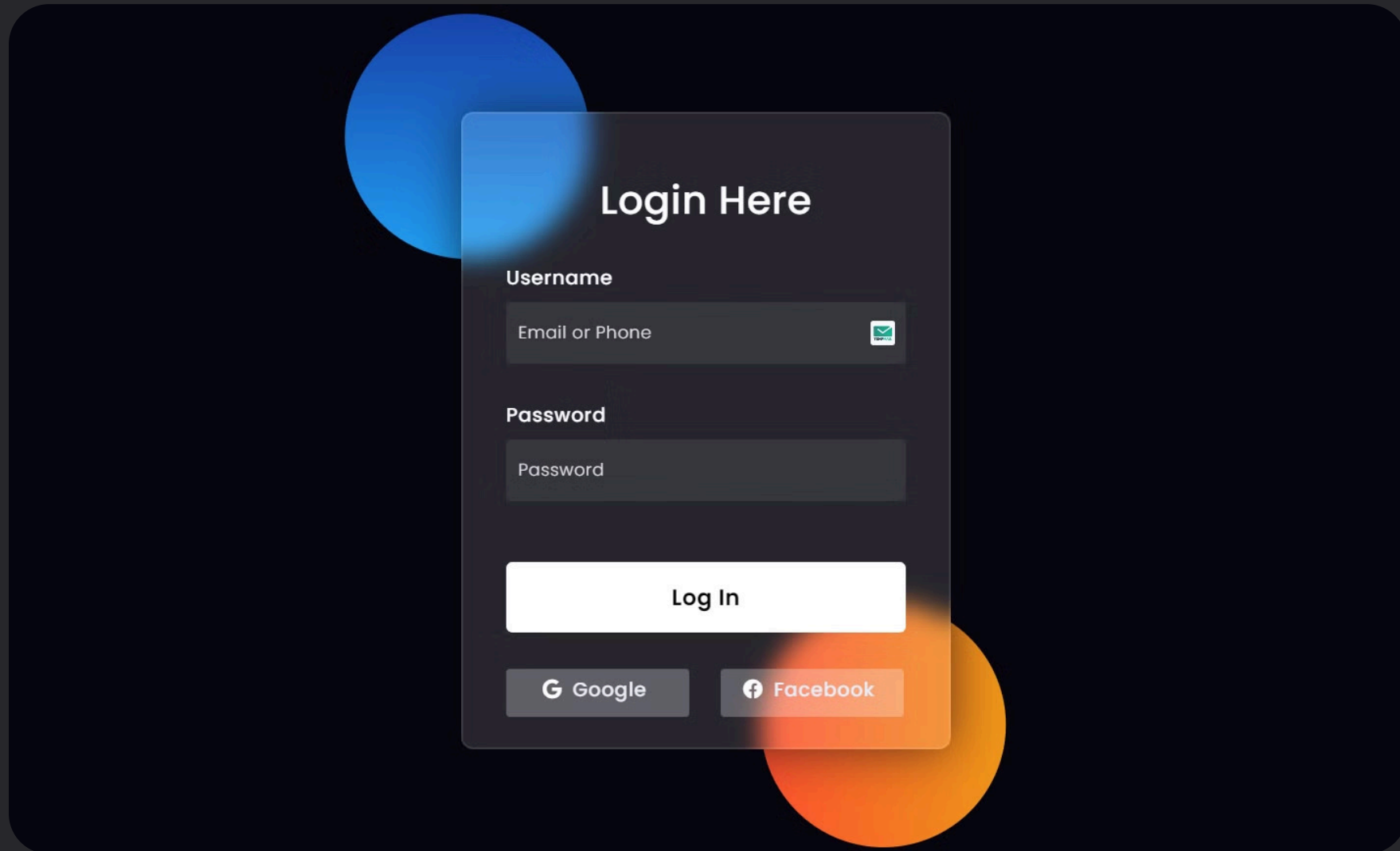
Behavioral

Limb Movement, Eye
Movement, Sleep Hours, Heart
Rate

Stress Levels

The target variable, ranging
from 0 (low stress) to 1 (high
stress)


Login Page



A login form overlay is centered on a dark blue background. The form is a semi-transparent dark gray rectangle with rounded corners. It contains the title 'Login Here' in white. Below the title are two input fields: 'Username' with a placeholder 'Email or Phone' and an email icon, and 'Password' with a placeholder 'Password'. A white 'Log In' button is positioned below the password field. At the bottom of the form are two buttons for social login: 'G Google' and 'f Facebook'. The background features a large blue circle on the left and a large orange circle on the right, both partially obscured by the form.

Login Here



Username

Email or Phone 

Password

Password

Log In


 Google  Facebook

User Registration Page

Register Here

Username

Email

Password

Confirm Password

Register

Home Page

Understand & Manage Stress Better

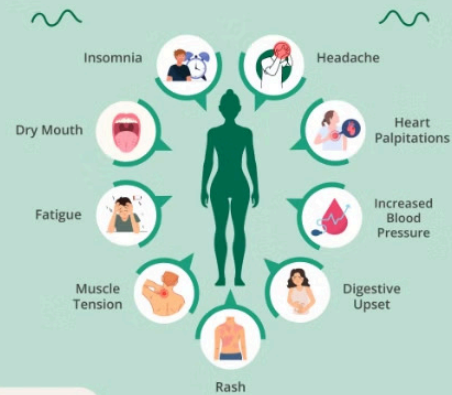
Learn how to detect and manage stress with our AI-powered tool

"Take control of your stress with our app's stress detection/prediction and prevention insights."

What is Stress?

Stress is a natural response to challenging situations, which can help motivate and prepare you to face dangers or difficult tasks. However, when stress becomes overwhelming, it can negatively impact your mental and physical health.

How Stress Affects the Body



EVERYDAY HEALTH

How to Prevent Stress?

Taking simple steps like maintaining a balanced lifestyle, practicing relaxation techniques, and staying organized can reduce stress levels. Physical activities, mindfulness, and a good support system are key factors in stress prevention.



What to Do if You're Stressed?

What to Do if You're Stressed?

When stress becomes overwhelming, it's essential to take a step back and relax. Engage in activities you enjoy, talk to friends or family, and consider using stress-relief techniques like deep breathing, meditation, or taking a short walk.

WHEN YOU'RE FEELING... STRESSED



Check Your Stress Levels

Our app can help you detect early signs of stress through advanced AI algorithms. Regular check-ups with our app can give you valuable insights and help you manage stress better.

Get Started Now

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"Am I Stressed?" Stress Assessment Tool

1

User Input

Provide the 8 key factors to assess your current stress levels.

2

Stress Prediction

The ANN model will analyze the data and generate a personalized stress score.

3

Personalized Recommendations

Receive tailored suggestions to manage stress and improve well-being.

Inputting User Data

After inputting the 8 key factors, the user will receive a stress prediction score and personalized recommendations to manage their well-being.

User Data Input Form

Snoring Rate	<input type="text"/>
Respiratory Rate	<input type="text"/>
Body Temperature	<input type="text"/>
Blood Oxygen	<input type="text"/>
Limb Movement	<input type="text"/>
Eye Movement	<input type="text"/>
Sleep Hours	<input type="text"/>
Heart Rate	<input type="text"/>

Am I Stressed?

Stress Prediction and Recommendations

Once the ANN model analyzes the user's inputted data, it will generate a stress prediction score that reflects their current stress levels. In addition to the score, the user will also receive recommendations on how to manage stress and improve their overall well-being.

You are stressed.

Stay calm and follow the advice below.

What You Can Do:

No Worries!!

Here are a few ways to break out of it:

1. Try deep breathing exercises.
2. Take a short walk.
3. Practice mindfulness or meditation.

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Not stressed.

Stay calm and follow the advice below.

What You Can Do:

Hurray! You are doing great!

Here are a few tips to maintain your well-being:

1. Keep up with your good habits.
2. Try to take breaks to recharge.
3. Keep pursuing activities you enjoy!

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