Exploring Stress Among Teenagers

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2 Data

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4 Wrapping Up

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- Look into the relationship between stress and lifestyle in teenagers
  - Kaggle dataset

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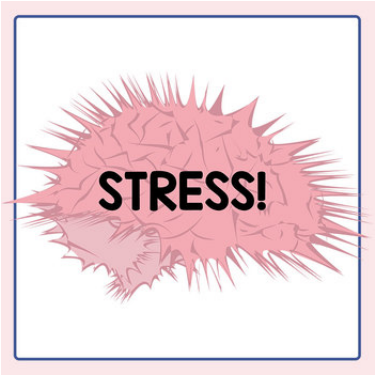

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- Lifestyle data
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- Stress data
  - Self-reported (integer scale of 1-5), wearable stress metric (float scale 0-1)

The Data (cont.d)

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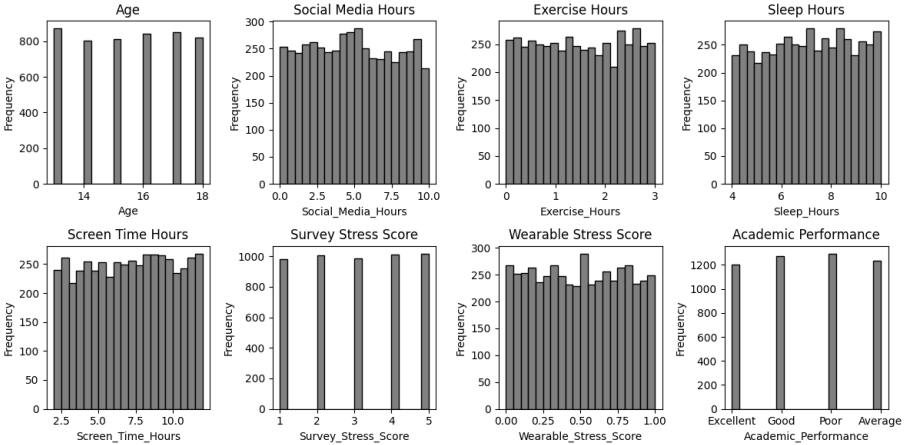
  - These are all the same person
- Some of the teens are not OK

The Data (cont.d, cont.d)



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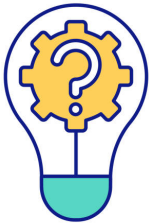

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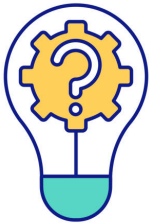

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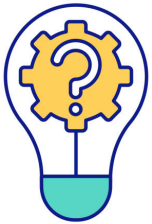
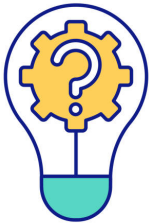


Methods

- Two experimental stages:
  - Distill lifestyle data
    - Factor analysis on lifestyle parameters



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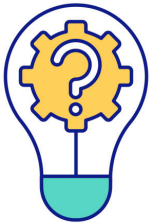

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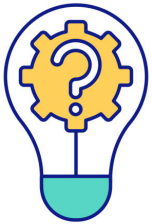
  - Relate lifestyle to stress
    - Regression on lifestyle and stress levels



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    - Can't use clustering output in regression

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  - Linear, random forest, and neural network
- Goal: simplest (most explainable) model with highest performance

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Thank you!