

Mental Stress Detection Using Lifestyle Data

```
def predict_stress(sleep_hours, screen_time,  
exercise, workload):
```

```
    score = 0
```

```
    # Less sleep increases stress
```

```
    if sleep_hours < 6:
```

```
        score += 2
```

```
    elif sleep_hours < 8:
```

```
        score += 1
```

```
    # High screen time increases stress
```

```
    if screen_time > 6:
```

```
        score += 2
```

```
    elif screen_time > 3:
```

```
        score += 1
```

```
# No exercise increases stress
```

```
if exercise == 0:
```

```
    score += 2
```

```
elif exercise < 30:
```

```
    score += 1
```

```
# Heavy workload increases stress
```

```
if workload == "high":
```

```
    score += 2
```

```
elif workload == "medium":
```

```
    score += 1
```

```
# Predict stress level
```

```
if score <= 2:
```

```
    return "Low Stress"
```

```
elif score <= 4:
```

```
    return "Moderate Stress"
```

```
else:
```

```
    return "High Stress"
```