

Clinical Report for Participant 14

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Clinical Report

The physiological data analysis of the participant reveals that out of 742 total measurements, 64.3% (498) were non-stressed and 32.7% (244) indicated stress. The overall accuracy of classifying stressed and non-stressed periods was exceptionally high at 100%, as determined by the descriptive analysis and classification report. However, an abnormal stress pattern has been detected.

Classification Results

The classification report indicates that both the precision (1.00) and recall (1.00) for non-stressed periods were 100%, suggesting a perfect model in predicting non-stressed periods. Similarly, the precision and recall for stress periods were also 1.00 and 0.99 respectively, indicating that there were only minor false negatives. The overall accuracy of the model was 100%.

Abnormal Patterns

An abnormal stress pattern has been detected in the participant's data, with prolonged periods of stress evident. Prolonged stress periods have been linked to various medical conditions such as cardiovascular diseases, anxiety disorders, depression, and immune system suppression. It is recommended that the participant consult a healthcare professional for further evaluation and management of their stress levels.

Recommendations

1. Engage in regular physical exercise to manage stress levels effectively.
2. Practice relaxation techniques such as deep breathing exercises or meditation daily.
3. Ensure adequate sleep and maintain a consistent sleep schedule.
4. Implement stress management strategies, including time management and prioritization of tasks.
5. Consider seeking support from a mental health professional if experiencing prolonged stress or associated symptoms.



