

Clinical Report for Participant 10

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Clinical Report

The participant's physiological data analysis reveals a total of 610 measurements, with 413 readings classified as non-stressed and 197 as stressed. This suggests a high proportion of stress periods in the observed time frame. However, it is important to note that the accuracy of the classification was 0.93 overall, indicating a robust model performance.

Classification Results

The model demonstrated excellent precision (ranging from 0.88 to 0.95) and recall (ranging from 0.89 to 0.94) in classifying the participant's stress levels. Specifically, the precision for non-stressed readings was 0.95, while the precision for stressed readings was 0.88. Similarly, the recall for non-stressed readings was 0.94, and for stressed readings, it was 0.89. These results suggest a reliable classification of stress levels, with only minimal misclassification instances.

Abnormal Patterns

An abnormal stress pattern has been detected in the participant's data. Prolonged stress periods can have significant implications for overall health and wellbeing. Chronic stress is associated with various medical conditions such as cardiovascular disease, diabetes, depression, and anxiety disorders. It is recommended that the participant undergo further assessment to identify potential underlying issues related to their prolonged stress patterns.

Recommendations

1. Engage in regular relaxation techniques such as deep breathing exercises, meditation, or yoga to manage stress levels effectively.
2. Establish a consistent sleep schedule and prioritize adequate rest to promote overall well-being and reduce stress levels.
3. Incorporate physical activity into daily routines, aiming for at least 150 minutes of moderate aerobic activity per week.

4. Practice good time management skills to minimize feelings of being overwhelmed and reduce stress triggers.
5. Seek professional help if experiencing prolonged periods of stress or associated symptoms such as anxiety or depression.



