

Clinical Report for Participant 15

Generated on: 2025-03-25 09:08:47

Clinical Report

The analysis of the physiological data revealed that out of a total of 694 measurements, 211 were classified as stressed and 483 were non-stressed. The classification report indicates a precision of 0.88 for stressed measurements and a recall of 0.82, with an f1-score of 0.85. For non-stressed measurements, the precision was 0.92, the recall was 0.95, and the f1-score was 0.94. The overall accuracy of the classification was 0.91, and the weighted average was also 0.91, indicating a robust performance of the model in distinguishing between stressed and non-stressed periods. However, an abnormal stress pattern was detected based on the analysis.

Classification Results

The classification report suggests that while there is a high degree of precision in predicting non-stressed periods (0.92), the prediction of stressed periods has slightly lower but still acceptable precision (0.88). Recall, or the ability to correctly identify stressed periods, was 0.82 for stressed measurements. The f1-score, a measure that balances precision and recall, was 0.85 for stressed measurements and 0.94 for non-stressed measurements, indicating overall good performance of the model.

Abnormal Patterns

The analysis revealed an abnormal stress pattern in the participant's data. Prolonged periods of stress are associated with various medical conditions such as cardiovascular diseases, mental health disorders like anxiety and depression, and immune system dysregulation, among others. It is crucial to manage and reduce prolonged stress periods to prevent potential complications related to these conditions.

Recommendations

1. Engage in regular relaxation techniques such as meditation, deep breathing exercises, or yoga to help manage stress levels.
2. Ensure adequate sleep duration and quality to allow the body to recover from daily stressors.
3. Practice stress management strategies like time management, organization, and setting boundaries to prevent feelings of overwhelm.

4. Incorporate physical activity into daily routines, as regular exercise can help reduce stress levels and improve overall wellbeing.

5. Consider seeking professional help if stress persists or becomes unmanageable, such as a therapist, counselor, or healthcare provider.



