

# Clinical Report for Participant 25

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## Clinical Report

The physiological data analysis reveals a total of 655 measurements collected, out of which 225 measurements indicate stressed states and 430 measurements represent non-stressed states. This suggests that the participant experienced stress approximately one-third (35%) of the time during the monitoring period.

## Classification Results

The classification report demonstrates high precision (ranging from 0.97 to 1.00) and recall (ranging from 0.98 to 1.00) for both stressed and non-stressed categories. These results indicate that the classifier is effective in accurately identifying both stressed and non-stressed periods with minor misclassifications. The overall accuracy of the classifier stands at a robust 0.99, which translates to the correct identification of the vast majority (~99%) of measurements.

## Abnormal Patterns

An abnormal stress pattern has been detected within the analyzed data. Prolonged periods of stress can have serious implications for an individual's health and wellbeing. Chronic stress is associated with various medical conditions such as cardiovascular disease, diabetes, obesity, anxiety disorders, and depression. It can also weaken the immune system and increase susceptibility to infections.

## Recommendations

1. Implement stress management techniques, such as deep breathing exercises, progressive muscle relaxation, or mindfulness meditation, to help manage and reduce stress levels.
2. Prioritize regular physical activity as it has been shown to lower stress levels by boosting the production of endorphins, which act as natural painkillers and mood elevators.
3. Encourage adequate sleep to allow the body time to rest and recover from daily stresses. Aim for 7-9 hours of sleep per night.

4. 4. Foster positive relationships with friends, family, or support groups to reduce feelings of isolation and help cope with stressors.
5. 5. Regularly engage in activities that promote relaxation and enjoyment to create a balance between work and leisure time. This can include pursuing hobbies, spending time in nature, or participating in creative endeavors.
6. It is crucial for the participant to address their prolonged stress pattern and take active steps to manage and reduce stress levels in order to improve overall health and wellbeing.



