

# Clinical Report for Participant 18

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## Clinical Report

The analysis of the physiological data collected from the participant shows a high degree of accuracy and consistency. The total number of measurements was 677, out of which 217 were classified as 'stressed' and 460 as 'non-stressed'. It is important to note that all the classifications, including precision, recall, and F1-score for both categories, were 1.00, indicating a perfect classification. This suggests that the model accurately predicted stressed and non-stressed periods based on the data provided.

## Classification Results

The results of the classification show that the model was able to distinguish between stressed and non-stressed periods with absolute precision. Out of 460 non-stressed measurements, all were correctly identified as such, and out of 217 stressed measurements, all were also correctly classified. The overall accuracy was 100%, which is an impressive performance.

## Abnormal Patterns

An abnormal stress pattern has been detected in the signal. Prolonged periods of stress can have significant impacts on a person's health and well-being. It is crucial to manage these periods effectively to avoid potential complications. Chronic stress has been linked to various medical conditions, including cardiovascular diseases, diabetes, depression, and anxiety disorders.

## Recommendations

1. Implement stress management techniques such as mindfulness, meditation, or yoga to help alleviate stress levels.
2. Regular exercise can also be beneficial in managing stress levels. Aim for at least 30 minutes of moderate-intensity exercise per day.
3. Ensure adequate sleep and maintain a consistent sleep schedule to promote relaxation and stress reduction.
4. Practice good time management skills to reduce the feeling of being overwhelmed and under pressure.

5. Seek support from friends, family, or mental health professionals when needed to discuss any issues that may be causing stress.
6. Maintain a healthy diet rich in fruits, vegetables, lean proteins, and whole grains to support overall well-being and stress management.
7. Consider using stress-reduction apps or tools that can help monitor and manage stress levels throughout the day.



