

Clinical Report for Participant 5

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Clinical Report

The analysis conducted on the physiological data of the participant indicates an overall stress level that is relatively high, with 217 instances of stressed measurements out of 652 total measurements. This equates to approximately one-third (34%) of the time spent in a stressed state, which is higher than ideal.

Classification Results

The machine learning model used for classification achieved an overall accuracy of 89% across all measurements. Specifically, it correctly identified 0.89 times out of 1 instances of non-stressed periods and 0.89 times out of 1 instances of stressed periods. It's important to note that the model had a slightly higher recall for non-stressed periods (0.95) compared to stressed periods (0.77).

Abnormal Patterns

An abnormal stress pattern was detected, with prolonged and frequent instances of high stress levels. Prolonged exposure to stress can have negative impacts on an individual's overall health and wellbeing. Some medical diseases that are associated with prolonged stress periods include cardiovascular diseases, mental health disorders such as anxiety and depression, sleep disorders, and immune system dysfunction.

Recommendations

1. Stress Management Techniques: Implement stress management techniques such as deep breathing exercises, meditation, and progressive muscle relaxation to help manage stress levels.
2. Regular Exercise: Engage in regular physical activity, such as walking, jogging, or yoga, to promote relaxation and reduce stress.
3. Balanced Diet: Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to support overall health and immune function.
4. Adequate Sleep: Ensure adequate sleep each night to allow the body to rest and recover from daily stressors.

5. Social Support: Build and maintain strong social connections to provide emotional support and reduce feelings of isolation.

6. Mindfulness Practices: Practice mindfulness techniques, such as gratitude journaling or positive affirmations, to help shift focus away from negative thoughts and emotions.

7. Professional Help: Consider seeking professional help if stress levels remain high and are impacting daily functioning, including therapy, counseling, or support groups.



