

Clinical Report for Participant 5

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Clinical Report

The physiological data analysis reveals a total of 652 measurements, out of which 217 were identified as stressed and 435 were non-stressed measurements. The participant's data shows a high precision (0.99) and recall (0.99) for both stressed and non-stressed categories, indicating an excellent performance by the classification model. The overall accuracy is 0.99, demonstrating a reliable distinction between stressed and non-stressed periods. However, an abnormal stress pattern has been detected.

Classification Results

The classification report indicates that the model correctly classified 99% of both stressed and non-stressed measurements with high precision, recall, and F1 scores. These results suggest a robust performance in distinguishing between periods of stress and relaxation in the participant's physiological data.

Abnormal Patterns

An abnormal stress pattern has been detected in the signal analysis. Prolonged stress periods can have adverse effects on various systems within the body, such as cardiovascular, immune, digestive, and nervous systems. Chronic stress is linked to an increased risk of conditions like hypertension, heart disease, diabetes, depression, anxiety disorders, and obesity. It is essential to address this abnormal stress pattern and take appropriate measures to reduce prolonged stress periods.

Recommendations

1. Practicing stress management techniques such as deep breathing exercises, meditation, and mindfulness can help reduce stress levels.
2. Engage in regular physical activity, as exercise is an effective way to manage stress and improve overall health.
3. Ensure a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to support the body's stress response mechanisms.

4. Establish healthy sleep habits, as adequate sleep is crucial for stress management and overall well-being.
5. Seek professional help if needed, such as counseling or therapy, to learn coping strategies and develop a personalized plan to manage stress effectively.



