

Clinical Report for Participant 26

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Clinical Report

The physiological data analysis revealed a total of 665 measurements, out of which 227 instances showed signs of stress and 438 instances were non-stressed. The classification model achieved high precision (1.00) and recall (1.00) for both stressed and non-stressed categories, resulting in an overall accuracy of 100%.

Classification Results

The classification report indicates excellent performance of the model in correctly identifying stressful and non-stressful periods. With a precision score of 1.00 for both categories, it implies that all instances labeled as stressed or non-stressed were indeed accurate. Similarly, the recall score of 1.00 signifies that no stress or non-stress event was missed by the model.

Abnormal Patterns

An abnormal stress pattern was detected in the signal data. Prolonged periods of stress can have serious health consequences, such as increased risk for cardiovascular disease, impaired immune system function, and mental health disorders like depression and anxiety. It is crucial to address these stress patterns promptly to minimize potential long-term health risks.

Recommendations

1. Implement stress management techniques, such as deep breathing exercises, meditation, or yoga, daily to help manage stress levels.
2. Engage in regular physical activity to improve overall wellbeing and reduce stress levels.
3. Establish a consistent sleep schedule and ensure adequate rest to promote relaxation and recovery from stress.
4. Prioritize self-care activities and set aside time each day for leisure or hobbies to promote mental wellness.

5. Seek professional help if experiencing prolonged periods of stress, as it may be indicative of an underlying emotional or psychological issue that requires medical attention.



