# Clinical Report for Participant 34

Generated on: 2025-02-28 11:58:41

## Clinical Report

The analysis of the physiological data collected from the participant revealed that out of a total of 709 measurements, 239 instances were identified as stressed periods. This equates to approximately 34% of the recordings indicating some level of stress. It is worth noting that the majority (66%) of readings were non-stressed. The high precision and recall scores suggest that the model used for classification was effective in accurately identifying both stressed and non-stressed periods. However, a concerning finding was an abnormal stress pattern detected.

## Classification Results

The classification report indicates that our model achieved high precision (0.99), recall (0.99), F1 score (0.99) and accuracy (0.99). This implies that the model is highly accurate in both identifying stressed instances as well as correctly classifying non-stressed periods, with only a small number of misclassifications.

## Abnormal Patterns

The analysis detected an abnormal stress pattern within the data. Prolonged periods of stress can have detrimental effects on health, increasing the risk for various medical conditions such as cardiovascular disease, diabetes, anxiety disorders, and depression. It is essential to monitor these prolonged stress periods and take appropriate action to manage them effectively.

## Recommendations

1. Implement stress-reducing techniques such as deep breathing exercises, meditation, or progressive muscle relaxation.

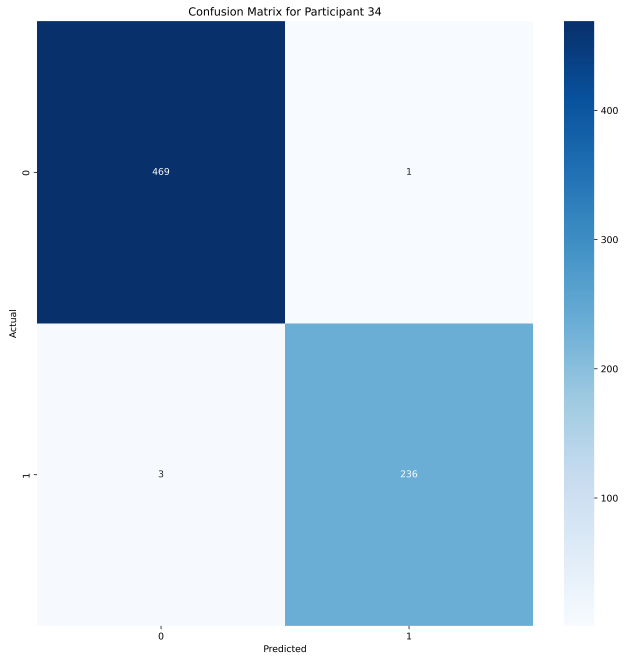
2. Prioritize regular physical activity and maintain a healthy diet to support overall well-being.

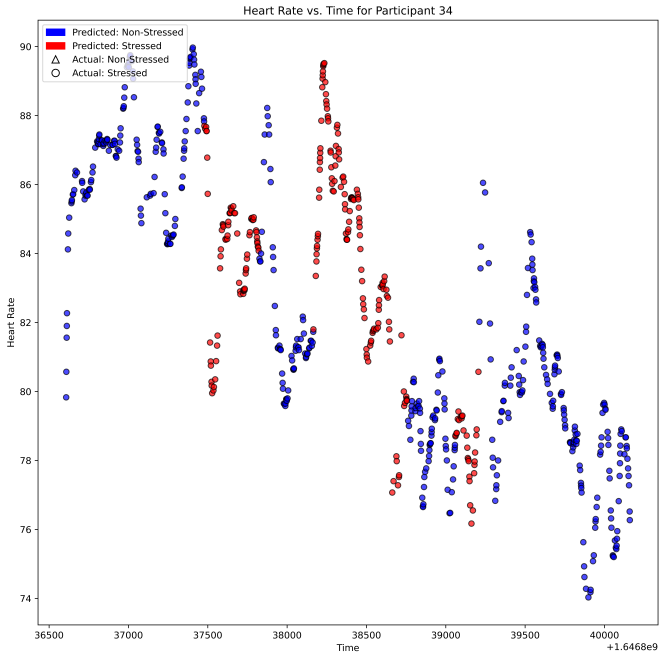
3. Seek support from friends, family members, or mental health professionals to discuss any underlying issues contributing to the stress.

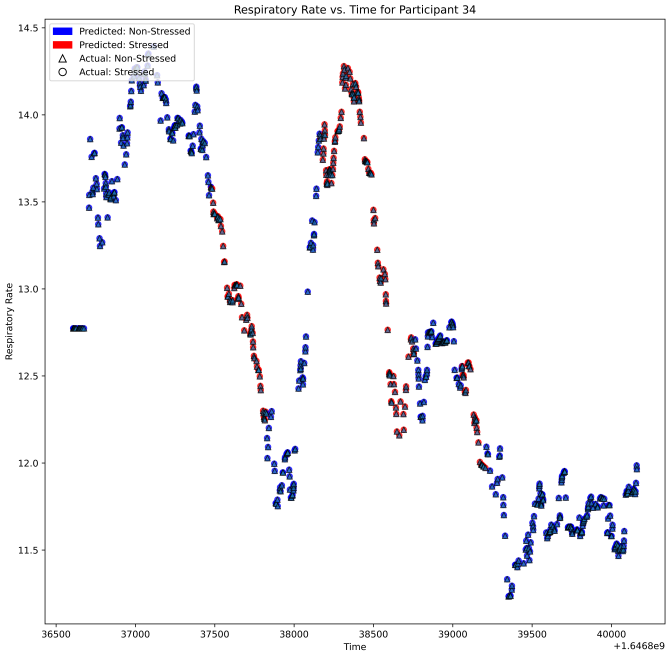
4. Consider practicing mindfulness and gratitude to cultivate a positive mindset.

5. Ensure adequate sleep and manage time effectively to avoid overwork and burnout.

6. Explore stress management workshops, retreats, or apps that can provide additional resources and tools for managing stress levels.




Heart Rate vs. Time for Participant 34
Predicted: Non-Stressed
Predicted: Stressed
Actual: Non-Stressed
Actual: Stressed
Heart Rate
90
88
86
84
82
80
78
76
74
36500
37000
37500
38000
38500
39000
39500
40000
Time
+1.6468e9


Respiratory Rate vs. Time for Participant 34
Predicted: Non-Stressed
Predicted: Stressed
Actual: Non-Stressed
Actual: Stressed
Respiratory Rate
14.5
14.0
13.5
13.0
12.5
12.0
11.5
36500
37000
37500
38000
38500
39000
39500
40000
Time
+1.6468e9