

Clinical Report for Participant 7

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Clinical Report

The analysis of the physiological data reveals a total of 671 measurements, with 210 instances identified as stressed and 461 instances classified as non-stressed. The precision, recall, and F1-score for the stressed instances were 0.94, 0.90, and 0.92, respectively, while those for the non-stressed instances were significantly higher at 0.96, 0.97, and 0.97, respectively. The overall accuracy of the classification was 0.95, indicating a robust performance of the model in distinguishing between stressed and non-stressed periods. However, an abnormal stress pattern has been detected based on the analysis.

Classification Results

The results show that the classifier achieved high precision and recall scores for both stressed and non-stressed instances. The classification was mostly accurate with a slight bias towards identifying non-stressed periods correctly. It is noteworthy that the performance of the classifier in distinguishing between stressed and non-stressed periods is robust, as evidenced by the high overall accuracy score.

Abnormal Patterns

An abnormal stress pattern has been detected based on the analysis, with 210 instances classified as stressed periods. Prolonged exposure to stress can lead to various health issues such as cardiovascular diseases, anxiety disorders, depression, and immune system suppression. It is recommended that the participant undergo further evaluation to confirm these potential risks and devise a management plan if necessary.

Recommendations

1. Stress Management Techniques: Implement techniques such as deep breathing exercises, meditation, yoga, and progressive muscle relaxation to help manage stress levels.
2. Regular Exercise: Engage in regular physical activity to reduce stress and improve overall health.
3. Balanced Diet: Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to support the body's stress response system.

4. Adequate Sleep: Ensure that you are getting adequate sleep each night, as this is crucial for stress management and overall health.
5. Mindfulness Practices: Incorporate mindfulness practices into daily routines to help manage stress levels and improve focus and well-being.
6. Social Support: Maintain strong social connections with family, friends, or support groups to help alleviate stress and promote emotional well-being.
7. Professional Help: If stress continues to be a significant issue, consider seeking the assistance of a mental health professional for guidance and coping strategies.



