

# Clinical Report for Participant 20

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## Clinical Report

The physiological data analysis reveals a predominantly non-stressed state for the majority of the recorded measurements (460 out of 658). However, there is a substantial number of stressed measurements (198), indicating frequent bouts of stress.

## Classification Results

The classification report indicates that the model accurately predicts both non-stressed and stressed states with high precision (ranging from 0.98 to 0.99) and recall (ranging from 0.98 to 0.99), leading to an overall accuracy of 0.99. These results suggest that the model is highly effective in identifying stressed and non-stressed periods.

## Abnormal Patterns

An abnormal stress pattern has been detected in the analyzed data, indicating prolonged periods of stress. Prolonged stress periods have been linked to various medical conditions such as cardiovascular diseases, mental health disorders (e.g., anxiety and depression), immune system suppression, and gastrointestinal problems. It is crucial to address these prolonged stress periods to mitigate potential health risks associated with them.

## Recommendations

1. Engage in regular relaxation techniques such as deep breathing exercises, meditation, or yoga.
2. Incorporate physical activities like walking, running, or cycling into daily routines to help manage stress levels.
3. Prioritize sleep hygiene by maintaining a consistent sleep schedule and creating a restful environment.
4. Limit caffeine intake and avoid alcohol, nicotine, and other substances that may contribute to stress.
5. Practice mindfulness and gratitude to help maintain a positive outlook and reduce stress levels.

6. Consider seeking professional help from a mental health practitioner if stress persists or becomes unmanageable.



