

Clinical Report for Participant 24

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Clinical Report

The analysis conducted on the participant's physiological data consisted of 655 measurements in total, out of which 221 were identified as stressed periods. The remaining 434 readings represented non-stressed periods. The precision, recall, and F1-score for both stressed and non-stressed classes were calculated, with impressive results overall: an accuracy of 0.99 (or 99%), macro average of 0.99, and weighted average of 0.99. These results indicate a high level of accuracy in classifying the data based on stress levels.

Classification Results

The classification report shows that the model has excellent precision (1.00 for non-stressed periods and 0.98 for stressed periods) and recall (1.00 for both classes), demonstrating its ability to correctly classify the majority of stress and non-stress periods. This implies that the model is robust in identifying stressful situations and can be relied upon for accurate stress detection.

Abnormal Patterns

An abnormal stress pattern was detected during the analysis. Prolonged stress periods have been linked to various medical conditions, including cardiovascular diseases, anxiety disorders, depression, and weakened immune system responses. It is essential to address these prolonged stress periods to mitigate potential health risks associated with such conditions.

Recommendations

1. Practice relaxation techniques such as deep breathing exercises, meditation, or yoga.
2. Incorporate regular physical activity into your daily routine.
3. Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.
4. Ensure adequate sleep each night and develop a consistent sleep schedule.
5. Engage in social activities and maintain healthy relationships to reduce feelings of isolation or stress.

6. Develop time management strategies to balance work and personal life effectively.

7. Seek professional help if necessary, such as counseling or therapy sessions, to address stressors and develop coping mechanisms.



