

Clinical Report for Participant 28

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Clinical Report

The provided data analysis reveals a generally low-stress state for the participant, with only 213 instances (approximately 32%) of stressed measurements out of a total of 660 measurements. This suggests that the participant experiences relatively low levels of stress during the monitored period. However, it is essential to note that any level of prolonged stress can potentially have detrimental effects on an individual's overall health and well-being.

Classification Results

The model used for stress classification performed exceptionally well, achieving a high accuracy of 0.98 (or 98%) across all measurements. This indicates that the model accurately identified stressed and non-stressed periods with precision and recall scores close to 1.0 for both classes, signifying excellent performance.

Abnormal Patterns

No abnormal stress patterns were detected in the signal during the monitoring period. However, it is crucial to remember that a single day or short-term monitoring may not accurately reflect the participant's long-term stress levels and patterns. Furthermore, prolonged periods of stress can contribute to various health issues such as cardiovascular diseases, mental disorders like anxiety and depression, and immune system dysfunction.

Recommendations

1. Engage in regular physical activity to help manage stress levels and improve overall health.
2. Practice mindfulness, meditation, or yoga to promote relaxation and reduce stress response.
3. Ensure adequate sleep duration and quality for proper rest and recovery.
4. Maintain a healthy diet rich in fruits, vegetables, lean proteins, and whole grains.
5. Limit exposure to stressors by prioritizing work-life balance and setting boundaries.

6. Seek professional help if experiencing prolonged periods of high stress or symptoms associated with stress-related illnesses.



