

# Clinical Report for Participant 33

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## Clinical Report

The analysis of the participant's physiological data indicates generally stable measurements, with a total of 620 readings. However, an abnormal stress pattern was detected, as evidenced by 216 instances of stressed measurements. This suggests that the individual experiences periods of elevated stress levels.

## Classification Results

The classification report shows good performance in predicting both non-stressed and stressed states. For non-stressed readings, the model achieved a precision of 0.94, recall of 0.97, and an F1-score of 0.95 with 404 instances. Similarly, for stressed readings, the model achieved a precision of 0.93, recall of 0.88, and an F1-score of 0.90 with 216 instances. Overall, the accuracy of the model was 0.94, indicating a reliable classification of stress levels.

## Abnormal Patterns

The abnormal stress pattern detected suggests that the participant experiences prolonged or frequent periods of high stress. Prolonged stress has been associated with various medical conditions, including cardiovascular diseases, mental health disorders such as anxiety and depression, and immune system suppression. It is essential for the individual to manage their stress levels effectively to mitigate potential health risks.

## Recommendations

1. Stress Management Techniques: Implement relaxation techniques like deep breathing exercises, yoga, or meditation to help reduce stress levels.
2. Regular Exercise: Incorporate physical activity into daily routines as it helps manage stress and improve overall health.
3. Adequate Sleep: Ensure that the individual gets 7-8 hours of sleep per night, as poor sleep quality can exacerbate stress.

4. Healthy Diet: Encourage a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to promote overall health.
5. Mindfulness and Relaxation: Practice mindfulness techniques like progressive muscle relaxation or guided imagery to help manage stress levels.
6. Limit Caffeine Intake: Reduce the intake of caffeine as it can exacerbate feelings of anxiety and stress.
7. Seek Professional Help: If stress continues to be a problem, consider seeking professional help from a mental health professional to develop coping strategies tailored to individual needs.



