

Clinical Report for Participant 11

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Clinical Report

The analysis of the physiological data revealed a total of 659 measurements, out of which 239 were identified as stressed measurements and 420 as non-stressed. The classification model demonstrated excellent performance, achieving an overall accuracy of 100% with both precision and recall scores close to 1 for both stress and non-stress categories. Notably, an abnormal stress pattern was detected.

Classification Results

The classification model displayed exceptional performance in distinguishing between stressed and non-stressed periods based on the physiological data. The model correctly identified all non-stressed periods (100% recall) and classified 99% of the stressed measurements accurately, demonstrating a strong ability to recognize stress signals.

Abnormal Patterns

An abnormal stress pattern was detected in the participant's physiological data. Prolonged stress periods have been associated with various medical conditions such as cardiovascular diseases, diabetes, depression, and immune system dysfunction. It is essential to monitor and manage these prolonged stress episodes to prevent potential health complications.

Recommendations

1. Engage in regular stress-relieving activities like meditation, deep breathing exercises, or yoga.
2. Practice good sleep hygiene and aim for at least 7-8 hours of quality sleep per night.
3. Incorporate physical activity into daily routines, such as walking, jogging, or cycling.
4. Seek support from friends, family, or a mental health professional to discuss stressors and develop coping strategies.

5. Consider using relaxation techniques like progressive muscle relaxation, guided imagery, or biofeedback to manage stress levels.
6. Monitor blood pressure, heart rate, and other vital signs regularly to track the impact of stress on physical health.
7. Maintain a balanced diet rich in fruits, vegetables, lean proteins, and healthy fats to support overall well-being.



