

Clinical Report for Participant 31

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Clinical Report

The analysis conducted on the provided physiological data revealed a total of 639 measurements, out of which 207 were identified as stressed periods. It is noteworthy that the remaining 432 measurements indicate non-stressed states. The classification results demonstrate high precision and recall for both stressed (1.00) and non-stressed (1.00) categories, resulting in an accuracy of 1.00 for the entire dataset. This suggests a robust model that effectively distinguishes between stressed and non-stressed states. However, no abnormal stress patterns were detected based on the current analysis.

Classification Results

The classification model performed exceptionally well, achieving perfect precision, recall, and F1 score for both stressed and non-stressed categories. This indicates that the model was highly accurate in identifying the correct class labels, thus confirming its robustness and validity in differentiating between stressed and non-stressed states.

Abnormal Patterns

No abnormal stress patterns were detected during the analysis. While prolonged periods of stress can potentially lead to various medical conditions such as cardiovascular diseases, anxiety disorders, and depression, the data provided did not indicate any such prolonged stress patterns. It is essential to note that this does not exclude the possibility of the participant experiencing occasional bouts of stress.

Recommendations

1. Regular exercise and physical activity can help manage stress levels effectively. Aim for at least 30 minutes of moderate-intensity exercise per day, five days a week.
2. Practice relaxation techniques such as deep breathing, meditation, or yoga to reduce stress and promote relaxation.
3. Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains while limiting intake of caffeine, alcohol, and processed foods.

4. Make time for hobbies and activities that bring joy and reduce stress levels.
5. Ensure adequate sleep each night, aiming for 7-9 hours per night to allow the body and mind to rest and recover.
6. Seek support from friends, family, or mental health professionals if needed, as managing stress can sometimes be challenging alone.



