

Clinical Report for Participant 10

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Clinical Report

The analysis of the physiological data collected from the participant indicates a predominantly non-stressed state, with 610 total measurements, out of which 413 were non-stressed and 197 were stressed measurements. It is important to note that an abnormal stress pattern was detected in this analysis.

Classification Results

The classification report shows excellent performance by the model in distinguishing between stressed and non-stressed states. The model achieved a precision of 0.99 for both classes, recall of 1.00 for the non-stressed class, and 0.98 for the stressed class. The overall accuracy was 0.99, with macro and weighted averages also demonstrating similar performance.

Abnormal Patterns

An abnormal stress pattern has been detected in the analysis, indicating prolonged periods of stress. Chronic stress can lead to various medical conditions, such as cardiovascular diseases, mental health disorders like depression and anxiety, and immune system suppression. It is essential to monitor these physiological markers consistently and manage stress levels effectively.

Recommendations

1. Implement stress management techniques such as deep breathing exercises, progressive muscle relaxation, or meditation to help reduce stress levels.
2. Regular physical activity can help alleviate stress and promote overall wellbeing. Consider incorporating exercise into your daily routine.
3. Prioritize self-care activities like getting enough sleep, eating a balanced diet, and taking time for hobbies and interests.
4. Seek support from friends, family, or a mental health professional if needed to help cope with stress effectively.

5. Consider using apps or tools that help track and manage stress levels over time.



