Updates

December 15, 2021

Table 1: No. Episodes Classified as Stressed/Not Stressed/Physically Active

Episode Classification	No. Episodes
Stress	1131
Physically Active	4612
Not Stress	11170

Data from the same participant
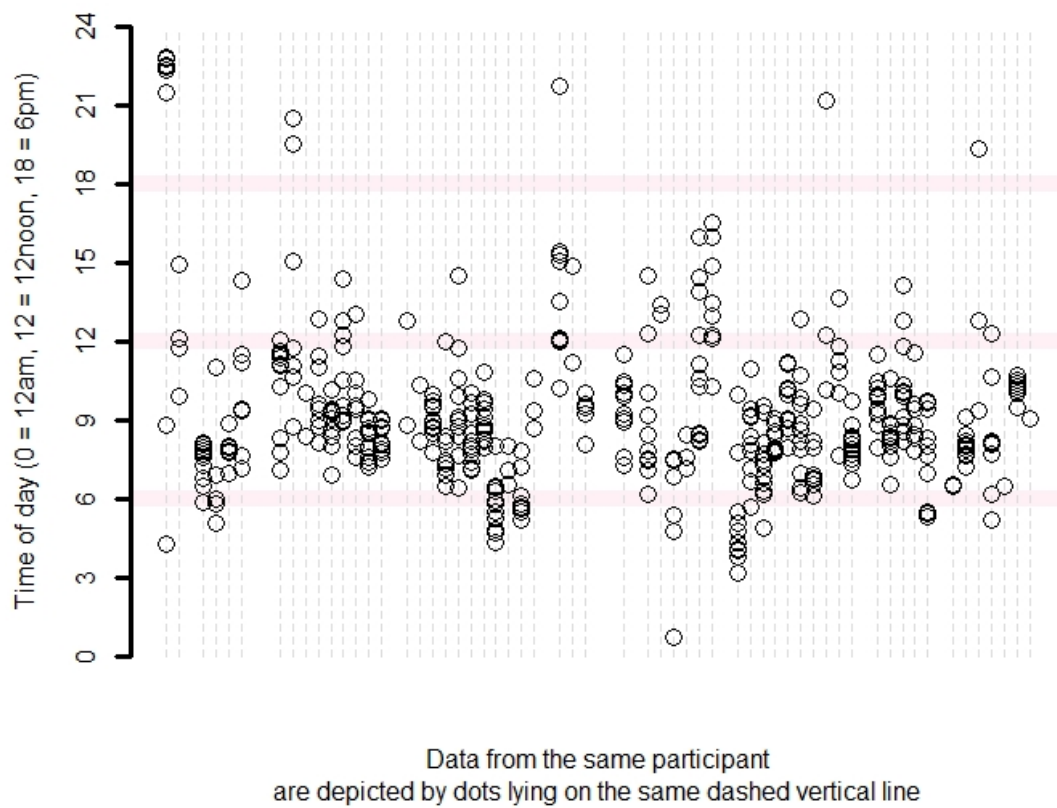are depicted by dots lying on the same dashed vertical line

Figure 1: Data from Day 0 (beginning of MRT) onward are displayed; Data from participants who were excluded from all analyses are not displayed

How often and how long were the Stress/Not Stress/Physically Active Episodes?

Note: These summary statistics exclude 2 episodes for which the duration of time between A and B is between 24 - 96 hours.

Table 2: Minutes elapsed between the start, peak, and end of stress episodes, summarized in percentiles

	0% (MIN)	10%	50% (MEDIAN)	90%	100% (MAX)
Start to Peak (A to B)	0.00	1.00	3.99	7.03	873.65
Peak to End (B to C)	0.58	2.99	6.01	11.99	664.99
Start to End (A to C)	1.82	5.00	10.00	17.99	885.01

Table 3: Minutes elapsed between the start, peak, and end of not stress episodes, summarized in percentiles

	0% (MIN)	10%	50% (MEDIAN)	90%	100% (MAX)
Start to Peak (A to B)	0.00	1.01	4.00	12.98	809.00
Peak to End (B to C)	0.66	1.00	4.01	9.03	892.00
Start to End (A to C)	0.91	4.00	9.01	19.01	925.02