

Stress-Aware Learning Management Systems Using Passive Digital Behaviour of College Students

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Abstract: *Stress significantly affects students' academic performance, well-being, and retention. Traditional stress assessment methods (surveys, self-reports) are limited by subjectivity and recall bias. Recent research focuses on passive digital behaviour monitoring to infer stress, offering real-time, scalable, and unobtrusive insights. This review synthesizes current approaches, technologies, and research gaps in stress-aware Learning Management Systems (LMSs) leveraging passive digital data from college students.*

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