



Remote
Work &
Mental
Health
Analysis
Using SQL

1 - Mental Health Condition of Employees

Query

Mental Health Condition of Employees

```
Select mental_health_condition, count(Employee_ID)
from remote.data
group by mental_health_condition
```

Result
t

	mental_health_condition	count(Employee_ID)
►	Depression	1246
	Anxiety	1278
	None	1196
	Burnout	1280

2 - Access to Mental Health Resources

Query

Access to Mental Health Resources

```
SELECT
(SUM(CASE WHEN access_to_mental_health_resources = 'Yes' THEN 1 ELSE 0 END) / COUNT(*)) * 100 AS Has_Access,
(SUM(CASE WHEN access_to_mental_health_resources = 'No' THEN 1 ELSE 0 END) / COUNT(*)) * 100 AS No_Access
FROM remote.data
```

Result
t

	Has_Access	No_Access
►	48.9400	51.0600

3 - Stress Level vs Age & Gender

Query

Stress Level vs Age & Gender

```
SELECT stress_level,age,gender
FROM remote.data
```

Result
t

	stress_level	age	gender
►	Medium	32	Non-binary
	Medium	40	Female
	Medium	59	Non-binary
	High	27	Male
	High	49	Male
	High	59	Non-binary
	Low	31	Prefer not to say
	Medium	42	Non-binary
	High	56	Prefer not to say
	Low	30	Female
	High	33	Non-binary
	Medium	47	Female
	High	40	Female
	Low	51	Non-binary
	High	36	Prefer not to say
	Low	56	Female
	Medium	33	Prefer not to say
	Low	45	Non-binary
	High	49	Non-binary
	Medium	59	Male

4 - Stress Level by Work-Life Balance rating

Query

Stress Level by Work-Life Balance rating

```
SELECT stress_level, Avg(Work_Life_Balance_rating)
from remote.data
Group by stress_level
```

Result
t

	stress_level	Avg(Work_Life_Balance_rating)
►	Medium	2.9239
	High	3.0267
	Low	3.0018

5 - Job Role vs Work Life Balance Rating

Query

```
# Job Role vs Work Life Balance Rating
SELECT job_role, avg(Work_Life_Balance_rating) AS AVG_Work_Life_Balance_rating
from remote.data
GROUP BY job_role
ORDER BY AVG_Work_Life_Balance_rating
```

Result

	job_role	AVG_Work_Life_Balance_rating
►	HR	2.9302
	Marketing	2.9458
	Project Manager	2.9607
	Designer	2.9668
	Data Scientist	3.0072
	Software Engineer	3.0338
	Sales	3.0437

7 - Mental Health Condition with Sleep Quality

Query

```
# Mental Health Condition with Sleep Quality
SELECT
Mental_Health_Condition, COUNT(Sleep_Quality) AS SLEEP_QUALITY
FROM remote.data
GROUP BY Mental_Health_Condition, Sleep_Quality
```

Result

	Mental_Health_Condition	SLEEP_QUALITY
►	Depression	414
	Anxiety	420
	Anxiety	410
	Depression	424
	None	368
	Depression	408
	None	406
	Anxiety	448
	None	422
	Burnout	431
	Burnout	445
	Burnout	404

6 - Satisfaction with Remote Work by Work Location

Query

```
# Satisfaction with Remote Work by Work Location
SELECT work_location, COUNT(Satisfaction_with_Remote_Work) AS Satisfaction_with_remort_work
FROM remote.data
GROUP BY work_location, Satisfaction_with_Remote_Work
```

Result

	work_location	Satisfaction_with_remort_work
►	Hybrid	546
	Remote	519
	Onsite	539
	Remote	603
	Onsite	592
	Hybrid	539
	Hybrid	564
	Onsite	506
	Remote	592

8 - Job Role vs. Work Life Balance Rating by Industry

Query

```
# Job Role vs. Work Life Balance Rating by Industry
SELECT Job_Role, COUNT(Work_Life_Balance_Rating) AS Work_Life_Balance_Rating, Industry
FROM remote.data
GROUP BY Job_Role, Industry
```

Result

	Job_Role	Work_Life_Balance_Rating	Industry
►	HR	77	Healthcare
	Data Scientist	100	IT
	Software Engineer	109	Education
	Software Engineer	99	Finance
	Sales	100	Consulting
	Sales	125	IT
	Data Scientist	88	Manufacturing
	Data Scientist	104	Healthcare
	HR	116	IT
	Marketing	98	Consulting
	Designer	101	Manufacturing
	Project Manager	99	Retail
	Sales	124	Healthcare
	HR	99	Education
	Data Scientist	92	Consulting
	Software Engineer	98	IT
	Software Engineer	97	Consulting
	Sales	90	Retail
	Sales	86	Education