**The Mental Health Crisis in the Tech Sector**

*By: Adit Mahmood*

Mental health is a serious issue that is often hidden to others because of the stigmatism of a perceived weakness. The tech industry is no exception. It is full off start-ups where many people attempt to prove the long-term success of their ideas within a tight deadline. This pressure has caused the rate of mental illnesses among tech professionals to be more than double the rate of current US adults, according to a recent survey done by OSMI. Founders are also more likely to suffer from depression, likely to get ADHD and develop substance abuse issues, among other concerns (Link 1).

This study compares the patterns and trends from two datasets, one from 2014 and the other is from 2016, where mental health attitudes and the frequency of mental health disorders was calculated.

**Sources**

https://www.iqmetrix.com/blog/lets-talk-its-time-to-get-serious-about-mental-illness-in-tech#:~:text=According%20to%20OSMI%20data%2C%2051,National%20Alliance%20on%20Mental%20Illness.