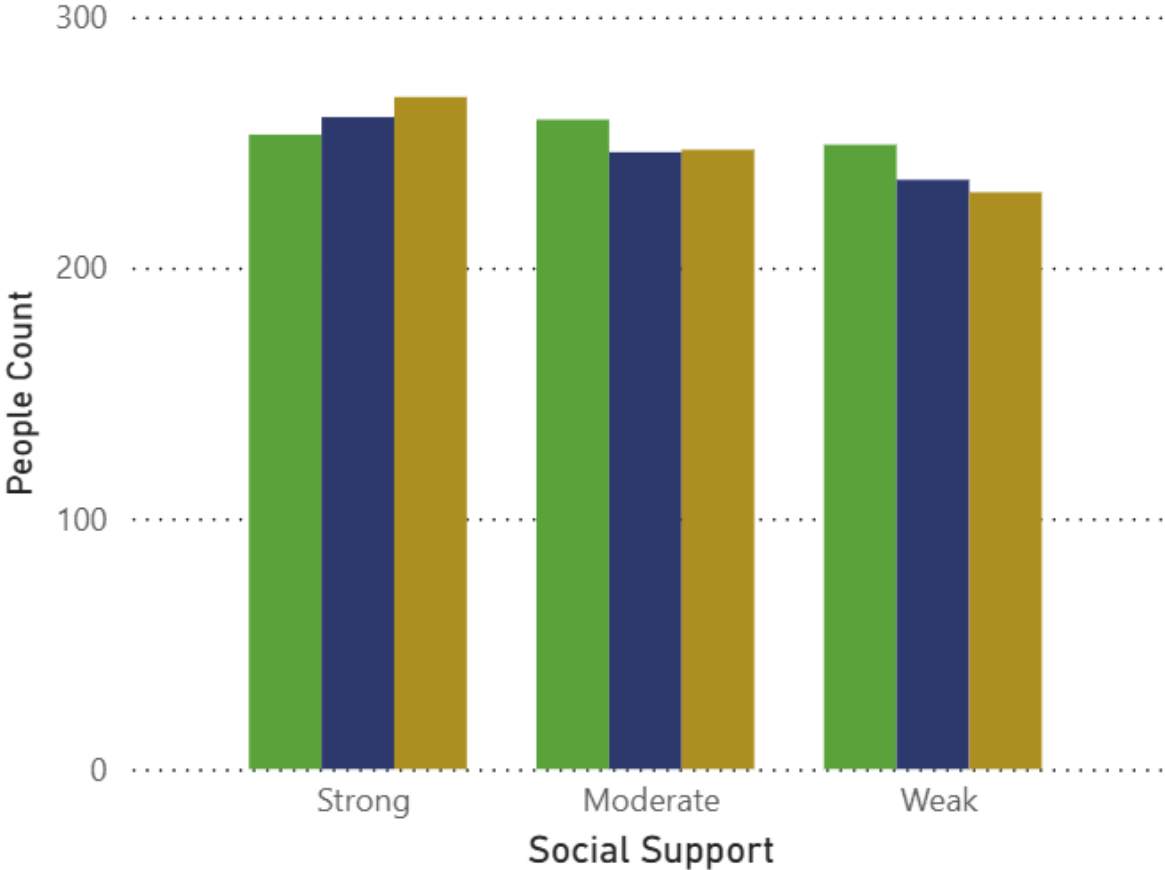# Impact of Social Support on Mental Health

Mental Health Status ● Average ● Good ● Poor

Education Level
- ○ High School
- ○ None
- ○ Postgraduate
- ○ University

Marital Status
- ○ Divorced
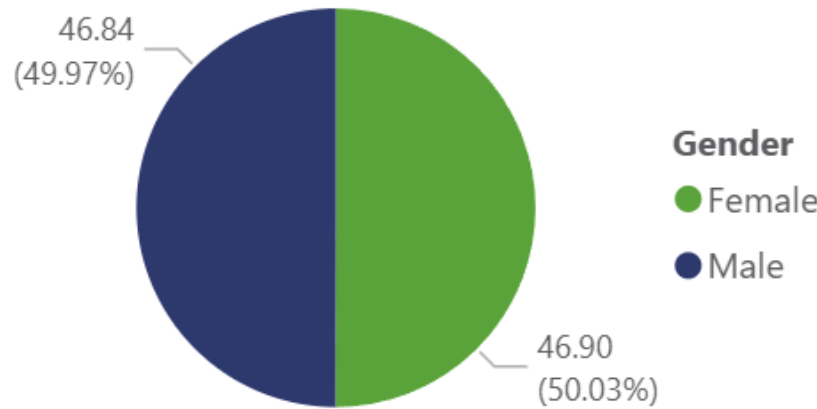- ○ In a relationship
- ○ Married
- ○ Single
- ○ Widowed

Age Group
- ○ 18–25
- ○ 26–35
- ○ 36–50
- ○ 50+
- ○ Under 18

Gender
- ○ Female
- ○ Male
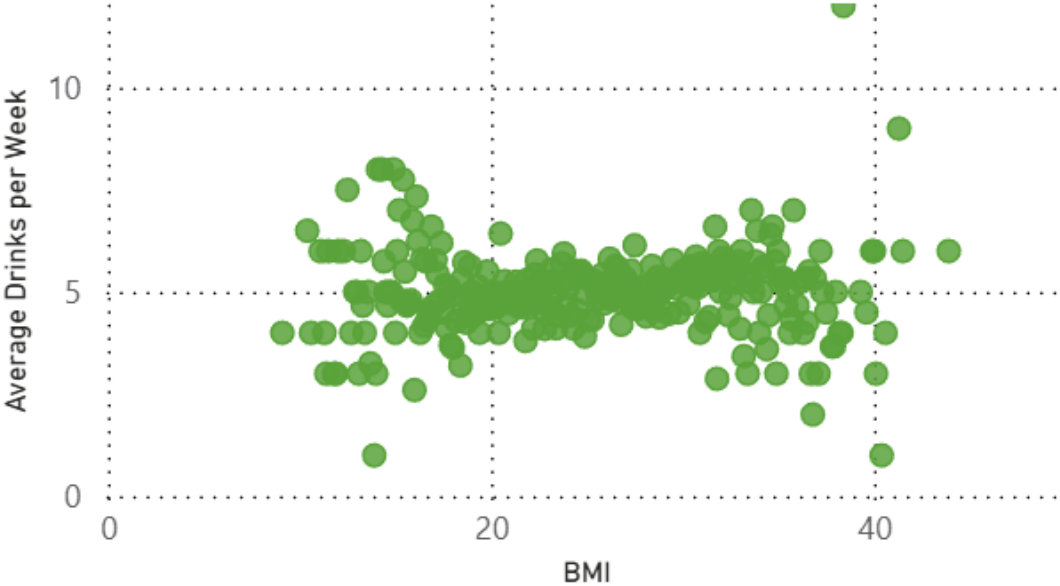
Average Age by Gender

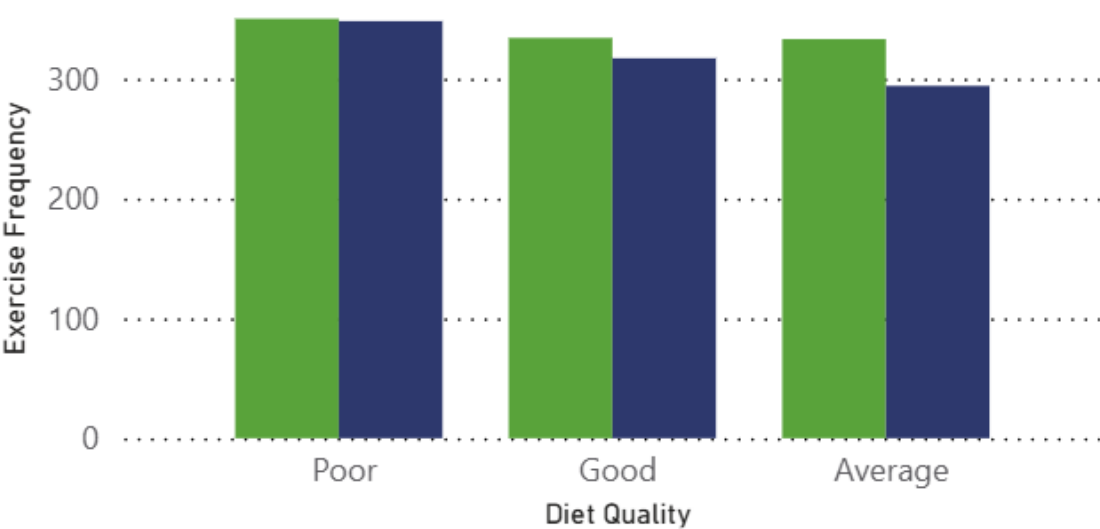46.84 (49.97%)

46.90 (50.03%)

Gender
● Female
● Male

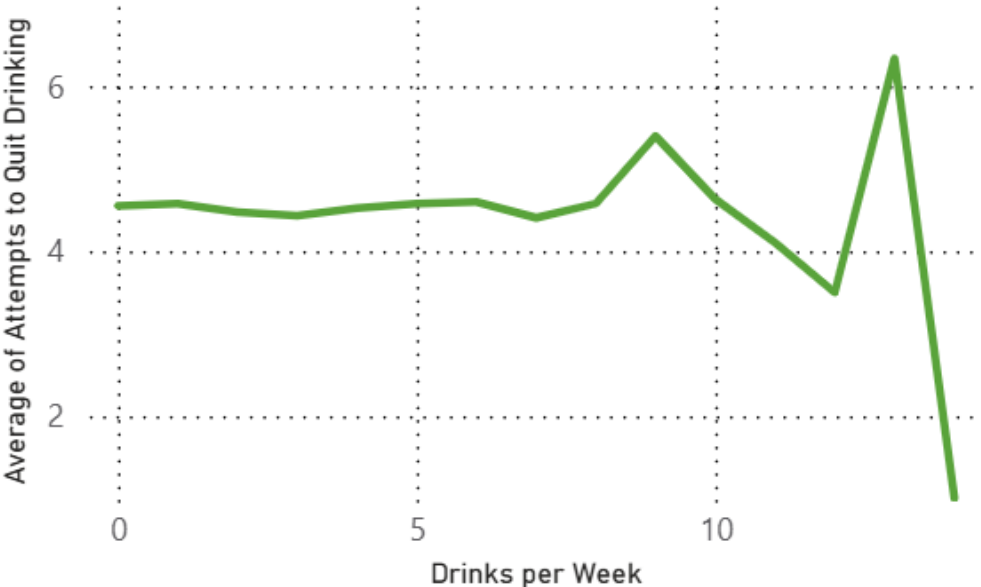# Relationship between BMI and Alcohol Consumption

Exercise Habits by Diet Quality and Gender

Gender ● Female ● Male

Quit Attempts and Subtance Use Patterns

Smoking Cessation Challenges Across Age