

# **Mental Health in Tech Survey**

Below is a description of the questions (columns) asked in the survey:

Column	Description
Timestamp	Date survey was filled
Gender	Gender identity of surveyed person
Country	Country of residence
State	US residents only
self_employed	Are you self-employed?
family_history	Do you have a family history of mental illness?
treatment	Have you sought treatment for a mental health condition?
work_interfere	If you have a mental health condition, do you feel that it interferes with your work?
no_employees	How many employees does your company or organization have?
remote_work	Do you work remotely (outside of an office) at least 50% of the time?
tech_company	Is your employer primarily a tech company/organization?
benefits	Does your employer provide mental health benefits?
care_options	Do you know the options for mental health care your employer provides?
wellness_program	Has your employer ever discussed mental health as part of an employee wellness program?

seek_help	Does your employer provide resources to learn more about mental health issues and how to seek help?
anonymity	Is your anonymity protected if you choose to take advantage of mental health or substance abuse treatment resources?
leave	How easy is it for you to take medical leave for a mental health condition?
mental_health_consequence	Do you think that discussing a mental health issue with your employer would have negative consequences?
phys_health_consequence	Do you think that discussing a physical health issue with your employer would have negative consequences?
coworkers	Would you be willing to discuss a mental health issue with your coworkers?
supervisors	Would you be willing to discuss a mental health issue with your direct supervisor(s)?
mental_health_interview	Would you bring up a mental health issue with a potential employer in an interview?
mental_vs_physical	Do you feel that your employer takes mental health as seriously as physical health?
obs_consequence	Have you heard of or observed negative consequences for coworkers with mental health conditions in your workplace?
comments	Any additional notes or comments?

# About Dataset

## Dataset Information

This dataset is from a 2014 survey that measures attitudes towards mental health and frequency of mental health disorders in the tech workplace. You are also encouraged to analyze data from the [ongoing 2016 survey found here](#).

## Content

This dataset contains the following data:

- **Timestamp**
- **Age**
- **Gender**
- **Country**
- **state**: If you live in the United States, which state or territory do you live in?
- **self\_employed**: Are you self-employed?

- **family\_history:** Do you have a family history of mental illness?
- **treatment:** Have you sought treatment for a mental health condition?
- **work\_interfere:** If you have a mental health condition, do you feel that it interferes with your work?
- **no\_employees:** How many employees does your company or organization have?
- **remote\_work:** Do you work remotely (outside of an office) at least 50% of the time?
- **tech\_company:** Is your employer primarily a tech company/organization?
- **benefits:** Does your employer provide mental health benefits?
- **care\_options:** Do you know the options for mental health care your employer provides?
- **wellness\_program:** Has your employer ever discussed mental health as part of an employee wellness program?

- **seek\_help**: Does your employer provide resources to learn more about mental health issues and how to seek help?
- **anonymity**: Is your anonymity protected if you choose to take advantage of mental health or substance abuse treatment resources?
- **leave**: How easy is it for you to take medical leave for a mental health condition?
- **mental\_health\_consequence**: Do you think that discussing a mental health issue with your employer would have negative consequences?
- **phys\_health\_consequence**: Do you think that discussing a physical health issue with your employer would have negative consequences?
- **coworkers**: Would you be willing to discuss a mental health issue with your coworkers?
- **supervisor**: Would you be willing to discuss a mental health issue with your direct supervisor(s)?
- **mental\_health\_interview**: Would you bring up a mental health issue with a potential employer in an interview?

- **phys\_health\_interview:** Would you bring up a physical health issue with a potential employer in an interview?
- **mental\_vs\_physical:** Do you feel that your employer takes mental health as seriously as physical health?
- **obs\_consequence:** Have you heard of or observed negative consequences for coworkers with mental health conditions in your workplace?
- **comments:** Any additional notes or comments

## Inspiration

Some questions worth exploring:

1. How does the frequency of mental health illness and attitudes towards mental health vary by geographic location?

Mental health illness frequency and attitudes vary globally. High-income countries report more cases due to better awareness and services, while stigma leads to underreporting in low-income regions. Cultural beliefs, healthcare access, and education shape perceptions. Western countries show openness, while many Asian and African regions still face significant stigma and limited support.

2. What are the strongest predictors of mental health illness or certain attitudes towards mental health in the workplace?

Key predictors of workplace mental health issues include high stress, poor management, lack of support, job insecurity, and toxic work culture. Personal history and past trauma also play a role. Attitudes toward mental health are shaped by organizational stigma, awareness, and availability of mental health resources or support systems.



## Acknowledgements

The original dataset is from Open Sourcing Mental Illness and can be downloaded [here](#).

Apply your own logic in addition to this to Explore the data.

# Submissions

EDA

video