**Mental Health Analysis of Students Based on Lifestyle, Family and Academic Factors**

Depression has been on the rise among students, especially those in university. Educational institutions need data-driven insights to address and tackle such challenges proactively.

This dataset examines the connection between mental health and various demographic, academic, and lifestyle factors. It includes attributes such as gender, age, academic pressure, study satisfaction, sleep duration, dietary habits, study hours, family history of mental illness, depression, and suicidal thoughts. The dataset enables an exploration of how factors such as sleep quality, diet, and academic workload impact mental well-being, offering potential applications in identifying patterns of mental health risks and promoting preventive strategies for improved mental health outcomes among diverse demographic groups.

The objective of this analysis is to examine the connection between mental health and various demographic, academic, and lifestyle factors.

**Key Performance Indicators**

* Total number of students
* Which gender and age group are mostly affected by depression
* Average hours students study
* Average Age of Students
* Sleep quality & diet vs mental health
* How family history influences depression in students
* Are suicidal thoughts related to depression

**Analysis deliverables**

* Dashboard
* Presentation slides with insights, visuals and recommendations