



Analysis of Mental Health in the Tech Industry

Trends of Mental Health and Awareness Over a Five Year Span

Group 19

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Motivation

- CDC: 1 in 5 adults diagnosed with a Mental Health (MH) disorder per year
- MH issues are growing yet surrounding dialogue non-existent
- College students entering the field desperately need awareness



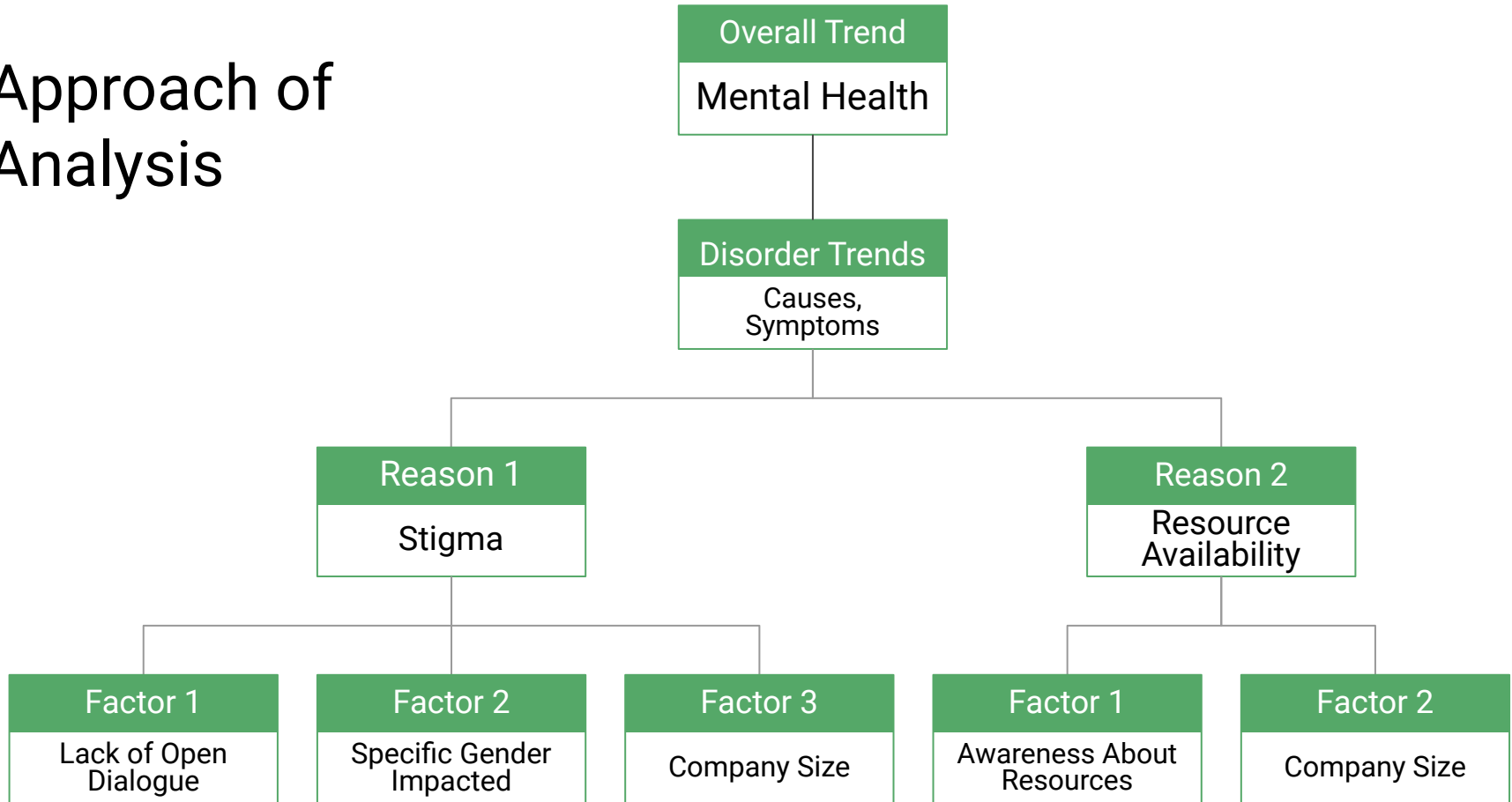
Objective: Determine the state of mental health in tech and raise awareness about it

Dataset Overview

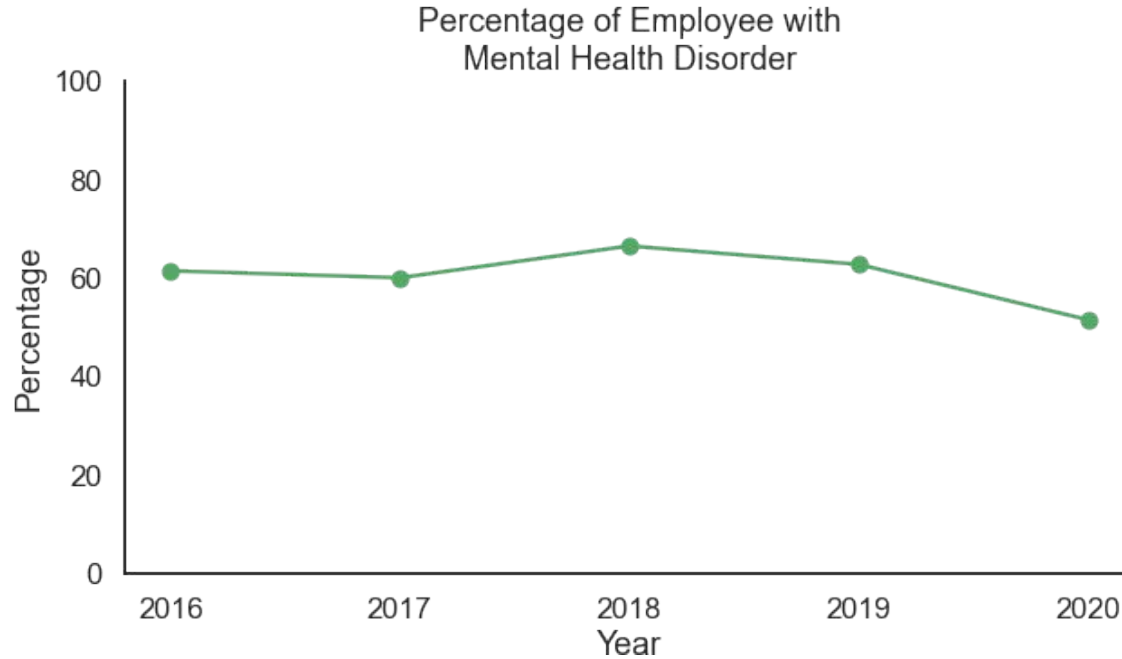
- Sourced from Open Sourcing Mental Illness (OSMI)
 - Non-profit supporting Mental Health in Tech
 - Raises awareness, educates, provides resources
 - Surveys employees in tech companies
- 3100 responses from 2016 to 2020



Approach of Analysis



Rate of Mental Disorders

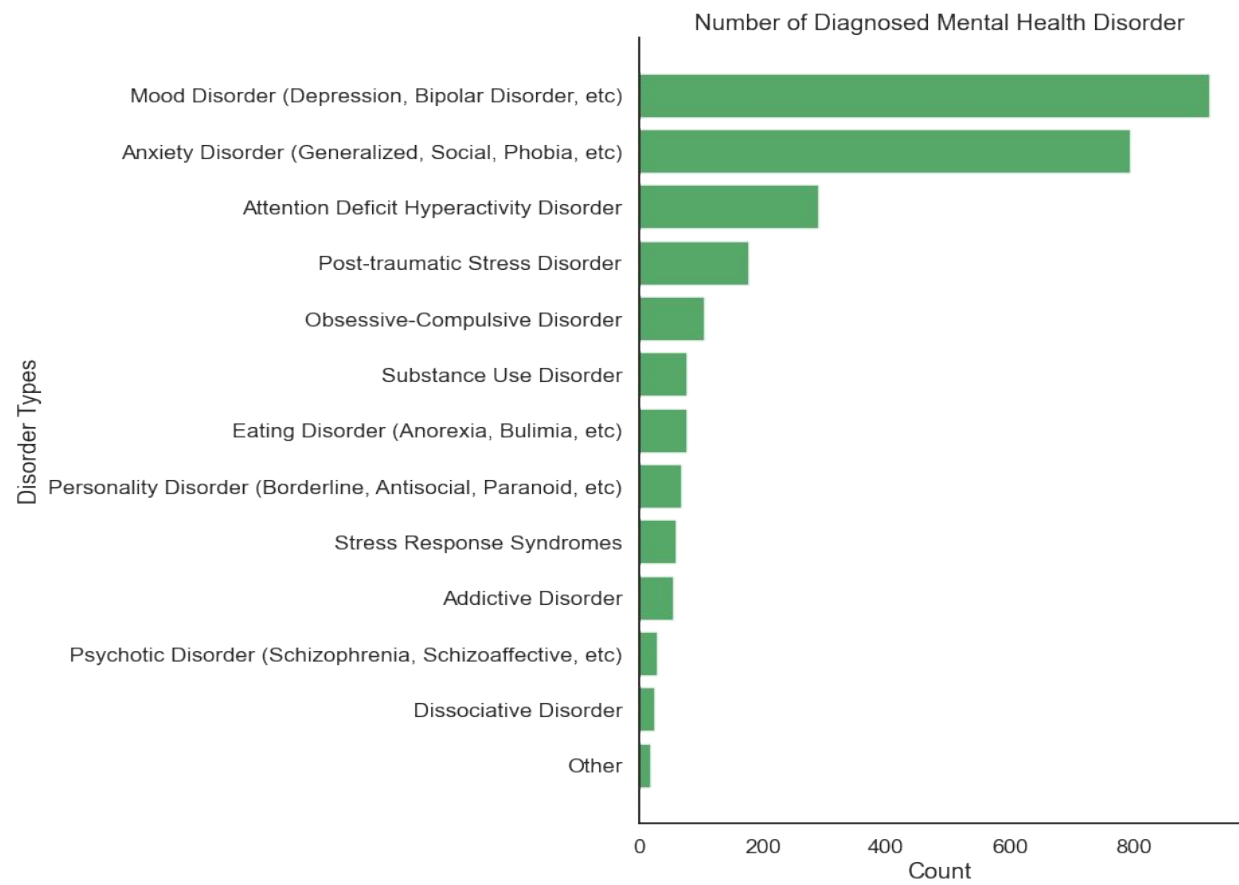


We see an almost **constant** trend

Mental Health Disorders



Rate of Mental Disorders



Comparison Among Disorders

Mood Disorder

Causes:

- Trauma
- Stress
- Family history
- Major life changes

Symptoms:

- Sad most of the time
- Loss of Energy
- Loss of appetite

Anxiety Disorder

Causes:

- Stress build-up
- Fear of failure
- Competitive environment
- Coupled with any other MH condition

Symptoms:

- Cold or sweaty hands
- Heart Palpitations
- Nausea

ADHD

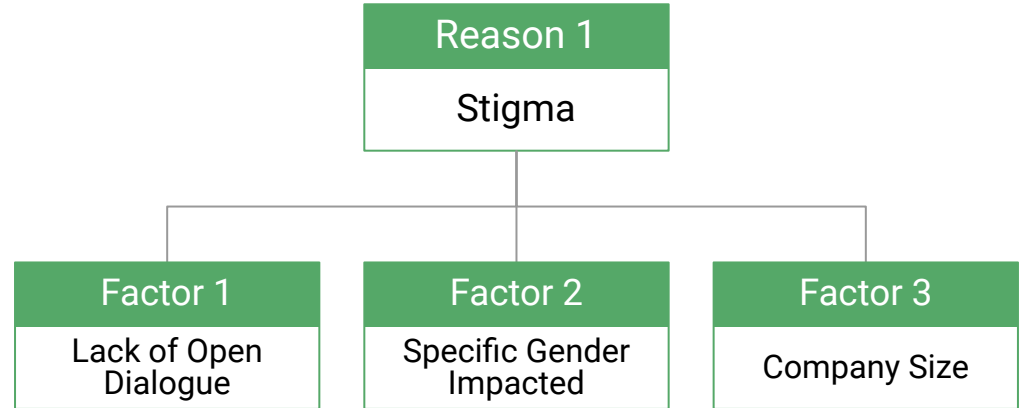
Causes:

- Genetic
- Brain Injury
- Extreme stress to mother during pregnancy

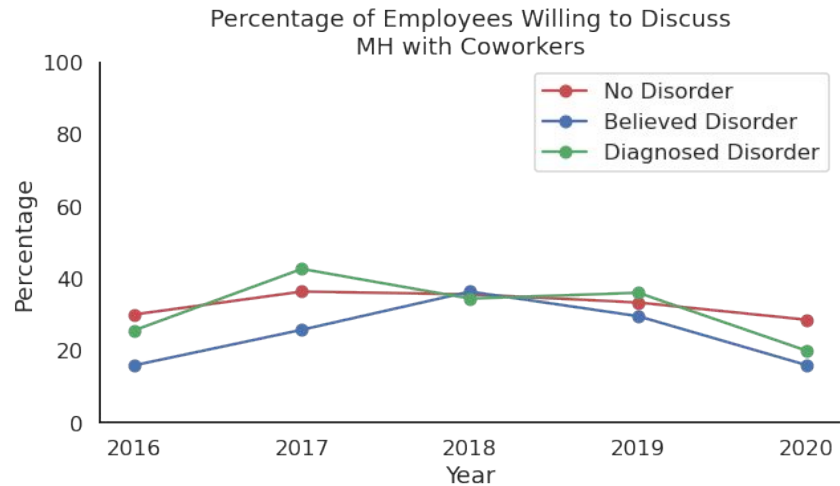
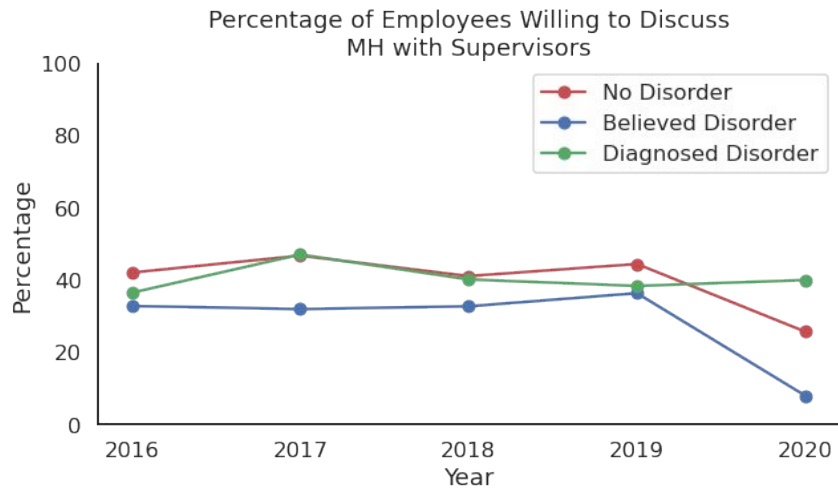
Symptoms:

- Careless mistakes
- Easily distracted
- Loses things necessary for tasks

Is Mental Health a Stigma?

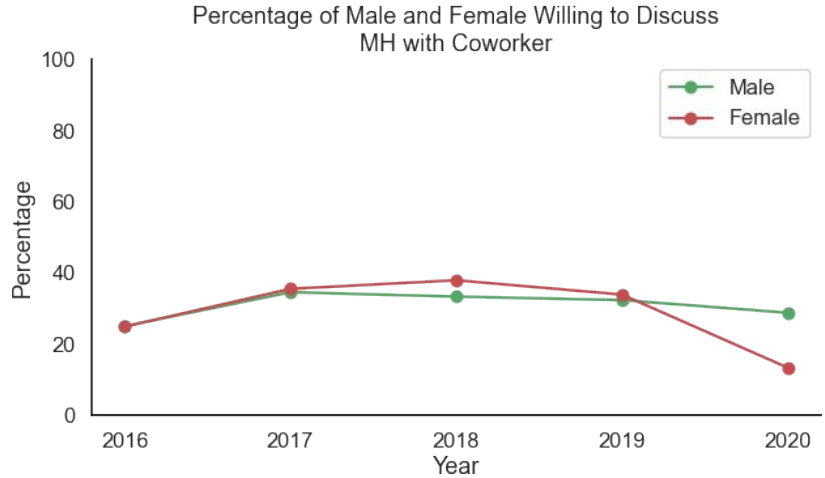
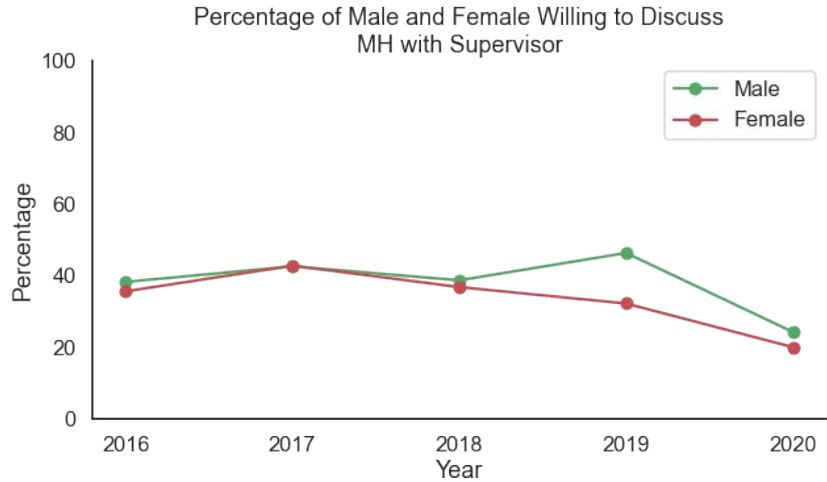


Is Mental Health a Stigma?



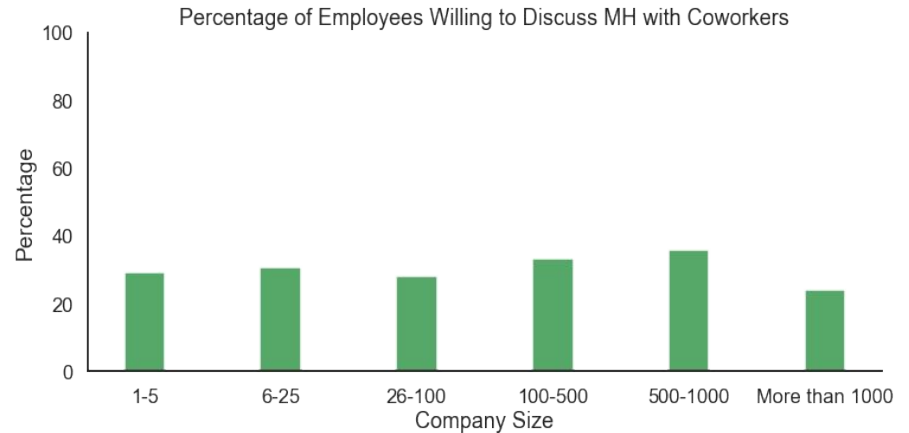
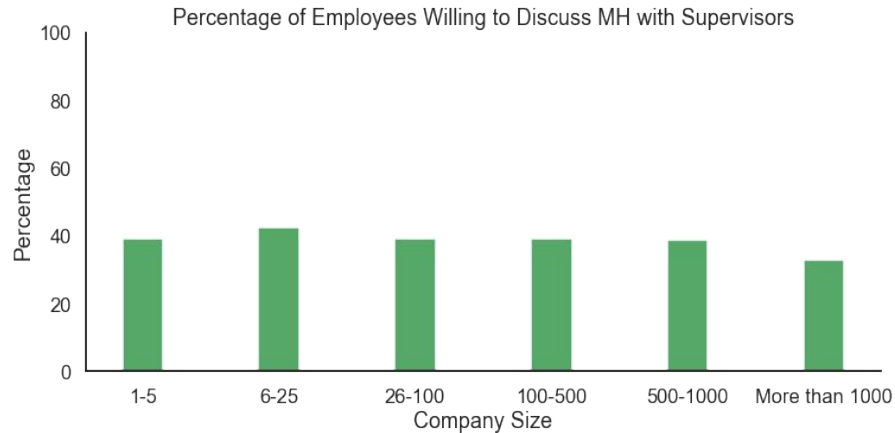
MH is Clearly Still a Stigma!

Does Gender Impact MH Discussions



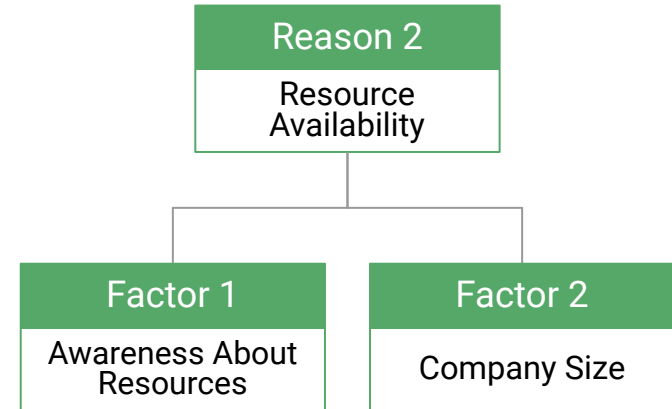
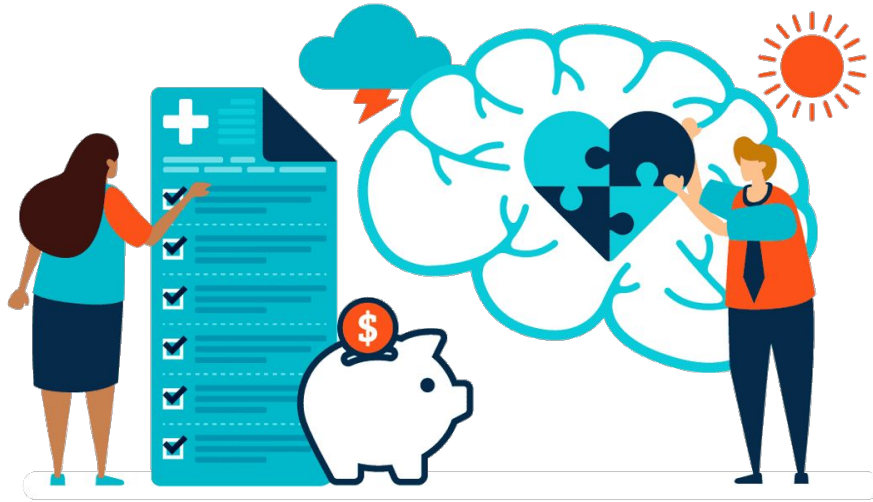
Gender Has No Impact

Does Company Size Affect Stigma

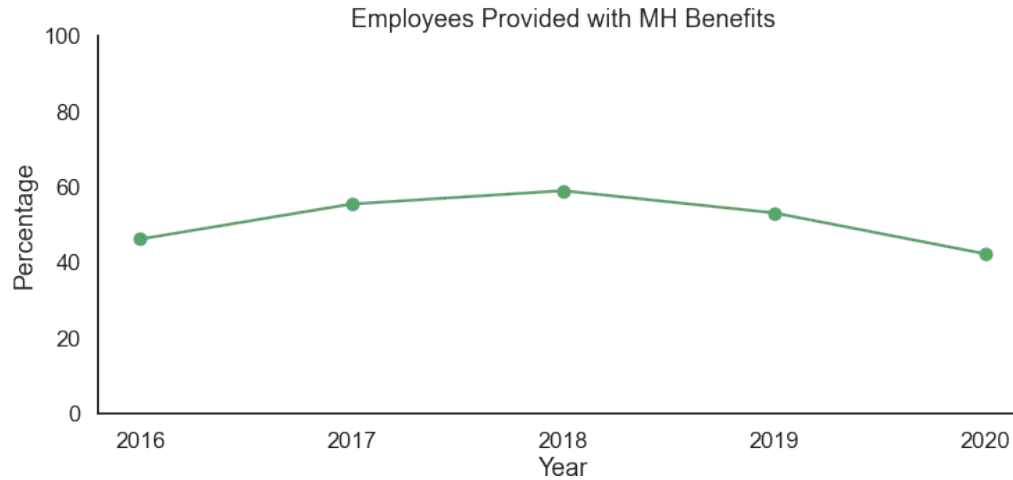


Company Size Also Has No Effect

Mental Health Resources

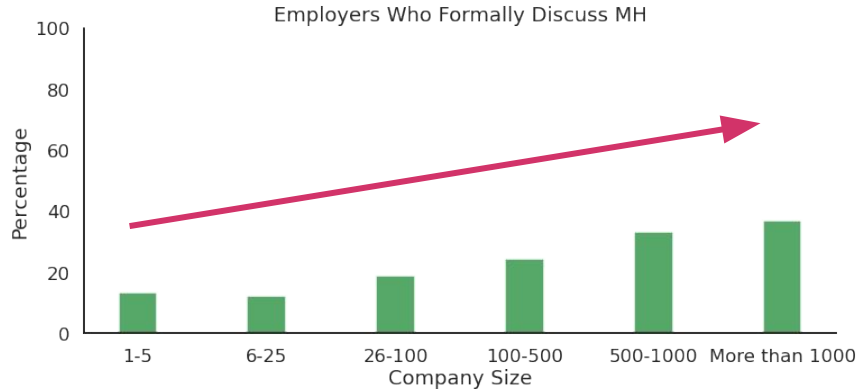
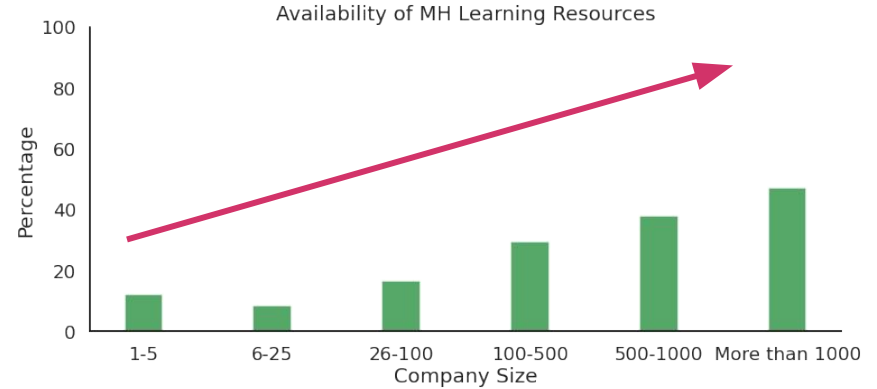
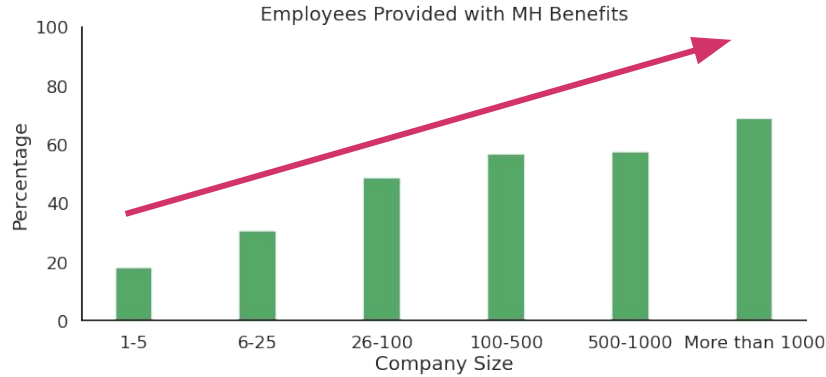


Mental Health Resources



MH Benefits Have Stayed Relatively **Constant** Over Time

Does Company Size Affect Resource Access



The **bigger** the company
The **better** the support

Key Takeaways

MH is a big problem in Tech

Over the last 5 years, mental health ailment rate has remained constantly high

MH Remains a Stigma

Employees refrain from discussing their mental health fearing repercussions

MH Resources are Scarce

Companies both large and small, do not offer enough resources to combat mental health challenges.



Thank You