

# Mental Health and Technology Usage Analysis Questions

## Correlation and distribution analysis:

1. What is the overall distribution of technology usage hours?
2. What is the age distribution of the sample?
3. What is the range of values for each variable?
4. Are there any strong positive or negative correlations between the variables?
5. What is the range of technology usage hours for each gender?
6. How does stress level differ by gender?

How does technology usage vary by mental health status?

## Sleep Hours Analysis:

1. How do average sleep hours vary across different age groups and genders?
2. How do age and gender affect sleep patterns?
3. Does technology usage impact sleep quality and duration, and how does this vary by age?

## Stress Level Analysis:

1. How does high social media usage correlate with stress levels?
2. What is the distribution of stress levels among users with high screen usage?
3. How does sleep duration affect stress levels?

## Mental Health Analysis:

1. Is there a relationship between sleep quality and mental health?
2. Do users with less gaming usage have better mental health than others?
3. Is social support beneficial for mental health?

## Work Environment Impact Analysis:

1. Is there a notable difference in the frequency of positive and negative work environment impacts associated with high/ low sleep?
2. What is the distribution of work environmental impact among individuals who experience high stress or high-tech usage?