

# Mental Health in Australia\*

My subtitle if needed

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## Abstract

First sentence. Second sentence. Third sentence. Fourth sentence.

## 1 Introduction

You can and should cross-reference sections and sub-sections. For instance, Section 2. R Markdown automatically makes the sections lower case and adds a dash to spaces to generate labels, for instance, Section ??.

## 2 Data

This paper was written in R, a programming language for statistical computing (R Core Team 2020) and uses various R packages for data analysis and manipulation. These packages include readxl (Wickham and Bryan 2019) for reading the .xlsx file and tidyverse (Wickham et al. 2019) and dplyr (Wickham et al. 2021) for handling the data. The data itself was the 2020 Australia General Social Survey: Summary Results – Tables 3: Persons aged 15 years and over, Social Experiences–By Sex and Health Characteristics obtained from the Australian Bureau of Statistics (Australia 2020). Since the data was an .xlsx file and contained three separate tables (Males, Females, and Persons) in a single sheet, we split the table in excel into three separate sheets. We also took the subheading in each table and created another column titled ‘Section’ in excel to make it easier to convert to a .csv file in R and manipulate the data.

### 2.1 Source and Methodology

### 2.2 Questionnaire Details

## 3 Results

## 4 Discussion

### 4.1 Stress and Anxiety

In comparison to the feelings of anxiety or stress, 700 females with mental health issues reported “Always” or “Often” to feeling stressed or rushed. This was much higher than males, in which only 300 participants felt

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\*Code and data are available at: <https://github.com/ChristinaChanYing/Australian-Social-Determinants-of-Health>

consistent stressors or anxiety. Due to societal pressures and expectations, it is extremely likely that women would feel stressors, much more often than men would. According to The Guardian, Australian women encounter stress on a much higher level than men do. This is in regards to finances, family, and physical health (The Guardian Reference). Citizens with mental health conditions already experience difficulties from other day activities and events. The addition of a permanent illness will greatly affect the ways Australian men and women approach daily life.

There are many other factors that affect Australian citizens' experiences with stress and anxiety. This includes intersectionality of race, gender, ethnicity, and sexual orientation. In the survey, 2,168.4 people without mental illness and 538.9 people with mental illness reported experiencing some form of discrimination in the past 12 months. This justifies the fact that those with mental health conditions are not as likely to experience oppression because of their illness. For example, a white male with mental illness will have different experiences in navigating daily anxiety and stress than a black woman would. Women, LGBTQ+, and BIPOC experience systematic oppression in a white straight male dominated society. Those who do not identify with these groups may experience difficulties due to their mental illness, but will not face discrimination because of their identity.

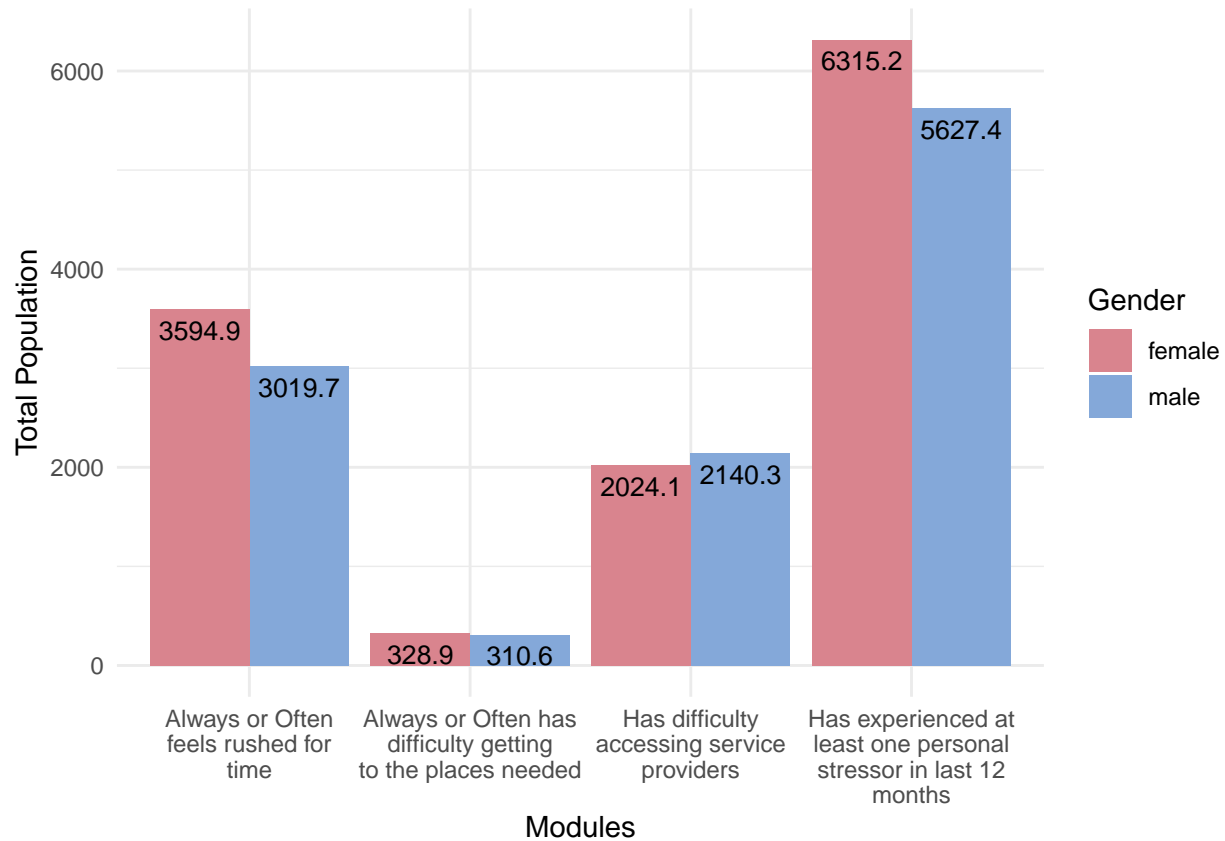


Figure 1: Male vs Female Stressors

## 4.2 View on Healthcare

In this survey, we understand the differences between men and women who trust the healthcare system with and without mental health conditions. According to Figure 2, this is quite a drastic contrast. 995 women with mental health conditions reported that they have trust among most people, and men sat slightly lower, with 519.7 people. Men without mental illness are at 5,563, whereas women without are 5,343. The key

### The healthcare system can be trusted

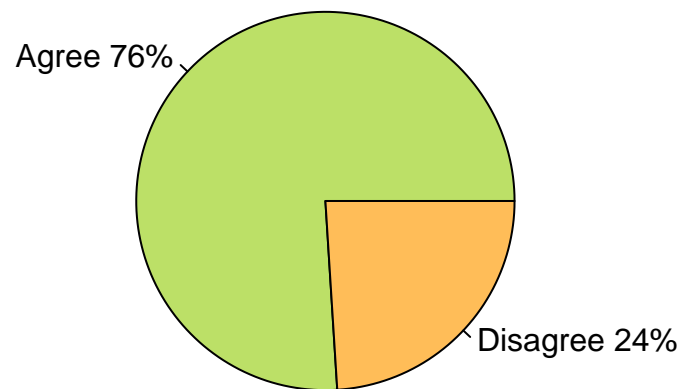


Figure 2: Percent of Australians that agreed the healthcare system can be trusted in 2020

question is why is the amount of trust so much higher in those without mental illness, than those with? Lack of trust in most people equates to common everyday services, including healthcare and treatment. In order to understand the lack of trust that those with mental illness or disabilities have regarding the healthcare system, we must look at history. Up until a few decades ago, the treatment of those with bipolar disorder, depression, anxiety, and other common illnesses, were through a myriad of inhumane theories and practices. In 2006, the Bureau of Justice Statistics reported that “705,600 mentally ill men were incarcerated in the state prison system, and another 78,800 were incarcerated in the federal prison system” (Dumper 2014).

Only until recently, considerations and understandings of mental illness in modern society have been considered. However, a history of societal neglect justifies the lack of trust which both male and female Australians with mental illness obtain.

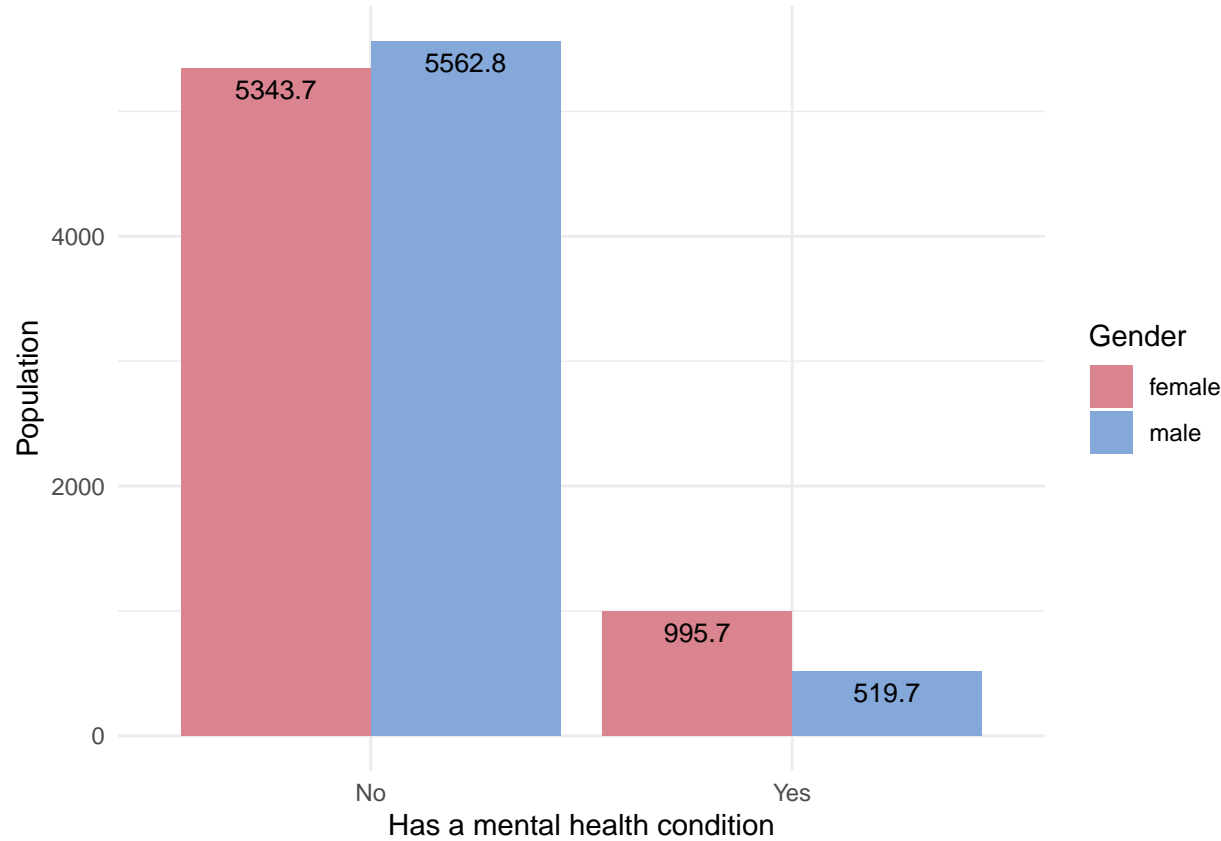


Figure 3: People that strongly agrees most people can be trusted

### 4.3 Socioeconomic Status

## Warning: Ignoring unknown parameters: stat

Non-school qualifications are educational attainments other than those of pre-primary, primary or secondary education qualifications.

Talk more about it.

Also bills and their average (Figure 1). (Notice how you can change the height and width so they don't take the whole page?)

Talk way more about it.

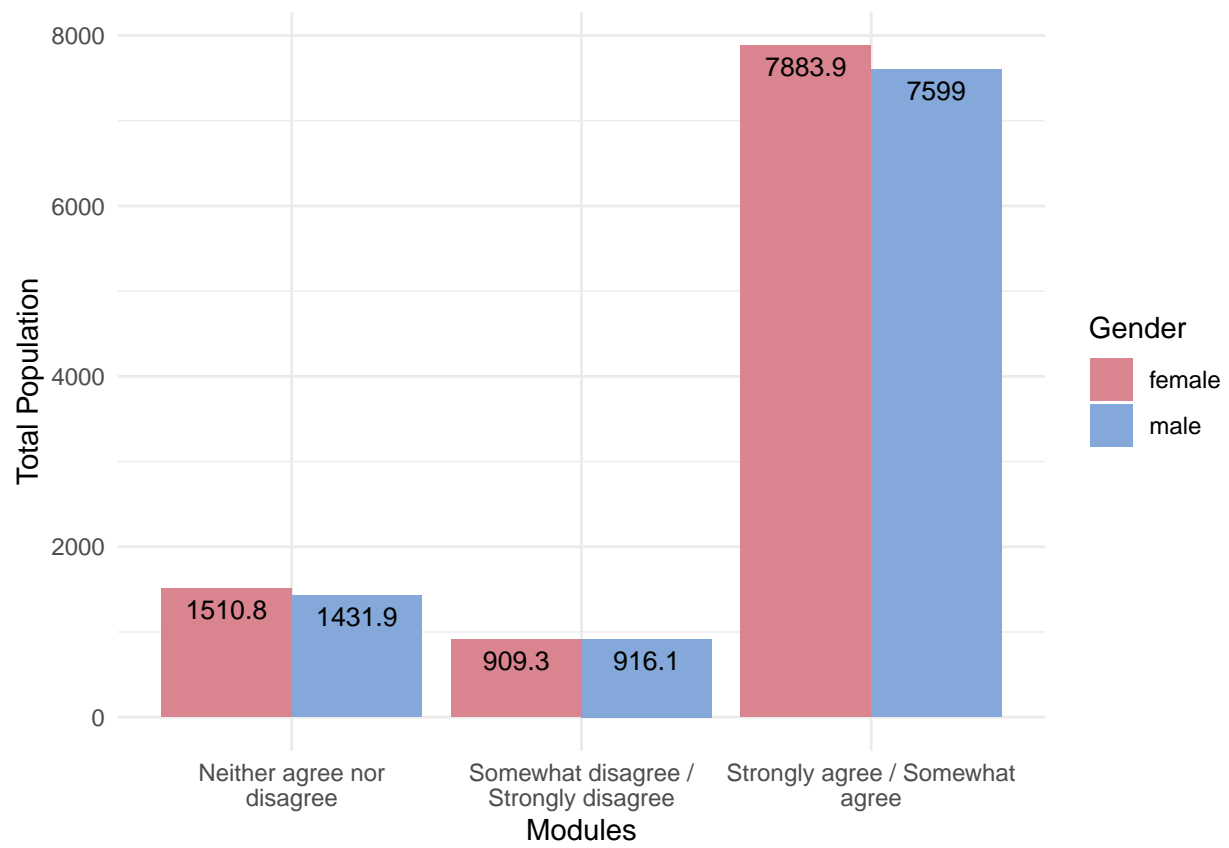


Figure 4: Feels the healthcare system can be trusted

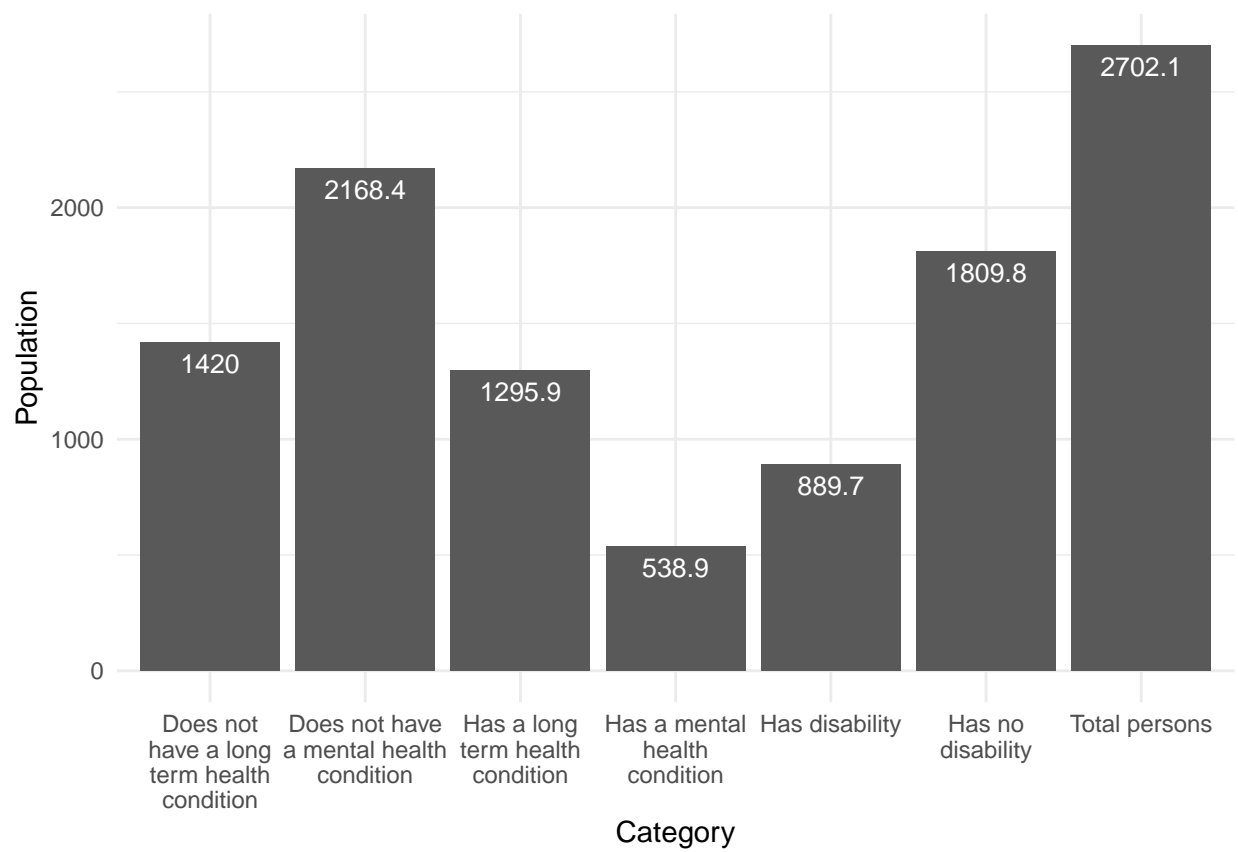


Figure 5: Has experienced discrimination in last 12 months

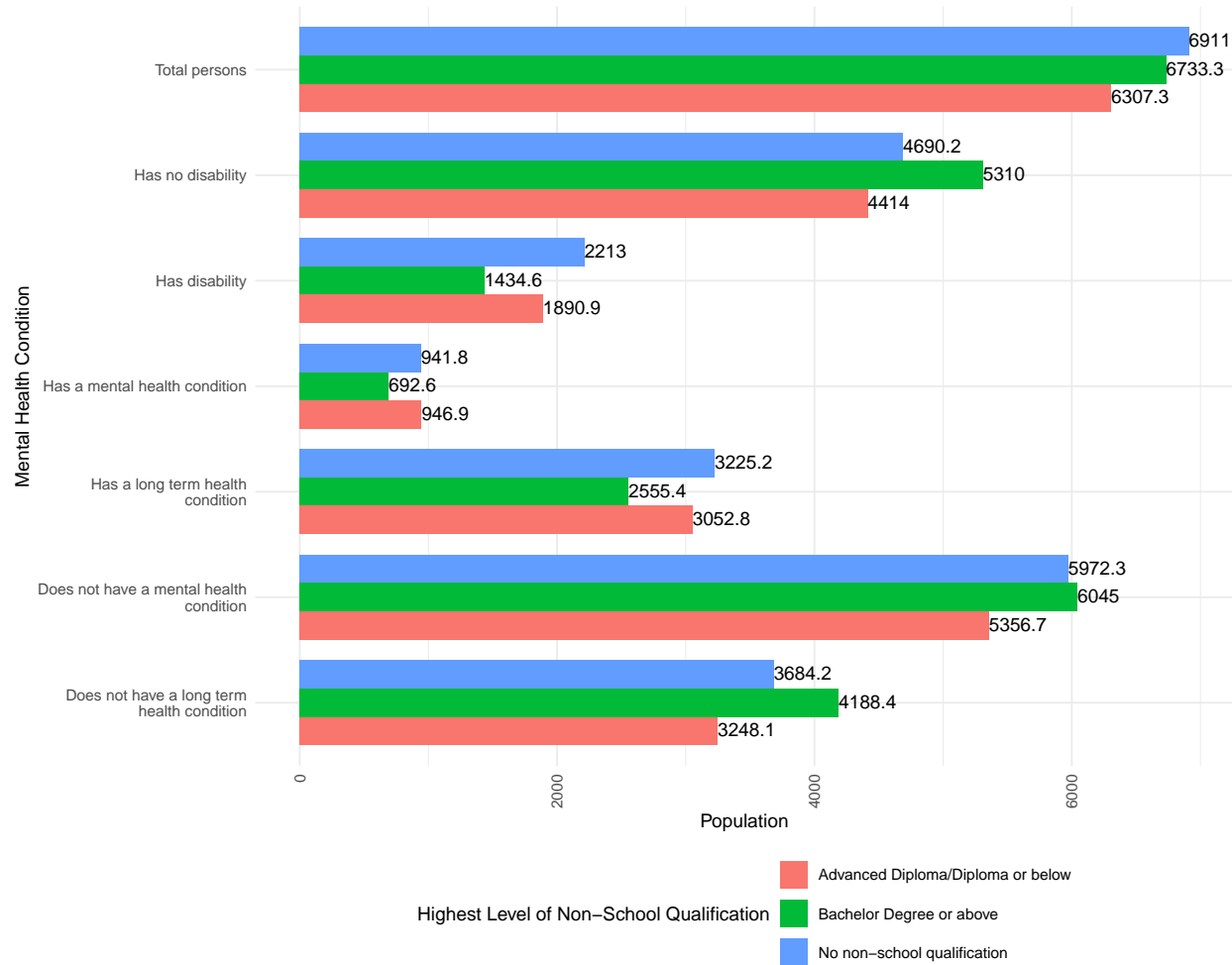


Figure 6: Mental Health Conditions vs. Level of highest non-school qualification

$$Pr(\theta|y) = \frac{Pr(y|\theta)Pr(\theta)}{Pr(y)} \tag{1}$$

Equation (1) seems useful, eh?

Here's a dumb example of how to use some references: In paper we run our analysis in R (R Core Team 2020). We also use the `tidyverse` which was written by Press (2014) If we were interested in baseball data then Press (2014) could be useful.

We can use maths by including latex between dollar signs, for instance  $\theta$ .

## 4.4 Weaknesses and next steps

Weaknesses and next steps should also be included.



# Appendix

## .1 Supplementary Survey

## References

- Australia, Commonwealth of. 2020. *Australian Bureau of Statistics*. <https://www.abs.gov.au/statistics/people/people-and-communities/general-social-survey-summary-results-australia/2020#data-download>.
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