

TEAM CHARLIE - DATA PROJECT REPORT

Mental Health Analysis

Collaborators

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1. OUTLINE OF THE PROJECT

1.1 Summary of the project

Mental health is becoming an important topic of discussion and focus across boards. We are provided with an [SQLite database](#) to perform an analysis. Using all tables in the DB, we are expected to communicate at least 3 mental health insights.

1.2 Objectives of the project

The objective of the project is to communicate at least 3 mental health insight from the database given, solidify our SQL knowledge and experience. Also to strengthen collaborative teamwork.

1.3 Requirements

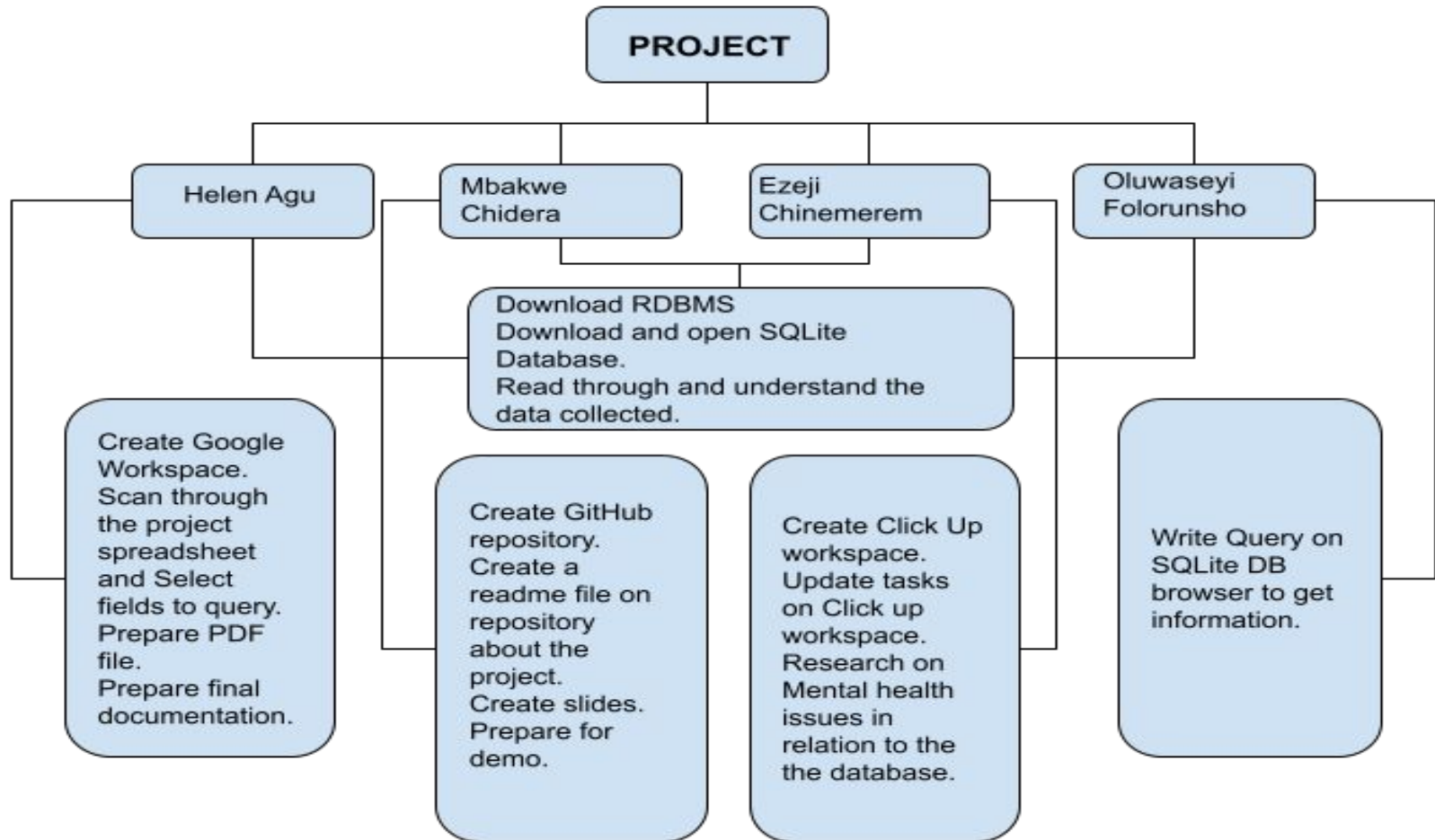
We would require an SQLite database, an RDBMS, Curiosity and Problem-solving skills, and Good “googling”/”youtube search” skills.

1.4 Collaborative Tools

Google Drive, Google meet, Click-up workspace, Slack DM and GitHub.

2. PROJECT ACTIVITY PLAN

2.1 Project Flow Chart



3. QUERY AND RESEARCH

3. Query and Research

In Order to get insights into Mental health illness suffered by some participants in our database, we ran a few query to question;

1. The average age of people with Mental Health Illness
2. The country with the highest number of residents with Mental Health Issues
3. Those with Family History of Mental Illnesses
4. The Occupations of those with Mental Illnesses
5. The Occupation with the highest number of people with mental illnesses.
6. Those who had knowledge of Mental Illness awareness in their place of work

We further got curious and focused our spotlight on those with mental illness in the Tech industry working in Tech or IT roles. This was to bring it home and relate the research to ourselves since we are also inTech.

We wanted to know if the those in the Tech industry suffered mental illnesses and the factors that contributes to these effects.

Our results led us to further research and conclusions.

4. OVERVIEW AND RESULTS

4.1 What is mental health?

Mental health is a branch of health that affects how people think, feel, and act, which can affect working and personal relationships.

4.2 Types of Mental Illness

From our analysis we found about five mental illnesses that was most common. They include;

- **Anxiety Disorder**

A mental health disorder characterised by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities.

- **Eating Disorder**

This refers to eating behaviors that negatively impact your health, your emotions and your ability to function in important areas of life.

- **Attention Deficit Hyperactivity Disorder**

ADHD is a behavior disorder marked by inattention, impulsivity, and, in some cases, hyperactivity.

- **Post-traumatic Stress Disorder**

A disorder characterised by failure to recover after experiencing or witnessing a terrifying event.

- **Mood Disorder**

A Disorder of being extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy (mania).

4.3 Mental Health Insights From The Database

- **We discovered during our analysis that most people in the Tech industry had related Mental Health issues.**

The British Interactive Media Association (BIMA) recently revealed that tech workers are five times more likely to suffer from a mental health problem, compared to the wider population. where as many as 52 per cent of the workforce admitted to suffering with stress, anxiety and depression at work.

This work-based stress is also caused severe prolonged headaches, sleep deprivation and anxiety attacks.

- **We discovered that mental health illness could be genetic**

Most people who had Mental illness revealed to having Family members who also suffered same. Although not totally independent on this factor alone, this goes to show that a family history of those with mental illness could put you at a higher risk and so more precautions should be taken.

- **We found that many of the employees were not fully aware of mental health care provided by the employers**

People with mental issues shy away from theses discussions with their employers. A study produced by the Mental Health Foundation found that 38 per cent of people would fear for their job security and future prospects if they spoke up about a mental health problem. A further 17 per cent worry about facing judgement from their fellow colleagues.

5. CONCLUSION

5.1 Conclusion

In conclusion, Mental Health exists and most prevalently in the Tech Industry.

According to OSMI data:

- 51% of tech professionals have been diagnosed with a mental health condition
- 71% of tech workers said their productivity is affected by a mental health issue
- 57% of tech industry employees reported burnout

To Tackle Mental Health Problems in the Tech Industry, we could do the following:

1. Promote Work-Life Balance

It is important for tech companies and organisations to make work-life balance a priority in the work environment.

2. Leaders Should Show Empathy in the Work Environment

Empathy is an essential attribute of a healthy work environment. It can be practised by both employers and employees. To promote the mental well-being of employees, employers have to be considerate to understand the needs, thoughts and feelings of their employees.

3. Upskilling Employees

A lot of employees' mental health disorder comes from the fact that they are nervous and not confident about their work. Studies show that when employees feel fulfilled with the work they deliver, they are more productive and happy.

6. REFERENCES

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