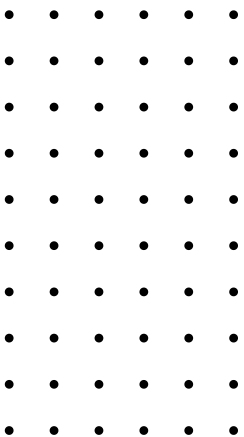


DATASET NUTRITION LABEL

# MUSIC AND MENTAL HEALTH





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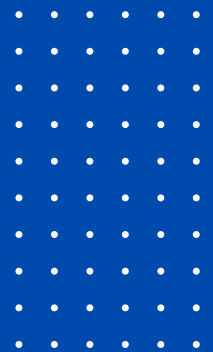
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# DATASET OVERVIEW

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Our dataset aims to identify what, if any, correlations exist between an individual's music preference and their self-reported mental health. The dataset also contains analysis of musical characteristics that will be utilized in this evaluation.



The dataset comprises information categorized into four groups:

1. Personal information
2. Music streaming information
3. Mental health-related information

## License

CC0: Public Domain

## Expected Update Frequency

Never

# DESCRIPTION

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## **EXPLAIN ABOUT THIS DATASET.**

This dataset displays the strong connection between the music streaming choices of individuals and their emotional well-being. Both musical factors, such as BPM and genre, and personal factors, such as age and the length of listening, in this dataset will contribute to the analysis.

## **IS THERE AN INTENDED PURPOSE FOR THE DATASET?**

Music is a popularly adopted form of expression that can resonate with listeners. Its healing power provides a safe outlet for people's stress and consequently affects their moods. And that is why we choose to take this musical perspective when approaching the topic of mental wellbeing.

## **IS THERE ANY ADDITIONAL INFORMATION PERTINENT TO THIS DATASET THAT MIGHT ENHANCE ITS UTILITY?**

The data collection period of this dataset spans from August 2022 to January 2023, a time frame during which society around the globe is still under the lingering effect of the COVID-19 pandemic, along with the trend of massive layoffs in numerous industries. Mental health issues are a topic of paramount importance during this stressful time period and are relevant to all individuals that are affected by these worldwide events.

# COLLECTION

## **WHAT MECHANISMS OR PROCEDURES WERE USED TO COLLECT THE DATA?**

“The form was posted in various Reddit forums, Discord servers, and social media platforms. Posters and "business cards" were also used to advertise the form in libraries, parks, and other public locations.

The form was relatively brief so that respondents would be more likely finish the survey. "Harder" questions (such as BPM) were left optional for the same reason.” (Rasgaitis, 2022)

## **IF INDIVIDUALS' DATA IS INCLUDED IN THIS DATASET, DID THOSE INDIVIDUALS CONSENT TO THE COLLECTION AND USE OF THEIR DATA?**

Individual’s data is included in this dataset with their permission. The Google Form that collected this dataset asks whether or not the responder gives permission to the anonymous disclosure of their response.

## **IF INDIVIDUALS' DATA IS INCLUDED IN THIS DATASET, WAS THIS DATA ALTERED TO ENSURE HIGHER LEVELS OF PRIVACY?**

Yes. Individuals’ personally identifiable information is not disclosed in the dataset.

# PROVENANCE

## WHO CREATED THIS DATASET?

Data collection was managed by Catherine Rasgaitis, a computer science student at the University of Washington, via a Google Form.

# MANAGEMENT

## HOW IS THIS DATASET CLEANED/ORGANIZED?

We combined two data frames based on the same music category.

We produced a new numerical variable called “Negative mental level” by adding together the severity levels, rated from 0 to 10, of Anxiety, Depression, Insomnia, and OCD. We also produced a new categorical variable called “Age category” to record the age rank.

# REFERENCE

Rasgaitis, C. (2022, November 21). Music & Mental Health Survey Results. Kaggle.  
<https://www.kaggle.com/datasets/catherinerasgaitis/mxmh-survey-results>

The Data Nutrition Project. (n.d.). <https://datanutrition.org/>