NUTRITION DATA LABEL

About

This dataset is a summary of various statistics (music listening habits & personal mental health), categorized by age group and filtered to Spotify users.

Motivation

Combined from two larger datasets (two different surveyed groups of people), this dataset was filtered down to easily determine various averaged characteristics of Spotify listeners, all grouped by age categories.

Use Cases

1. At what personal rating do teens and young adults experience Anxiety, Depression, and OCD? How about each age group?
-> *How may this information be used in medical treatment or therapy?*

2. Which age group listens to the most music in terms of hours per day? And mostly at what time of day?
-> *Can more time spent be somewhat related to lower mental health struggles, as seen in the 60+ age group?*

3. What device does each age group listen most on?
-> *How might this be used to develop an app or website?*

Composition

- Our summarized dataset finds:
  - Average Anxiety, Depression, and OCD
  - Average hours listened to music per day & what time of day
  - Listening device
  - Number of responses
  - Number that listen to music while working
  - Subpopulations: Age group, Spotify users

Human Rights

Promotion of Human Values
- The data can be used to better understand various age groups' mental health struggles and music listening activity to promote well-being.

Privacy
- The original data was collected anonymously to protect user privacy. All data was collected voluntarily.
- Using this data for future implementation would ensure that information is anonymous and research would not be based on personal, identifying information.

Alert

The information was collected by voluntary participation and may not be 100% accurate due to human error.
Example: Inaccurately representing the amount of hours one spends listening to music on Spotify
- 5 hours VS 3 hours

y = Age groups
Groupings established by original dataset

x = Personal Rating (/ 10) of severity at which Anxiety/Depression/OCD is experienced
& Hours of Music Listened/Day

Legend: ■ Anxiety ■ Depression ■ OCD ■ Hrs Listened/Day

Chart (x-axis 0 to 12):

Age group	Anxiety	Depression	OCD	Hrs Listened/Day
12-20	6	4.6	2.8	4.1
20-35	6.2	5.8	2.8	3.8
35-60	5.5	4.6	2.2	2.9
60+	1.6	1.6	1.2	10.8