

Data story narratives:

Narrate change over time:

Start :

The rate of mental health problems in the technology industry is higher than the overall society. Is there any reason why employees are more likely to suffer from mental illness due to the industry's unique factors? Is there any support for mental health in technology companies?

Also at the temporal level, COVID-19 has a significant impact on the mental health problems of people worldwide. We analyzed whether the technology industry will have an increased rate of mental illness due to remote work, layoff anxiety, and unemployment stress during this period.

The data set we collected included:

Technology's surveys about mental health problems before the COVID19 epidemic occurred in 2016 & 2017.

Technology's survey on mental health issues during the COVID19 epidemic in 2019 and 2020.

All four surveys were conducted by the same team, Open Sourcing Mental Illness, LTD. The survey questions were almost identical, in which we extracted information about the proportion of the surveyed group suffering from various types of mental health problems and their causes.

We found that mental health problems are increasing in the technology industry. The percentage of people with mental health problems increased.

We observed the following feedbacks from the survey regarding mental health issues:

There are two main categories in the feedback from 2016-2017

1. stated that they suffer from mental illness on an ongoing basis
  - I had been diagnosed with PTSD
  - I suffer from a chronic illness/disability since years, which has resulted in me encountering growing levels of ableism in my workspace, recently culminating in my boss letting me know my contract will not be renewed past next year.
  - Living with mental illness is already a struggle and living in the fear or being "exposed" along with it can be devastating.
  - I've been suffering from PTSD for the majority of my life and it has affected so many aspects both in and outside of the workplace.
2. Analyze company environment and policies I'd like to see a more open discussion in the workplace
  - Please think very hard about women/POC and mental health in tech. Our workspaces can be traumatic and triggering. We are constantly belittled, made invisible and shit on.
  - Remote work in isolation makes this situation 10x worse
  - Mental health is an important topic, but it gets ignored for the most part.

There are three main categories in the feedback for 2019-2020:

1. minority in some respects: e.g.
  - mixed race
  - Black, Queer, and assumed to be a Woman

2. work environment: e.g.
  - Staring at a screen alone, antisocial working hours, continuous stress to learn and adapt to new stuff
  - IT-workers prefer to work in the dark. But sunlight is essential due to a healthy body.
  - If my employer had to make accommodations due to my mental health, I would be concerned that I am now a target of HR / MGMT. I would be the "special" one that needs "accommodation" - aka a hassle
  - Having a mental health problem may put you at risk of being dismissed
  - Remote work in isolation makes this situation 10x worse
3. Social environment: e.g.
  - family background, and personal responsibilities
  - The society of tech workers contains well-entrenched cultures of denial of the value of mental health awareness and treatment that must be addressed.
  - With how competitive the tech industry is and how quick it evolves; it quite frankly seems impossible to have good mental health.

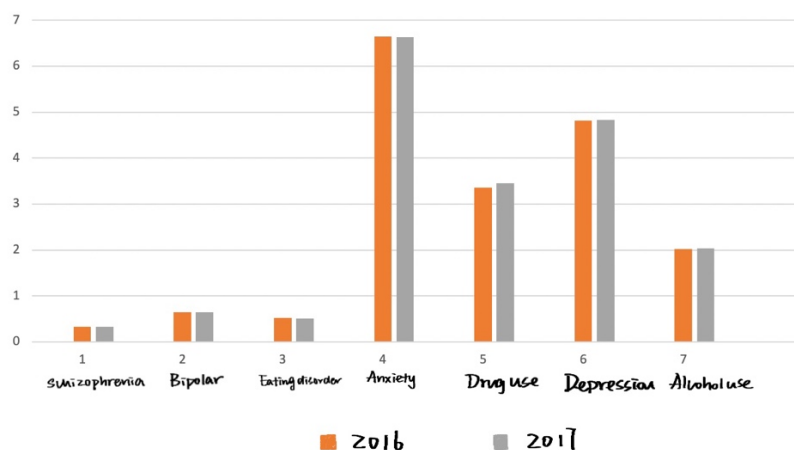
We also included two additional data sets on global mental health issues to compare with the technology domain.

The datasets we collected are:

The percentage of citizens with mental illness worldwide between 2016 and 2017.

The willingness of people to search for mental illness during the COVID-19 epidemic of 2019 vs. 2020.

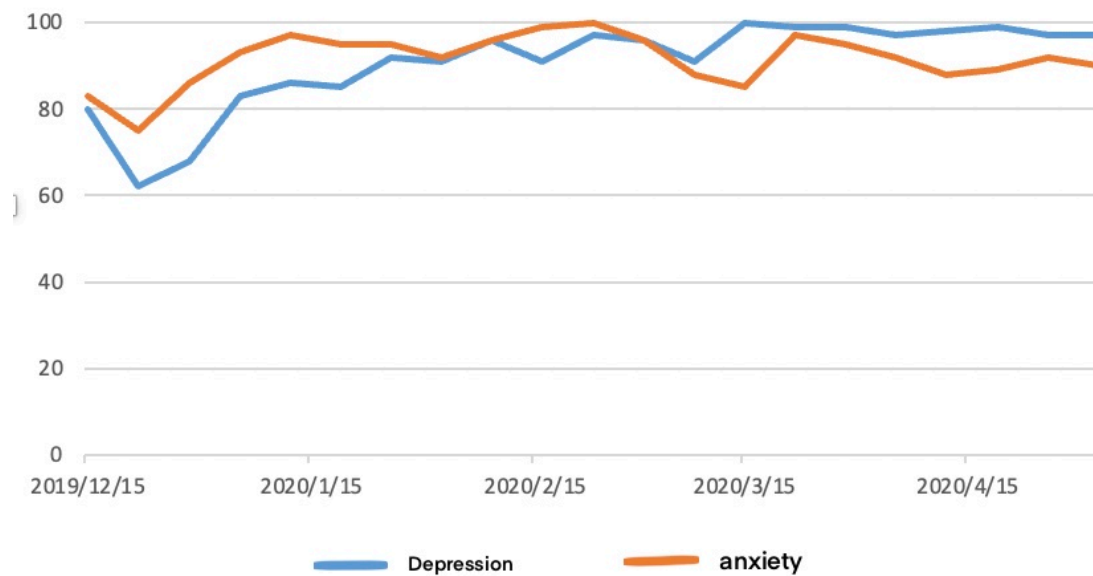
We found a small increase in the prevalence of depression, drug and alcohol use disorder and a decrease in the prevalence of other types of mental disorders among US citizens between 2016 and 2017. Overall, the changes were small and the rates were stable.



In the data set for the search term mental disorders, the frequency of searches for each mental disorder increased significantly after COVID-19 became severe in the United States in February/March 2020.

Depression, the most common psychological disorder, increased its monthly average of search

frequency from 93.75 to 97.75 in two months. a four-point increase from an average of 84.29 is already a significant increase. The search rate in the six months before the epidemic was only 78.79.



Closing: The COVID-19 epidemic has made the mental health problems of U.S. citizens more severe during this period, and the technology industry, as an industry with a higher likelihood of mental illness in society, has increased the rate of mental illness in the face of the epidemic due to more uncertain social factors.