

Exploring The Mental Health of Tech Workers

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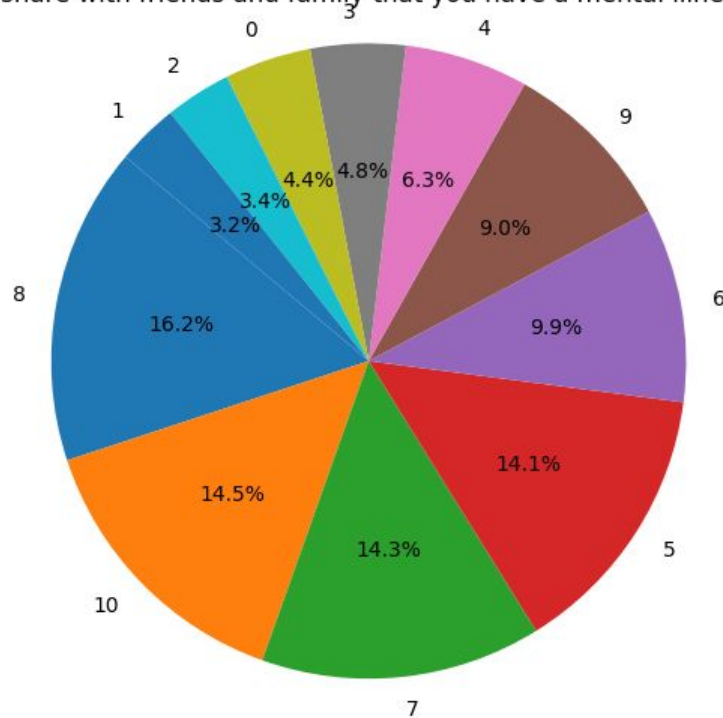
Our Objective

We aim to evaluate the mental health of workers in tech by

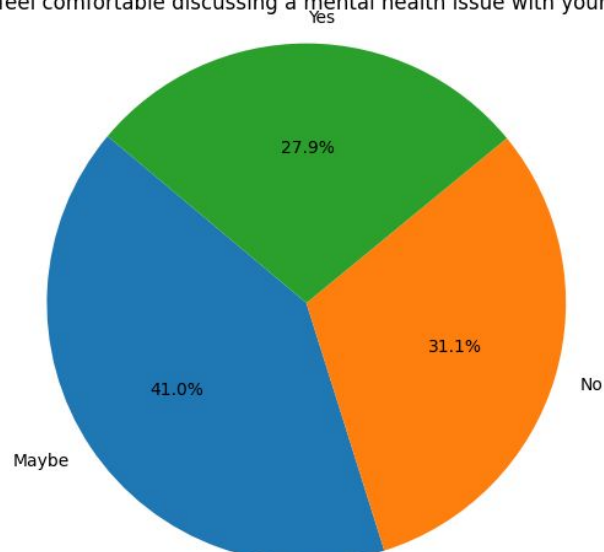
- Assessing the general mental health through aggregation
- Comparing the mental health of workers by region
- Determining if the mental health of tech workers had improved over time

General Snapshot

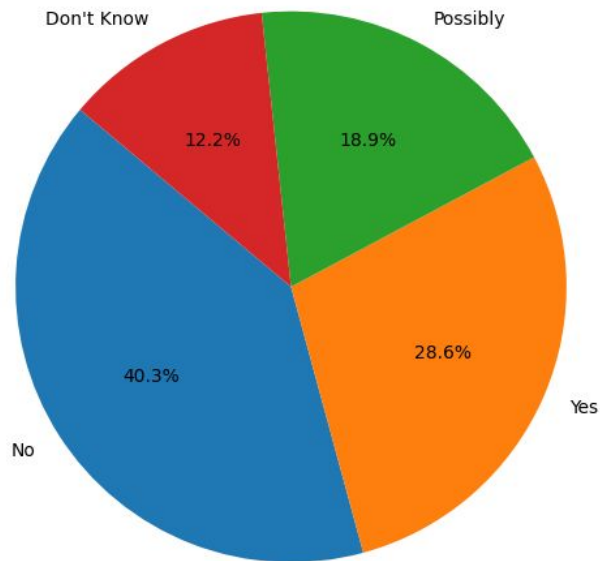
How willing would you be to share with friends and family that you have a mental illness? (Avg: 6.35, Std Dev: 2.75)



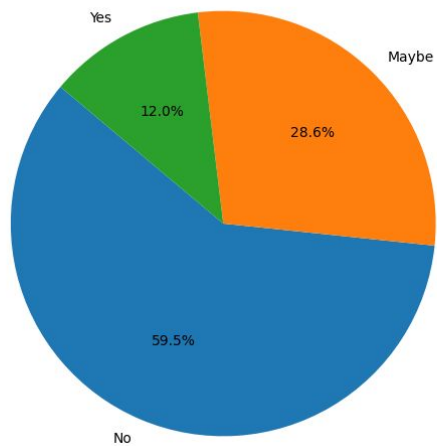
Would you feel comfortable discussing a mental health issue with your coworkers?



Do you *currently* have a mental health disorder?



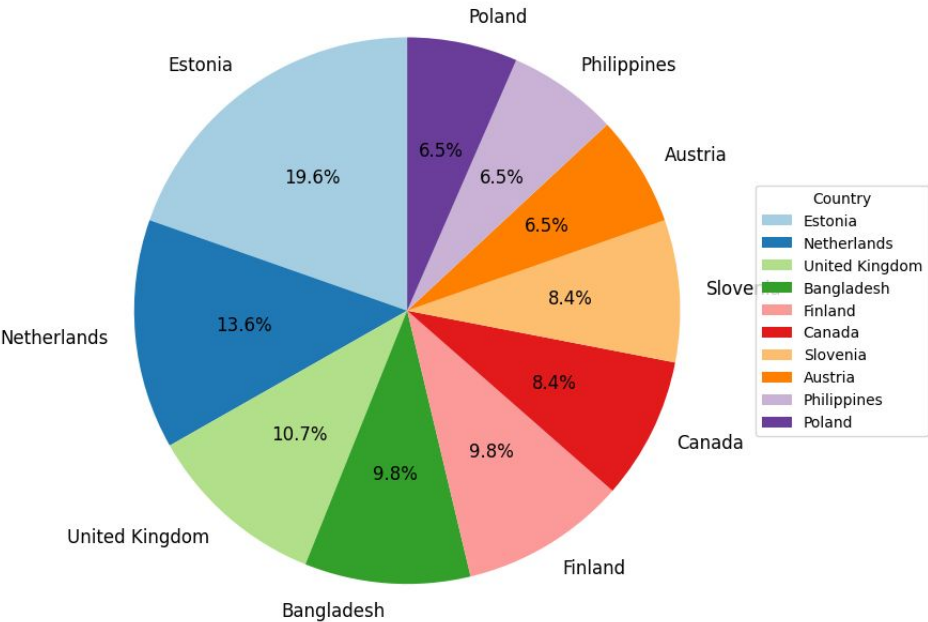
Would you bring up your *mental* health with a potential employer in an interview?



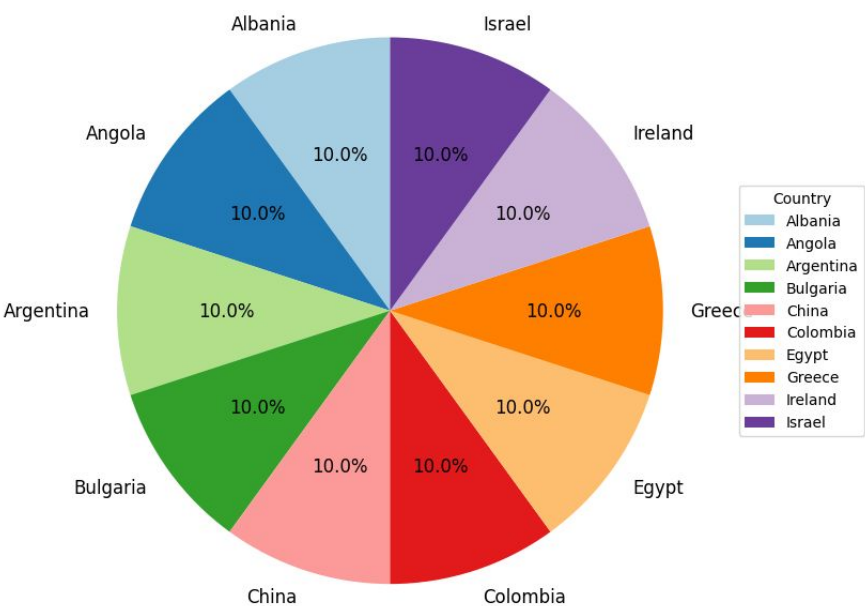
Conclusions:

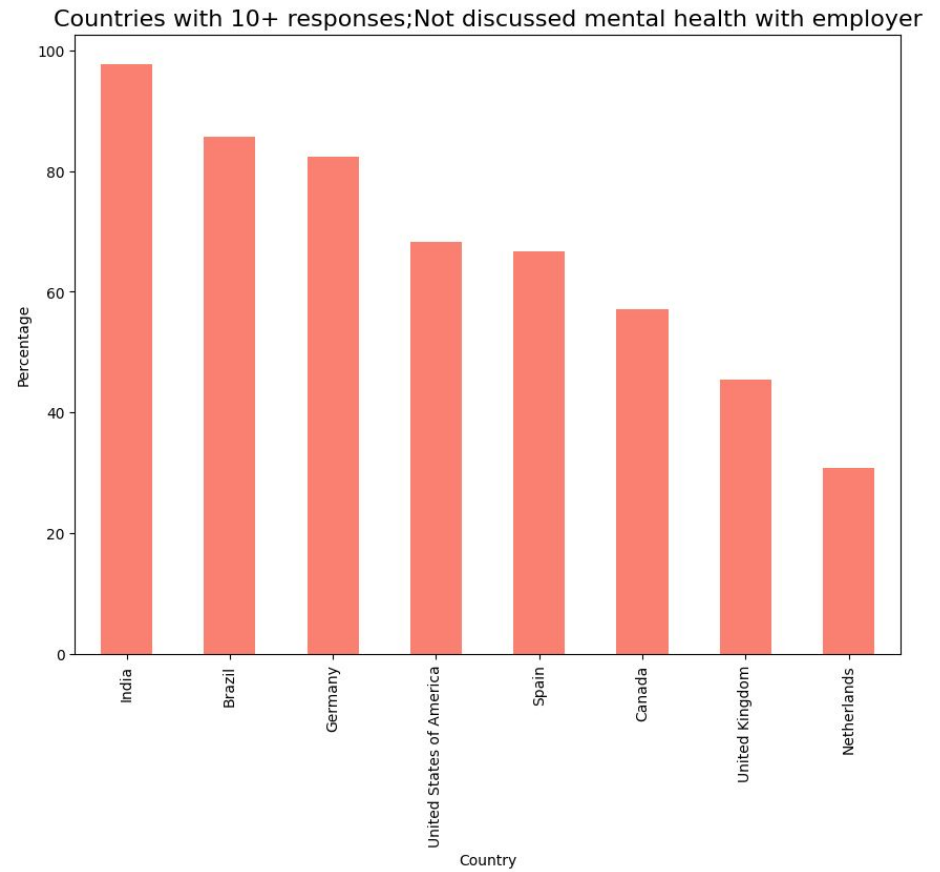
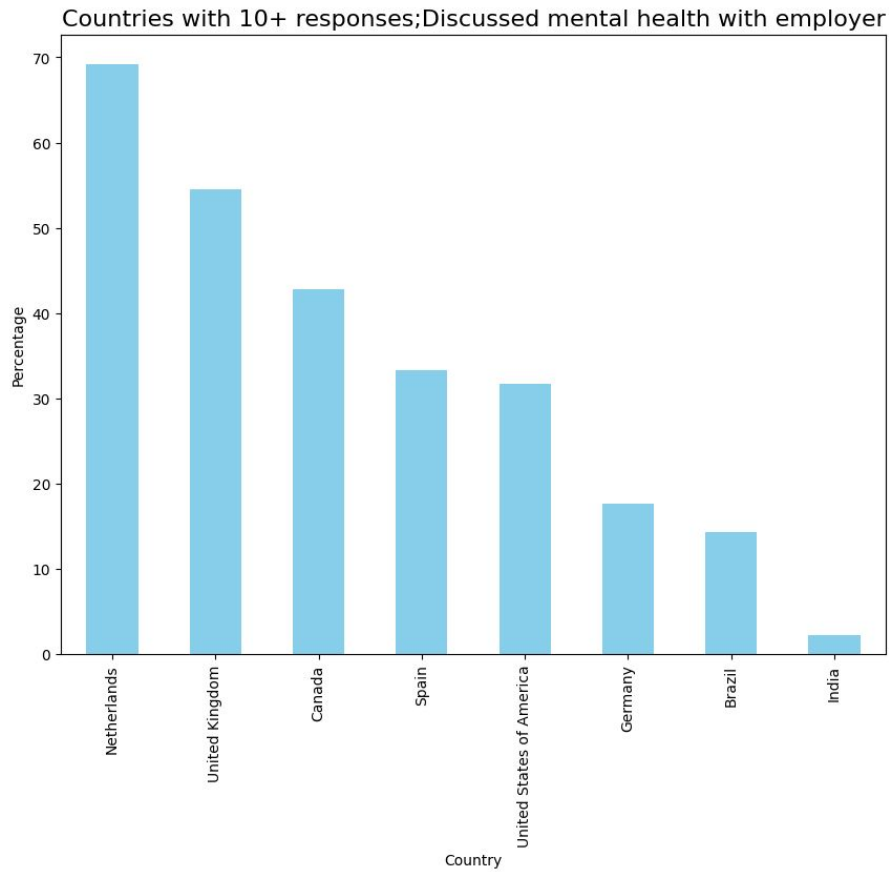
Mental Health By Region

Top 10 countries - Discussed mental health with employer



Top 10 countries - Not discussed mental health with employer

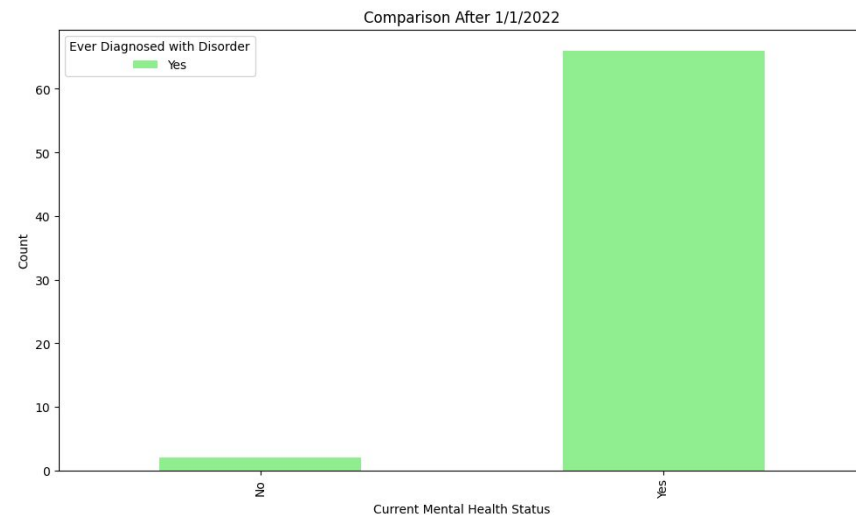
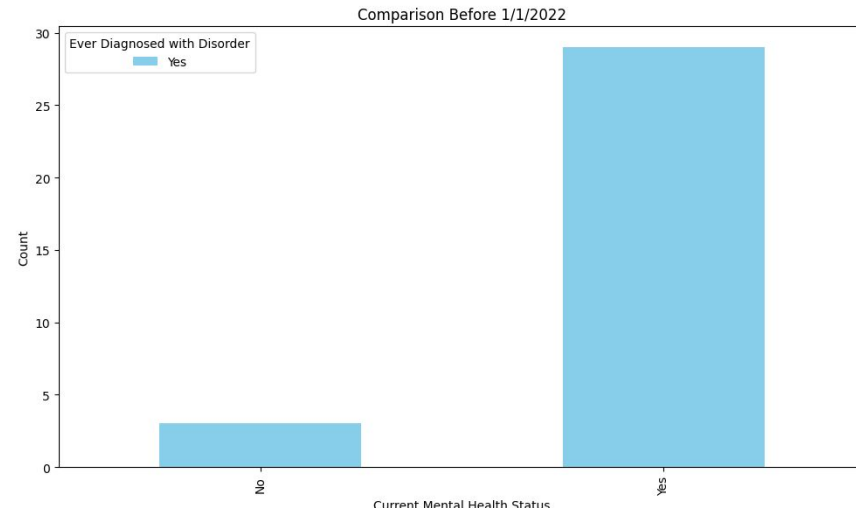




Conclusions: Countries in what is traditionally known as the Western World are more open to sharing their mental health in their workplace

How Has Mental Health in Tech Changed Over Time?

Conclusions: This data is insufficient to answer this question.



Conclusions

- There is a clear trend of people from “western nations” being much more willing to share their mental state with their employers, but this is limited by the small scope of the data.
- There is an insufficient amount of data to assess how mental health in tech has changed over time. Future projects should consider or aggregating multiple sources of data.