

Project 1: Evaluating the Mental Health of Tech Workers

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In this project, we aimed to evaluate the overall mental health of the tech field. We found this task important because we all work in the tech field. Our data sources come from yearly reports provided by the Open Sourceing Mental Health website, where we gathered the yearly mental health surveys from 2021, and 2022. This data from the survey was filtered so that only responses from people whose primary role is in technology/IT were included. Our approach to assessing the overall mental health of tech workers was three-fold. First, we wanted to explore how likely people are to speak to others about their mental health. Secondly, we wanted too asses the impact that ones place of residence affects their willingness to speak out. Finally we will attempt to determine if there was improvement in mental health standing between 2021 and 2022.

Question 1: How likely are people willing to speak with others about their mental health?

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

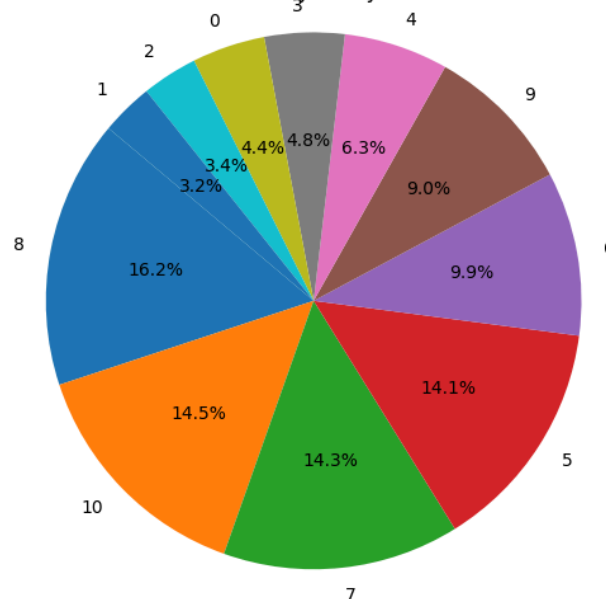
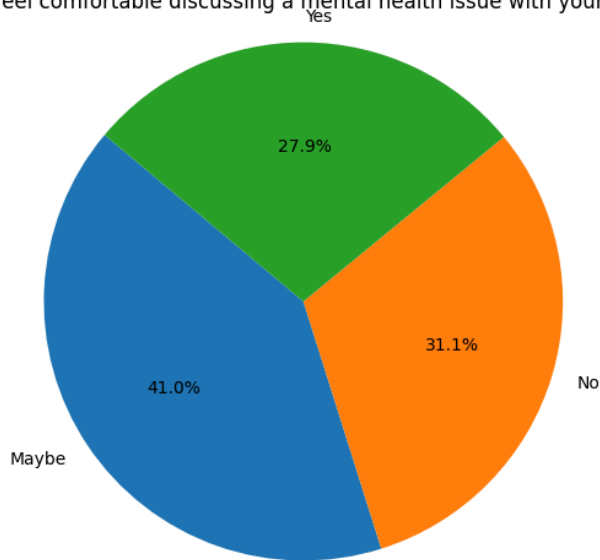


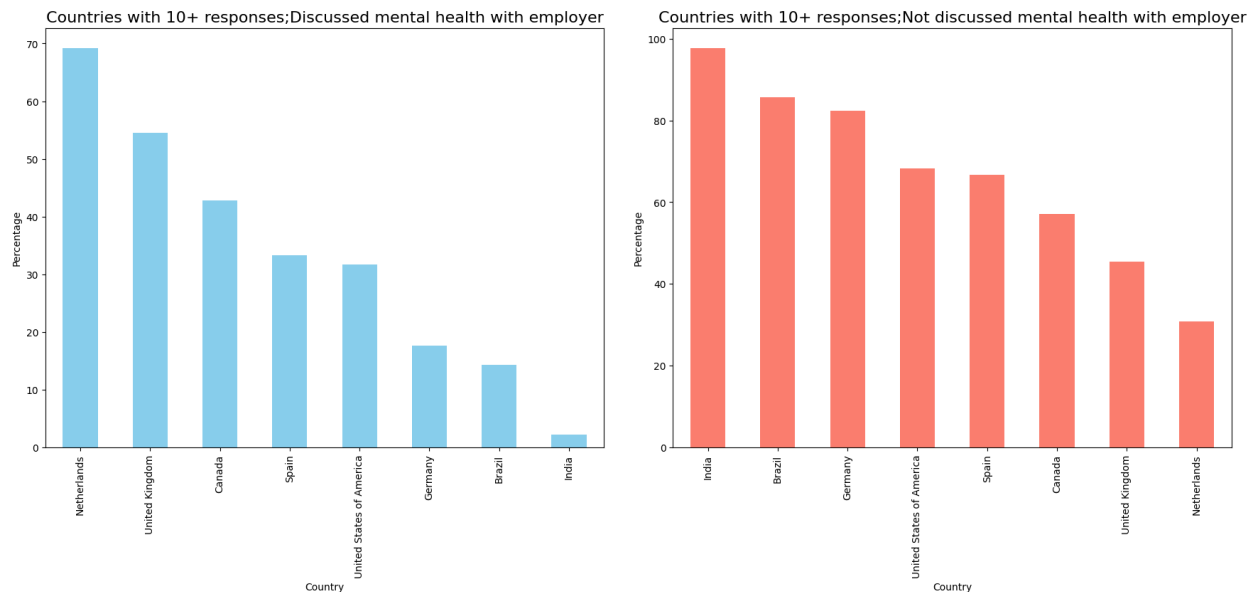
Figure 1 demonstrates the overall sense of comfort with openness about mental health. It demonstrates that, among the survey's participants, the majority gave a score of 6 or higher out of 10. This demonstrates that in general, within the limits of the survey's scope, tech workers are generally more comfortable than not confiding with their trusted ones about their mental woes. This is an important baseline to set before examining how different things are in the workplace, showing that for many it is okay to speak about it in at least some contexts.

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



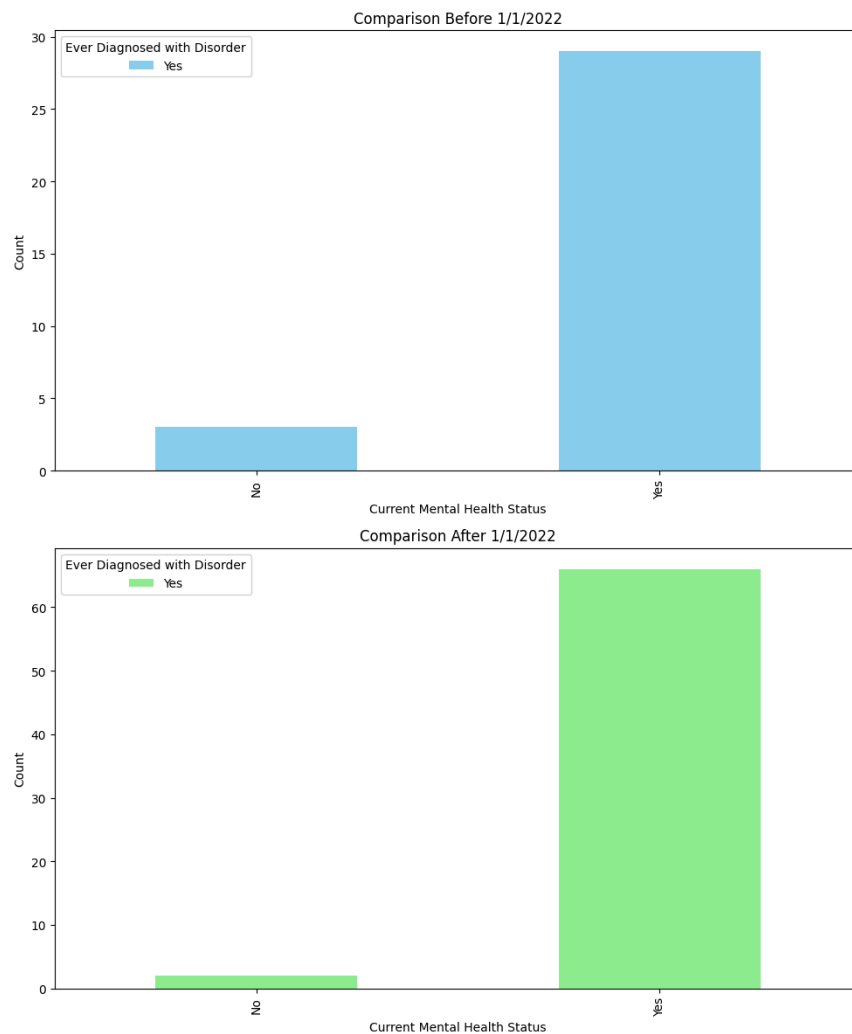
In figure 2, the responses for discussing mental health in the workspace are collected, and unfortunately these are far less specific than the numeric answers from the previous figure. However, if even just 9 and 10 are considered yes I am comfortable discussing mental health with a trusted one, we see a marked decrease in willingness to discuss the matter when it comes to coworkers, which is to be expected as people may generally be less familiar with them.

Question 2: How does one's place of residence impact their ability to speak about their mental health?



In Figure 3, we see the percentage of respondents who have discussed their mental health with their employer by country. These are filtered by the countries that have at least 10 responses so that outlier countries with only one or two responses who all said that they had. Here we can

see mainly western and norwegian European countries have much higher tolerance for these discussions, while countries such as Brazil and India, which remain more conservative so not have these discussions nearly as frequently.



In figure 4, we see that the number of respondents willing to respond with yes has more than doubled in the intervening years. However, the second survey contained 236 respondents, while the first had 99. This suggests a proportional *decrease* in people willing to admit that they have been diagnosed with a mental illness. Due to the survey size, this may not depict a decrease in the prevalence of mental health over the years. It might simply be that people have become more private, or that diagnosis has become more expensive and hard to access in the wake of increased demand in the post-pandemic world. However, limited to this data, there is no way to reach a sound conclusion on the matter.