

Global Prevalence and Burden of Mental Health Disorders

Exploratory Data Analysis (EDA)

Luna Pérez Troncoso



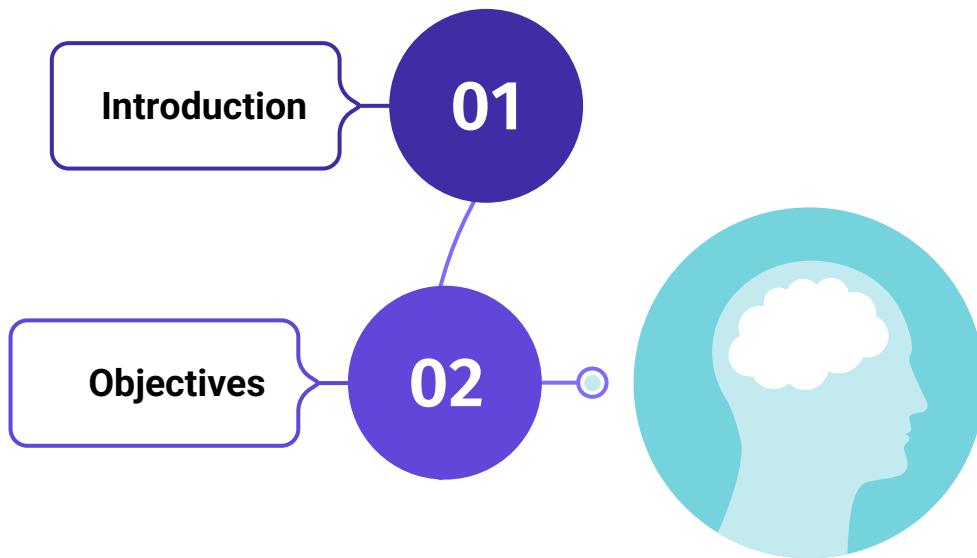
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Introduction

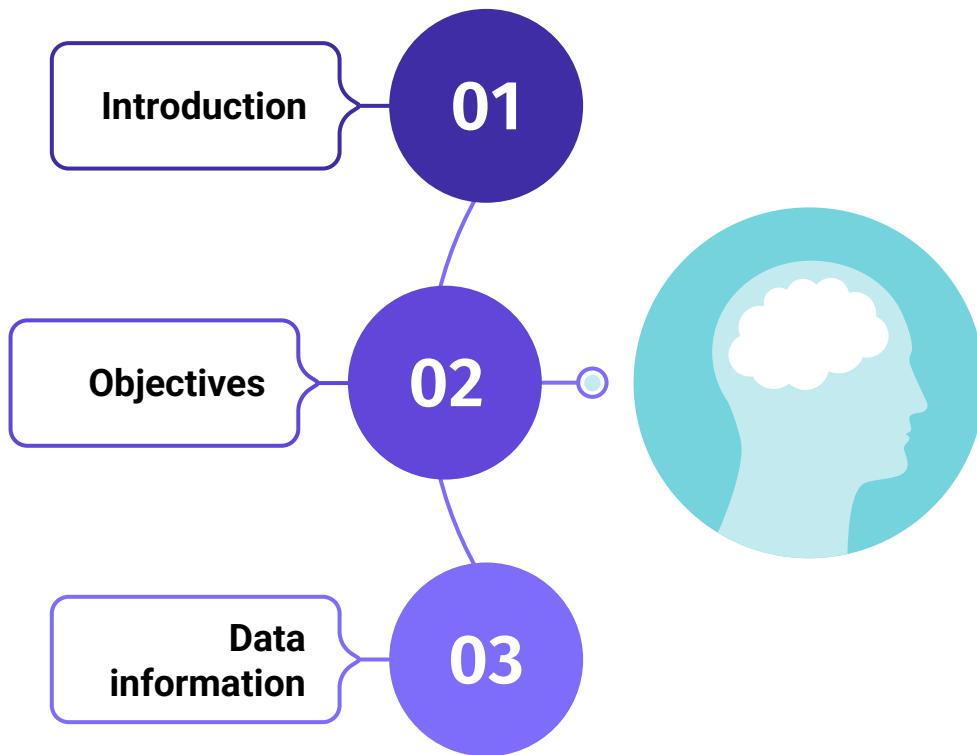
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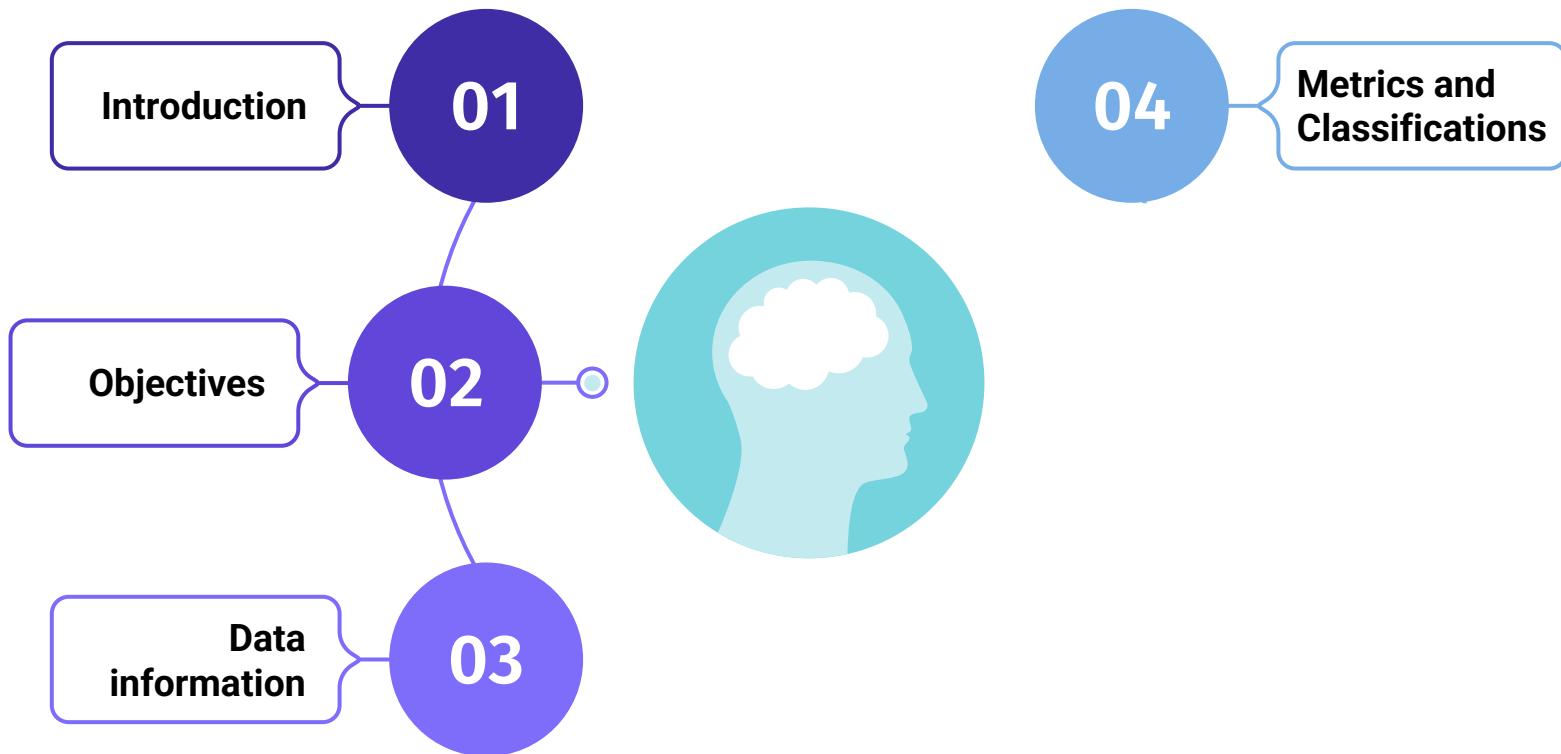
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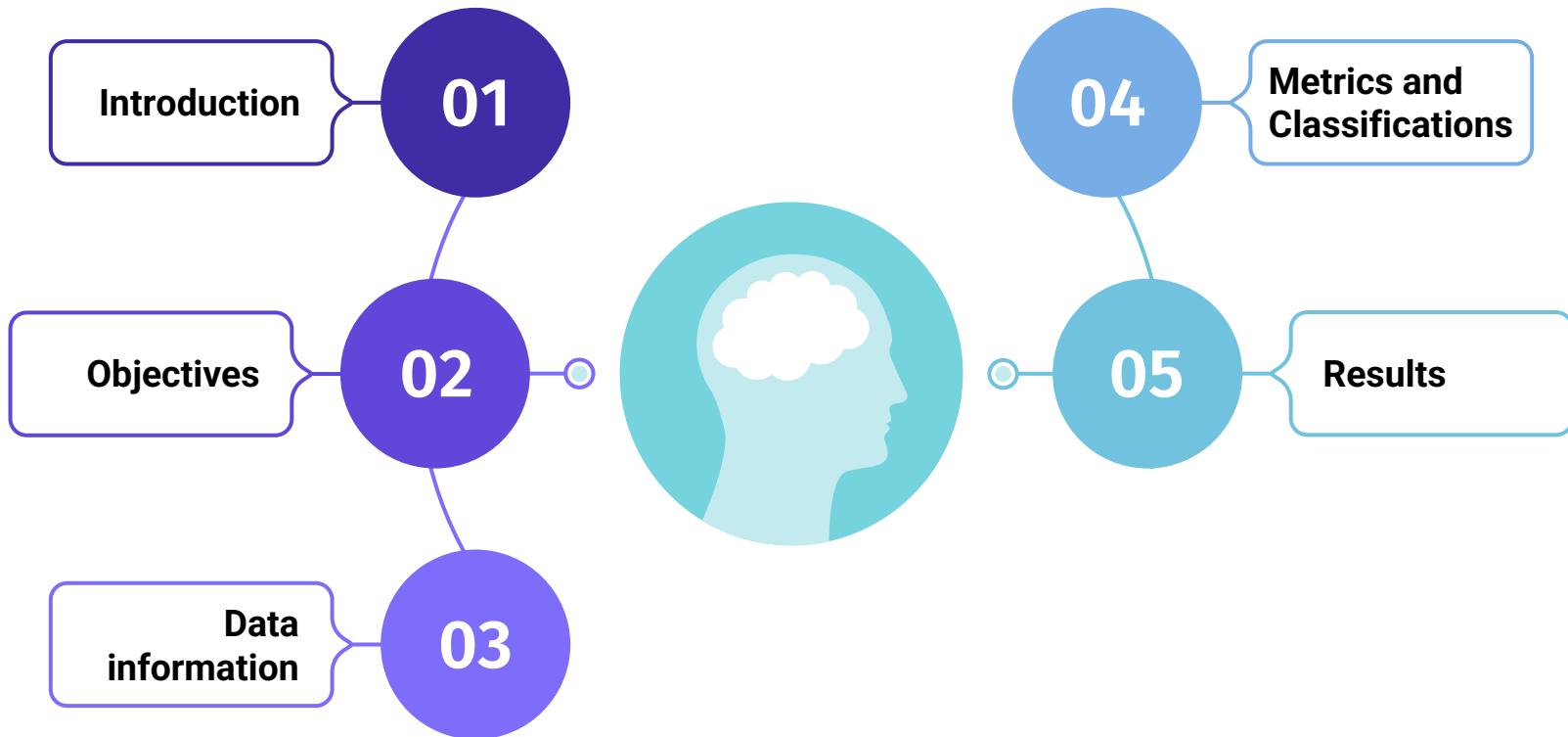
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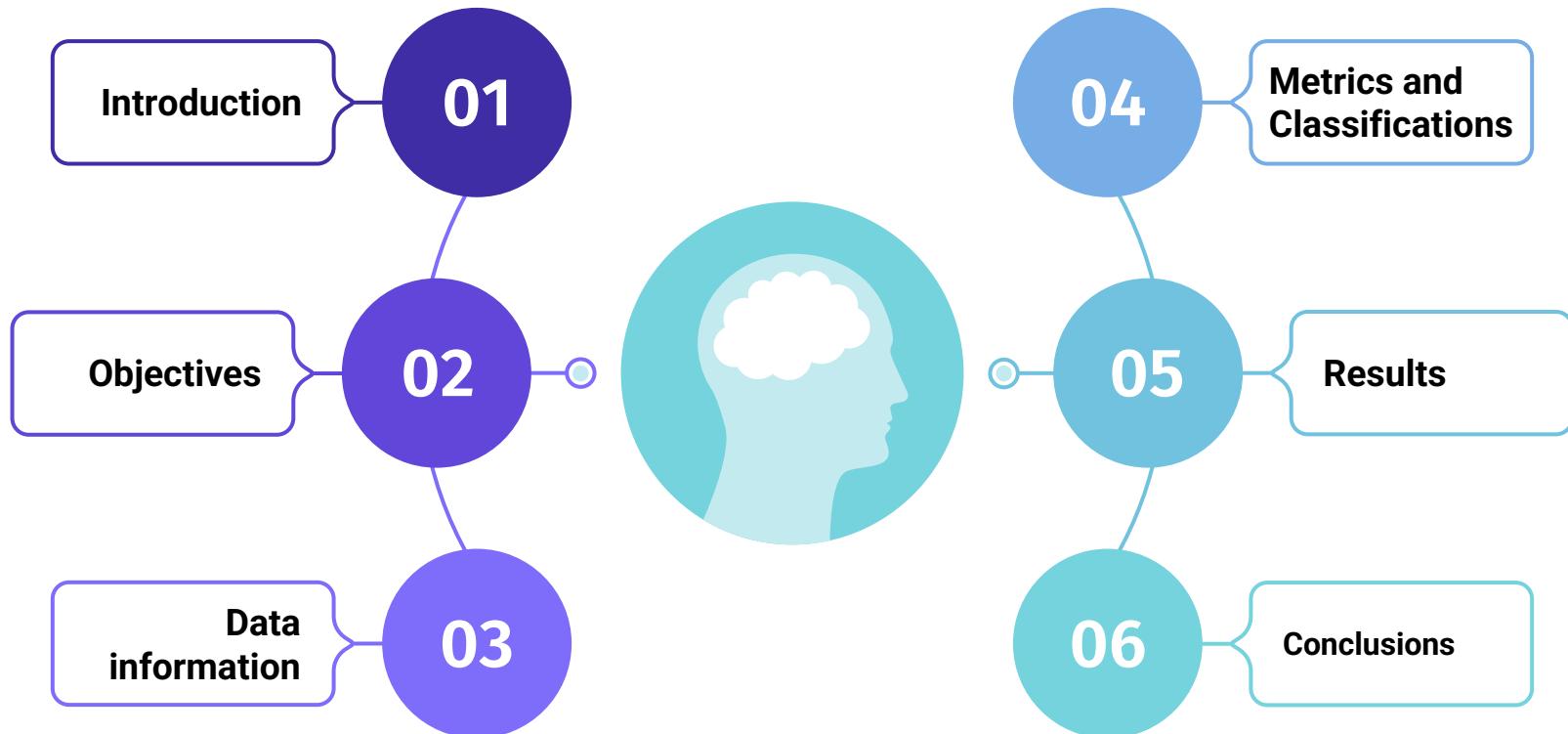
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INTRODUCTION



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One in three women and one in five men **will experience a major depressive episode** at some point in their lives.

OBJECTIVES



This exploratory data analysis (EDA) aims to investigate the global prevalence and burden of mental health disorders across **countries, continents, and socioeconomic regions**.

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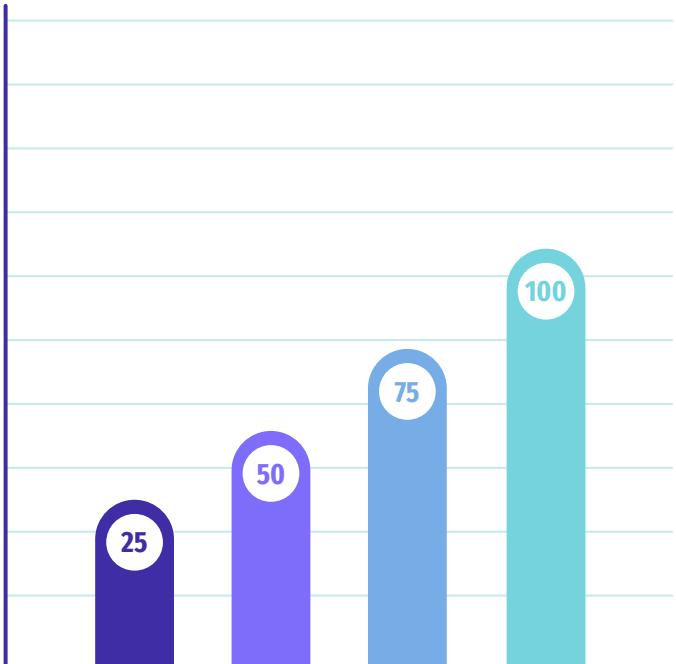


By identifying global trends and potential contributing factors, this analysis seeks to provide a clearer understanding of how mental health challenges manifest across different populations and what patterns may inform prevention and intervention strategies.

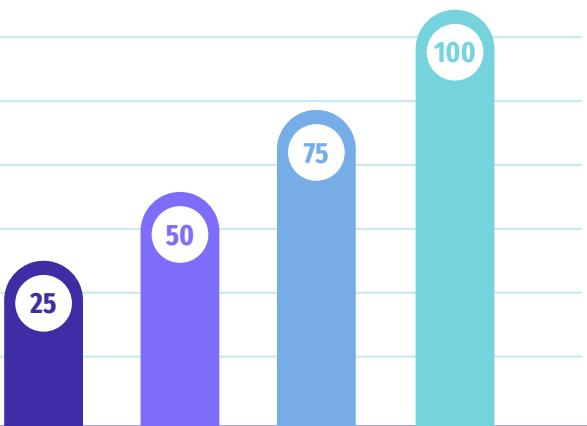
DATA INFORMATION

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Data Sources



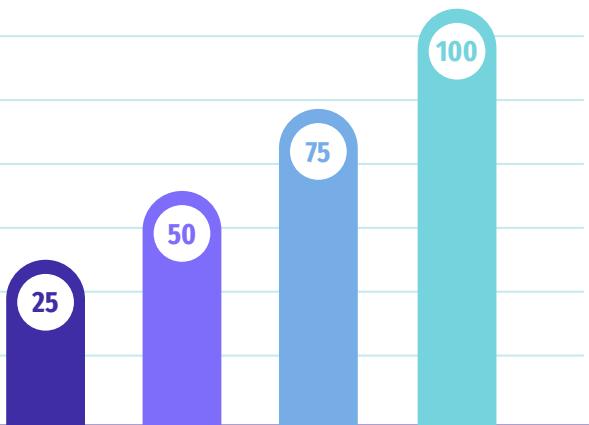
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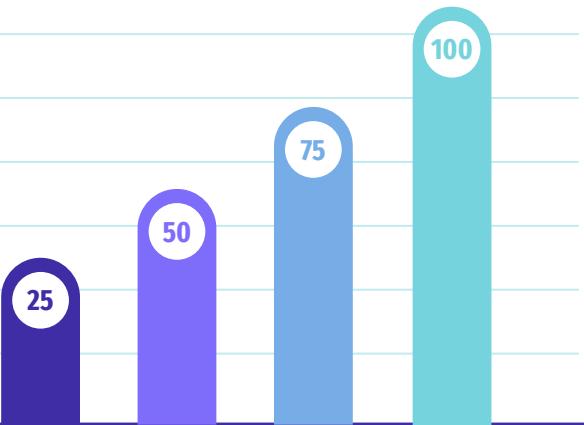
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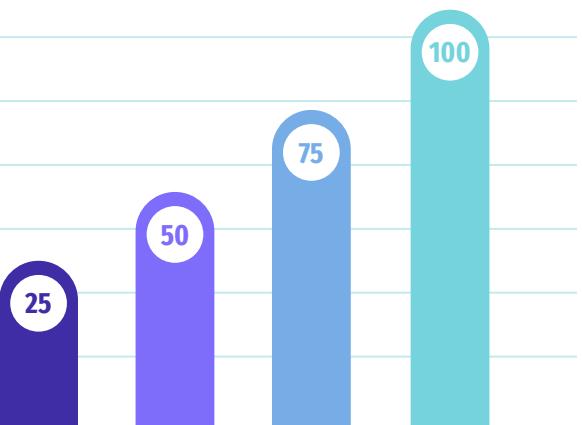
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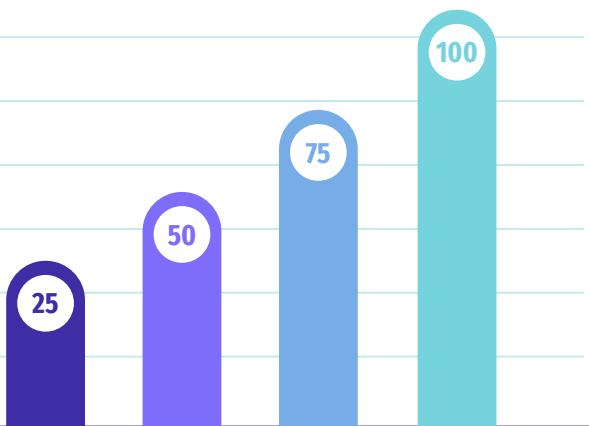


IHME | GHDx



World Health Organization

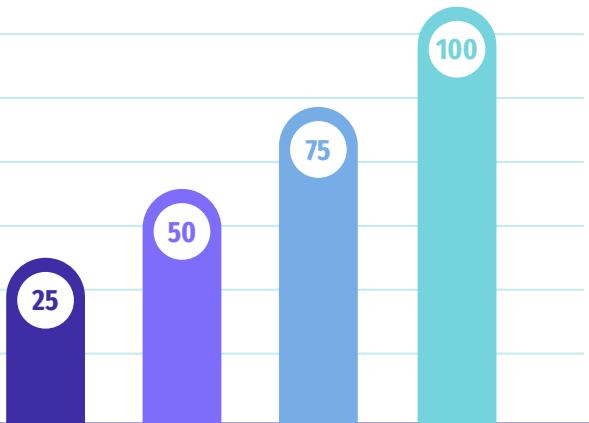
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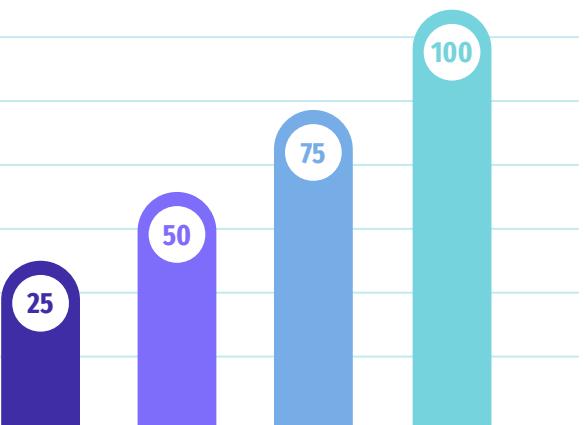


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Classification Criteria

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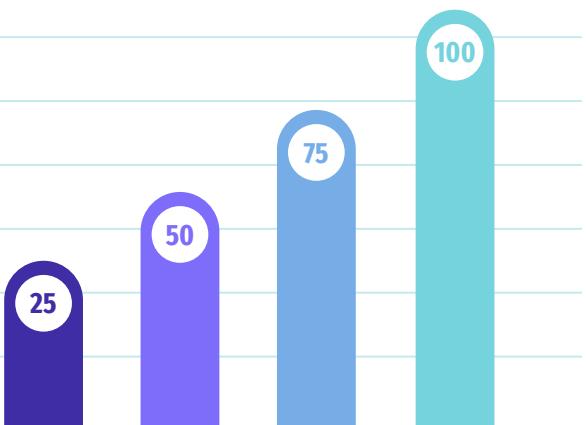
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Geographic regions were divided using **World Health Organization (WHO)** criteria, whereas **economic classification** of the countries by level of income followed the criteria established by **World Bank (WB)**



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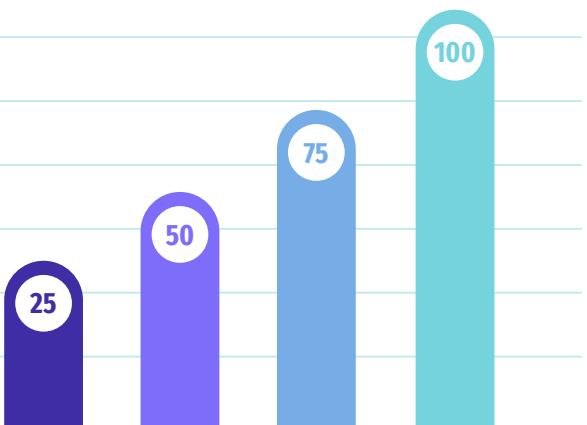
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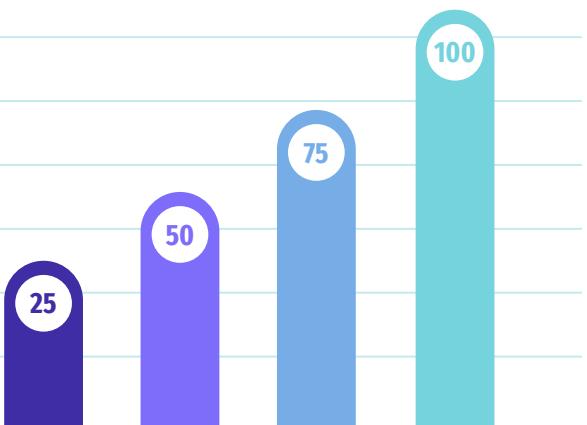
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Health Metrics

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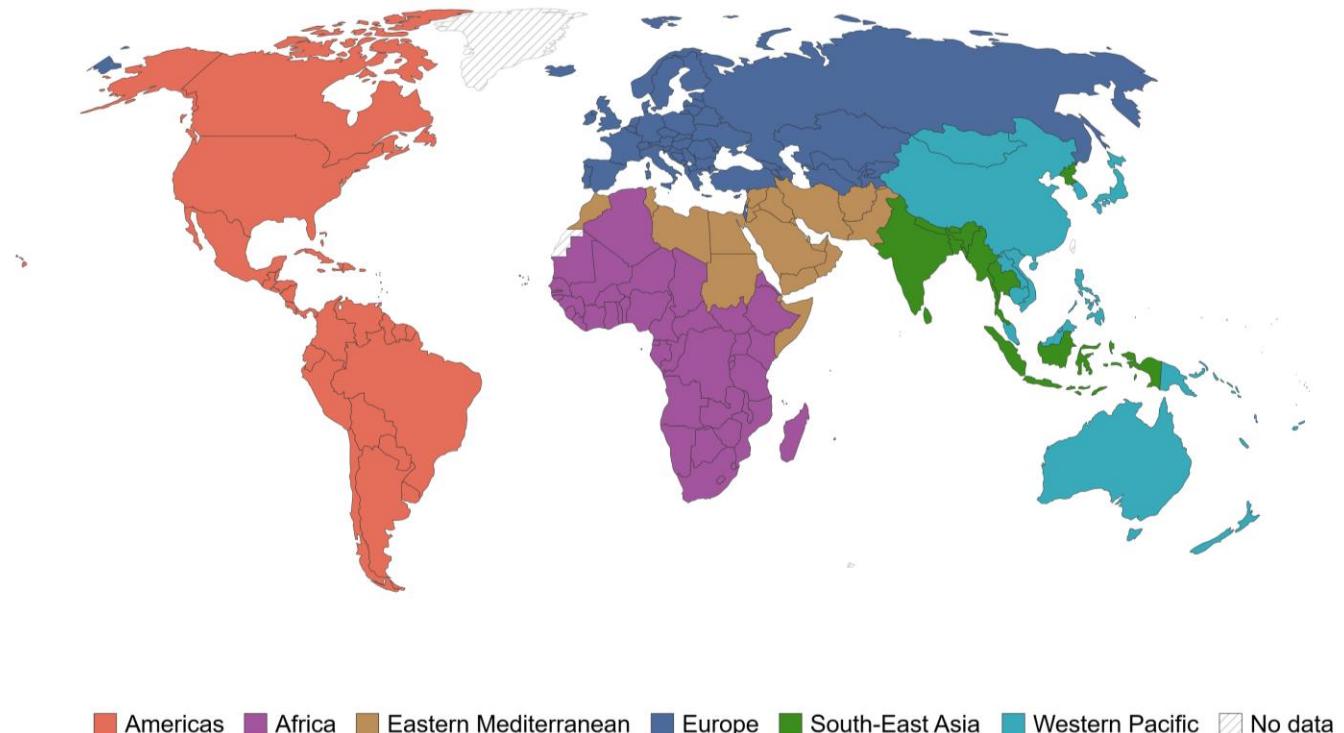
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Health Metrics

Prevalence data is expressed in percentages of prevalence, whereas **burden** is measured by **Disability-Adjusted Life Years (DALYs)** rate per 100.000 Population.

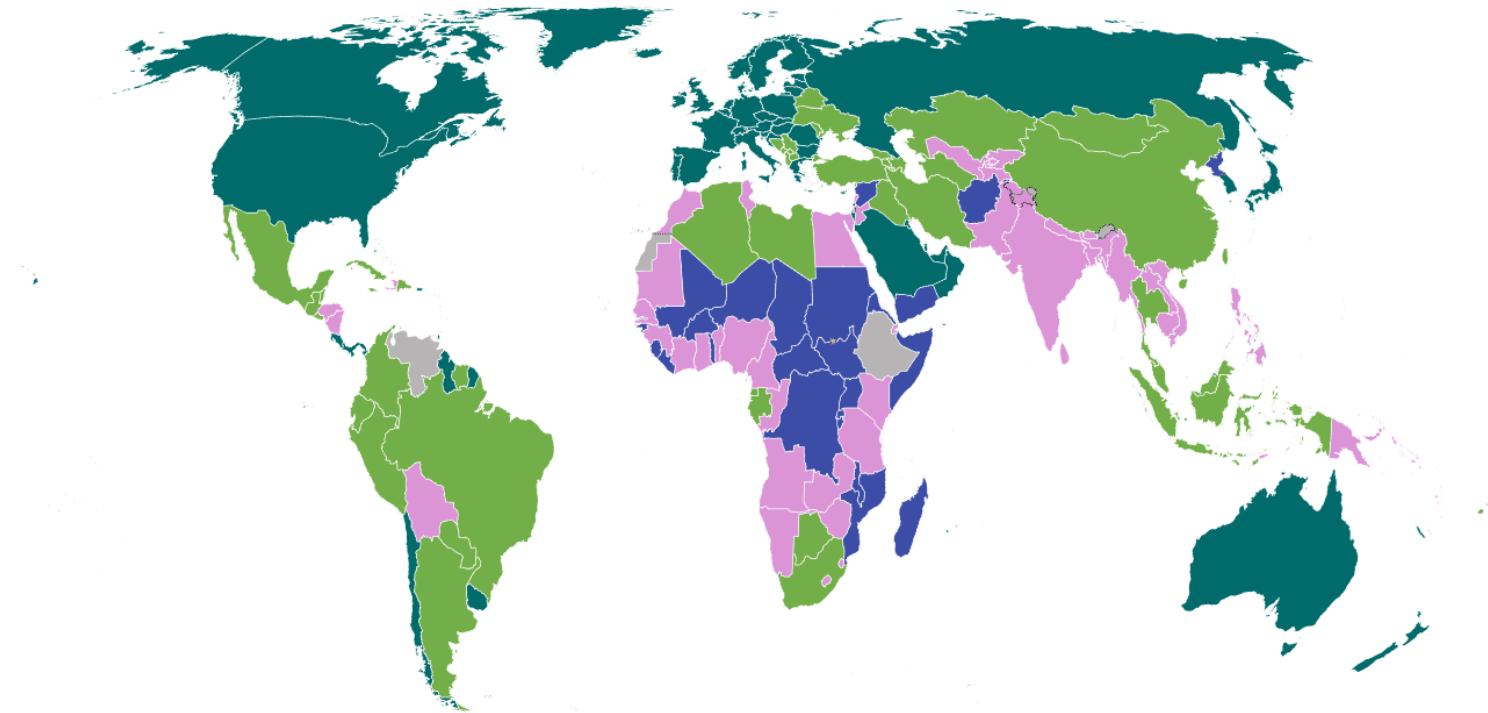
¿What are the geographic regions of the WHO?

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¿What is the economic classification of the WB?

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- Low income
- Lower middle income
- Upper middle income
- High income

¿What is the DALYs rate?

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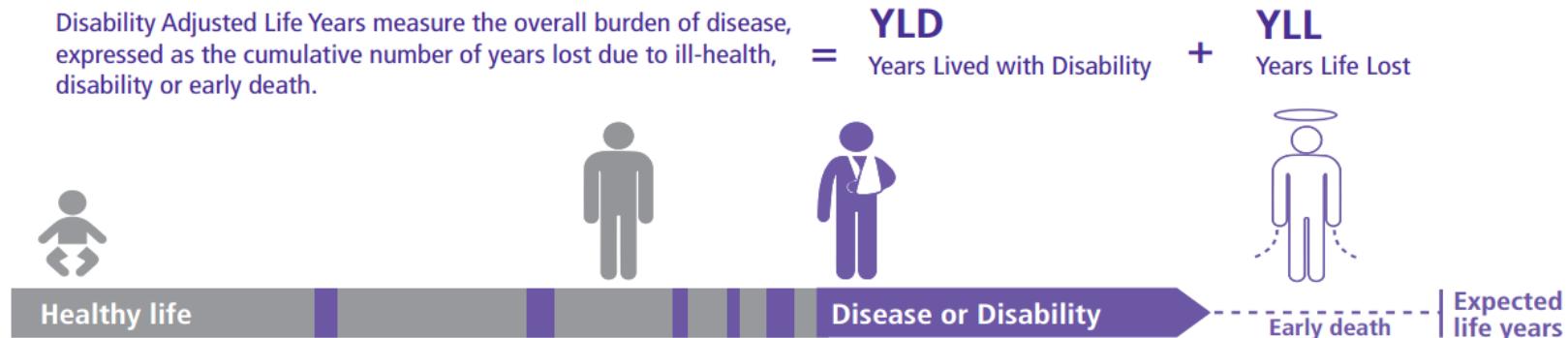
Disability-adjusted life years (DALYs) represent the sum of **years lost to premature death and years lived with disability**.

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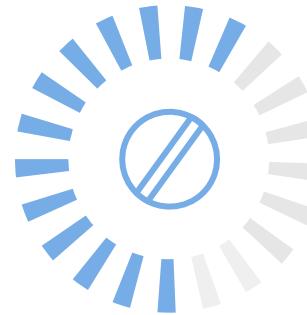
DALY

Disability Adjusted Life Years measure the overall burden of disease, expressed as the cumulative number of years lost due to ill-health, disability or early death.



Source : Wiki Commons

DALYs = Years of life lost due to premature mortality (YLL)
+ Years lived with disability (YLD)



RESULTS

Global mental health disorders prevalence and burden analysis

Global mental health disorders prevalence and burden analysis

Age Standardized Global Mental Health Disorders Prevalence (%) Statistics

	mean	std	min	25%	50%	75%	max
Schizophrenia	0.288877	0.000699	0.287409	0.288479	0.288646	0.289314	0.290107
Depressive	3.511844	0.074077	3.409922	3.430446	3.536234	3.579910	3.596674
Anxiety	3.790526	0.025974	3.745801	3.773960	3.785429	3.809557	3.845547
Bipolar	0.488209	0.000889	0.486905	0.487532	0.487985	0.488849	0.490083
Eating	0.158180	0.008048	0.150532	0.151253	0.154811	0.164476	0.173952



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Global mental health disorders prevalence and burden analysis

Global mental health disorders prevalence and burden analysis

Age Standardized Global Mental Health Disorders DALYs Rate per 100000 Population Statistics

	mean	std	min	25%	50%	75%	max
Schizophrenia	593.796617	16.042094	571.994260	576.207900	598.994180	608.633563	611.887450
Depressive	184.999844	0.284208	184.149430	184.835447	184.967870	185.160520	185.479350
Anxiety	104.900388	0.235076	104.540300	104.747305	104.865865	105.037465	105.430250
Bipolar	33.842353	1.723884	32.154877	32.330468	33.135103	35.210062	37.189297
Eating	361.050454	2.409236	357.300020	359.404275	360.311500	362.898095	366.051540



Cross-country mental health disorders metrics

Cross-country mental health disorders metrics

Age Standardized Cross-Country Mental Health Disorders Prevalence (%) Statistics

	mean	std	min	25%	50%	75%	max
Schizophrenia	0.265919	0.039322	0.188416	0.241704	0.272780	0.285718	0.462045
Depressive	3.767415	0.941734	1.522333	3.061522	3.650681	4.372005	7.645899
Anxiety	4.100213	1.063017	1.879996	3.424497	3.942279	4.544474	8.624634
Bipolar	0.639102	0.235847	0.181667	0.521333	0.579331	0.857492	1.506730
Eating	0.195125	0.139367	0.044780	0.095651	0.143848	0.243725	1.031688



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Age Standardized Cross-Country Mental Health Disorders DALYs Rate per 100000 Population Statistics ↗

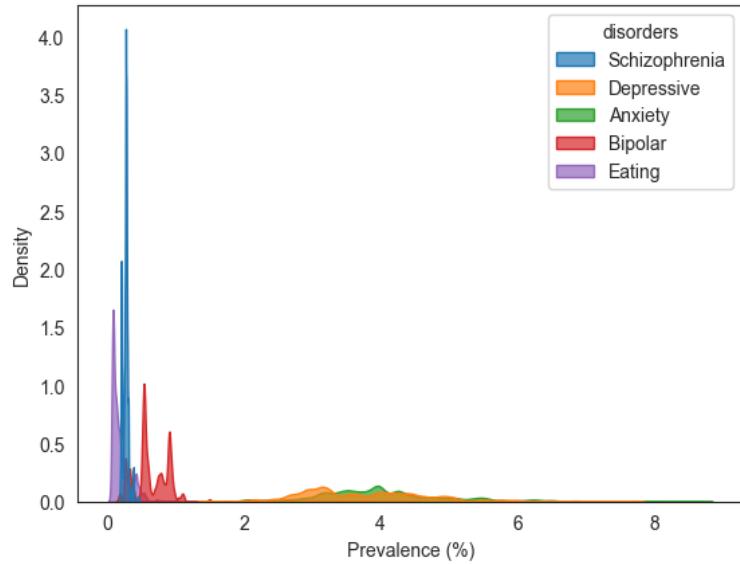
	mean	std	min	25%	50%	75%	max
Schizophrenia	651.782773	188.634505	243.097840	502.619265	637.478400	765.633683	1427.423600
Depressive	170.053138	25.464473	119.913380	154.289165	174.484730	183.436885	291.100100
Anxiety	139.110469	51.801338	39.438133	112.418103	124.484160	189.293952	325.152800
Bipolar	42.404370	29.845417	9.671199	20.657737	31.239694	54.638891	218.704390
Eating	392.834259	102.341108	180.049640	327.229660	376.302290	433.911575	814.302300



Cross-country mental health disorders metrics distribution

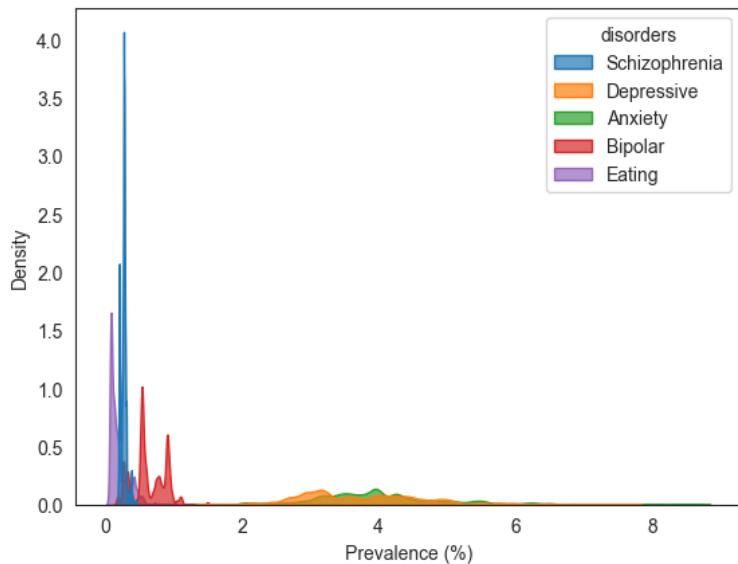
Cross-country mental health disorders metrics distribution

Cross-Country Mental Health Disorders Prevalence Distributions

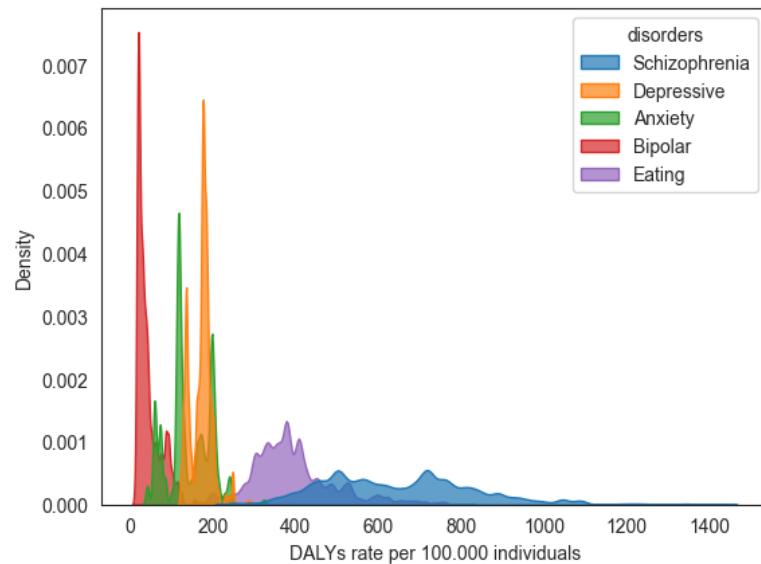


Cross-country mental health disorders metrics distribution

Cross-Country Mental Health Disorders Prevalence Distributions



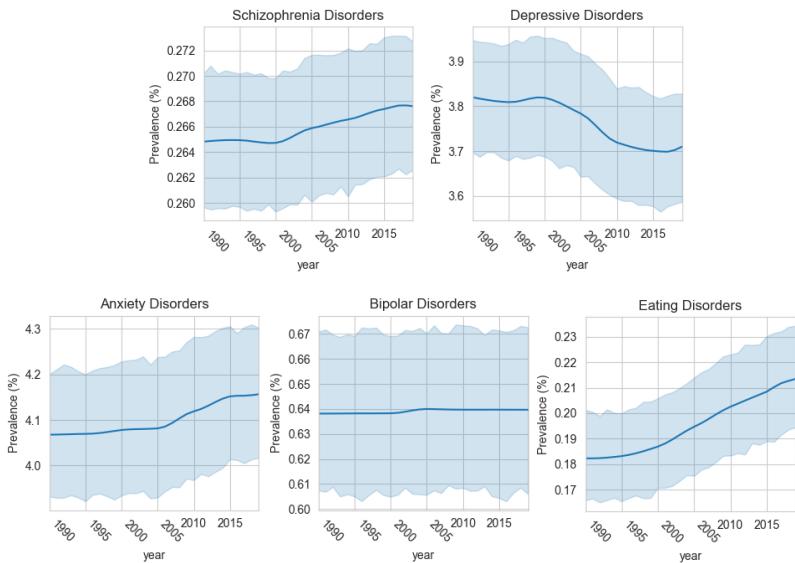
Cross-Country Mental Health Disorders DALYs rate Distributions



Cross-country progression mental health disorders

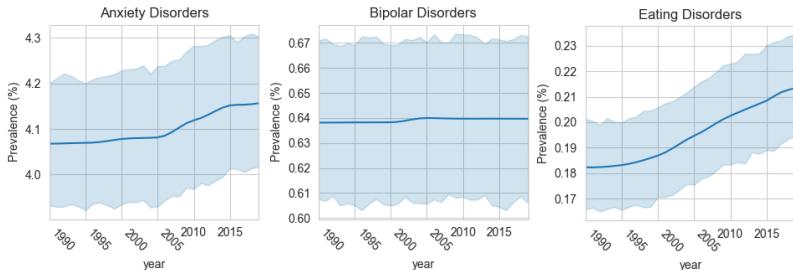
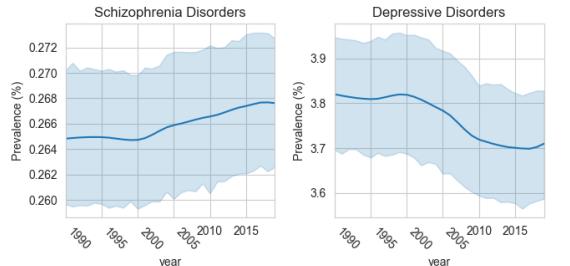
Cross-country progression mental health disorders

Cross-Country Progression of Mental Health Disorders Prevalence

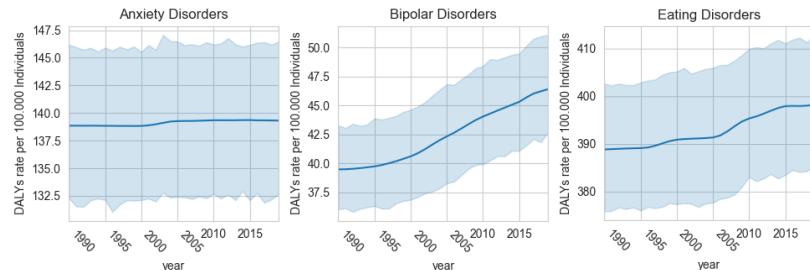
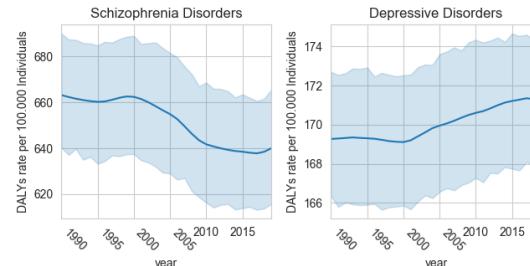


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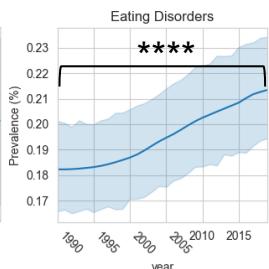
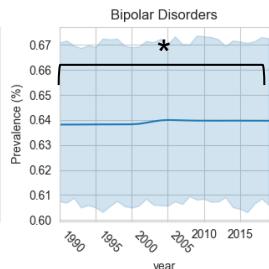
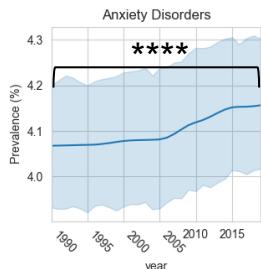
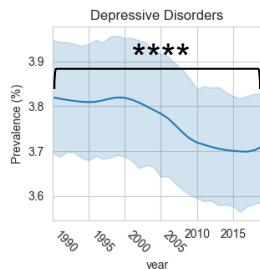
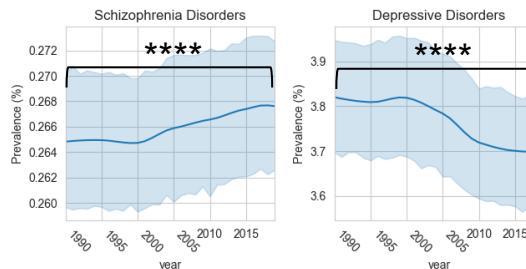


Cross-Country Progression of Mental Health Disorders DALYs Rate

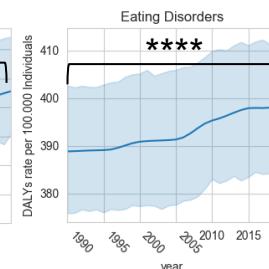
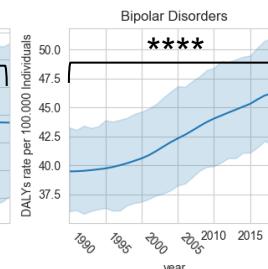
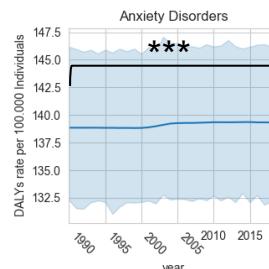
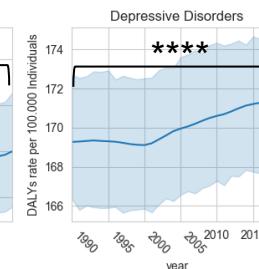
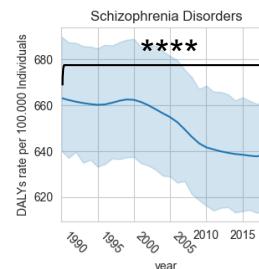


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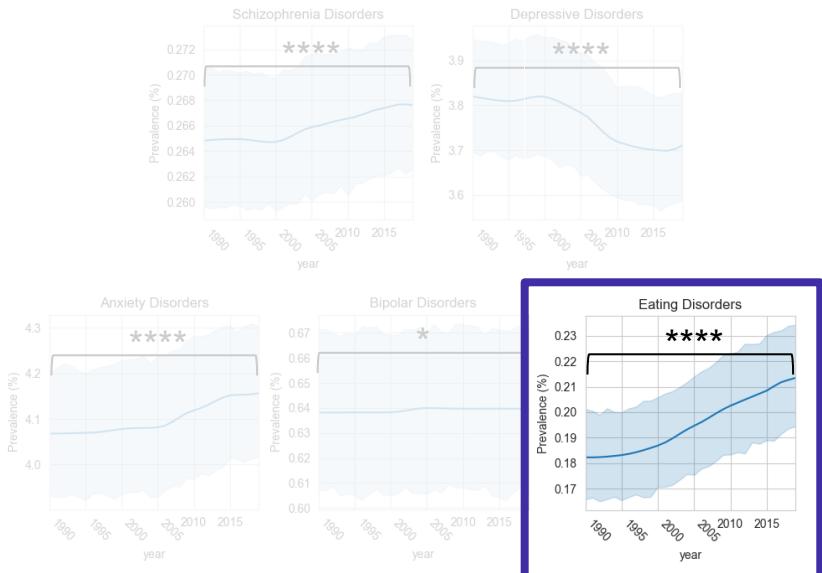
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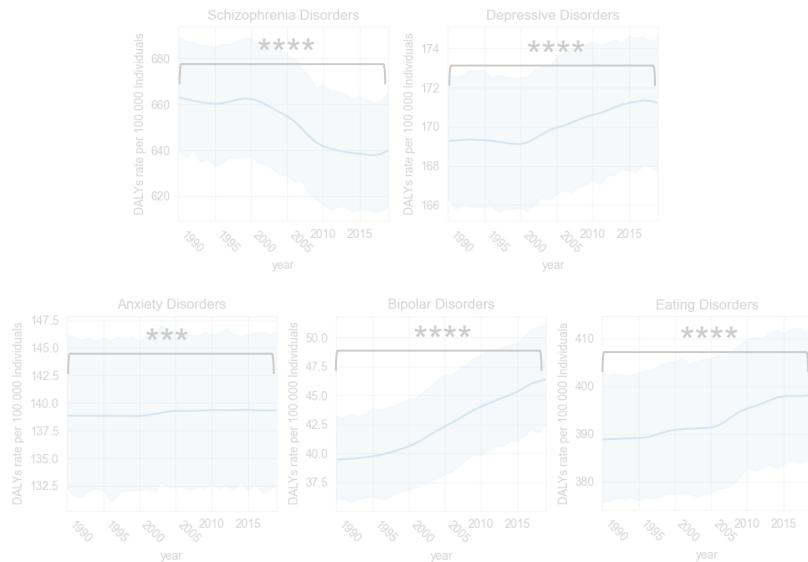
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*** p-values < 0.001
**** p-values < 0.0001

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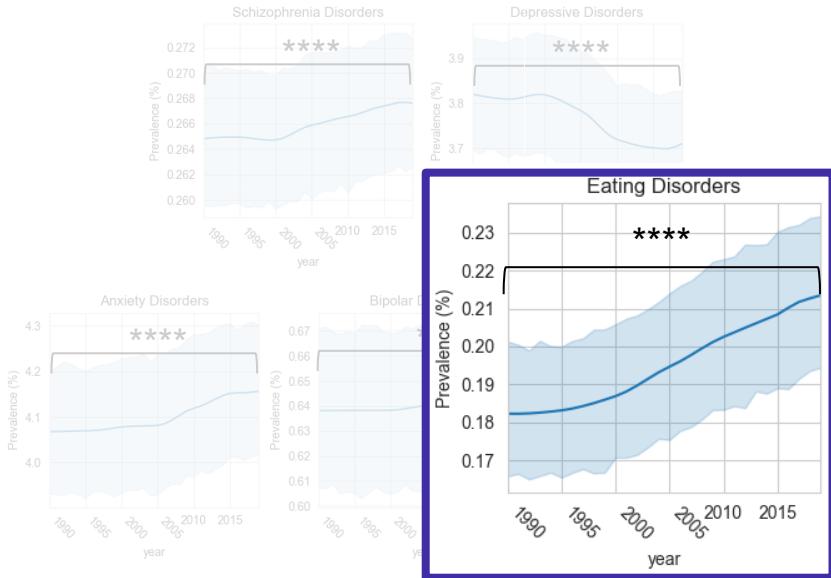
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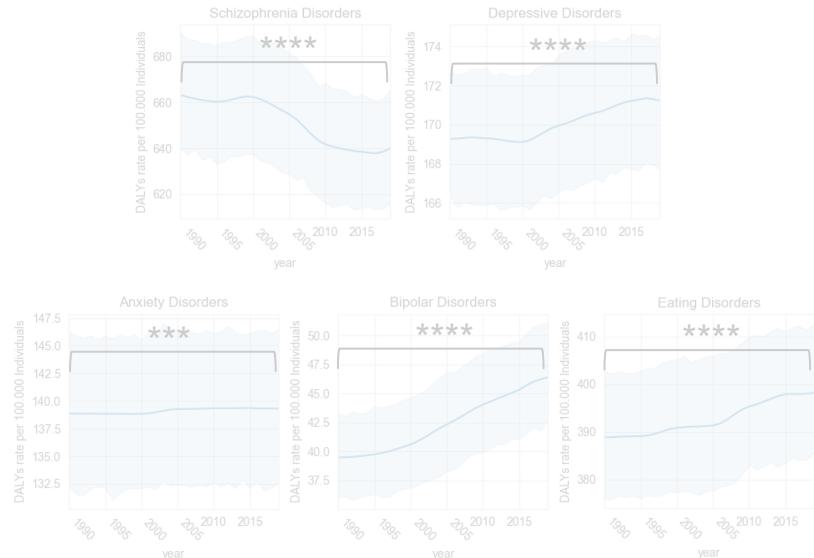
Cross-country progression mental health disorders

Cross-Country Progression of Mental Health Disorders Prevalence



↑17%

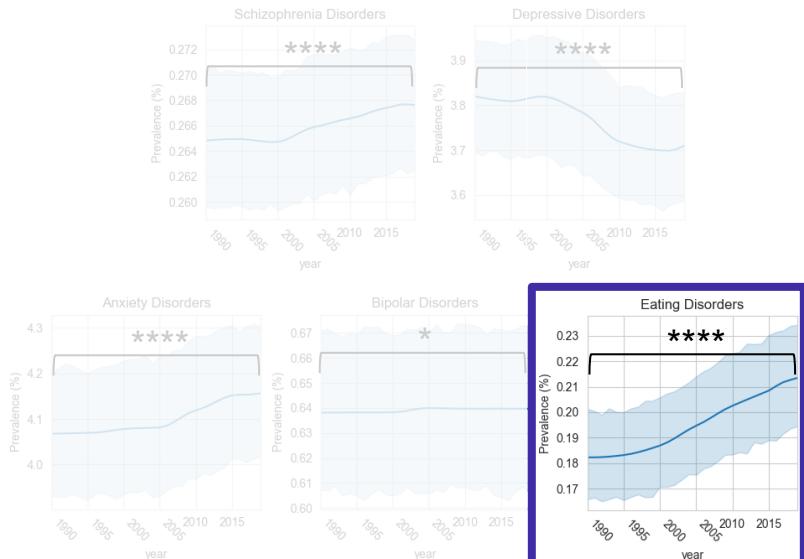
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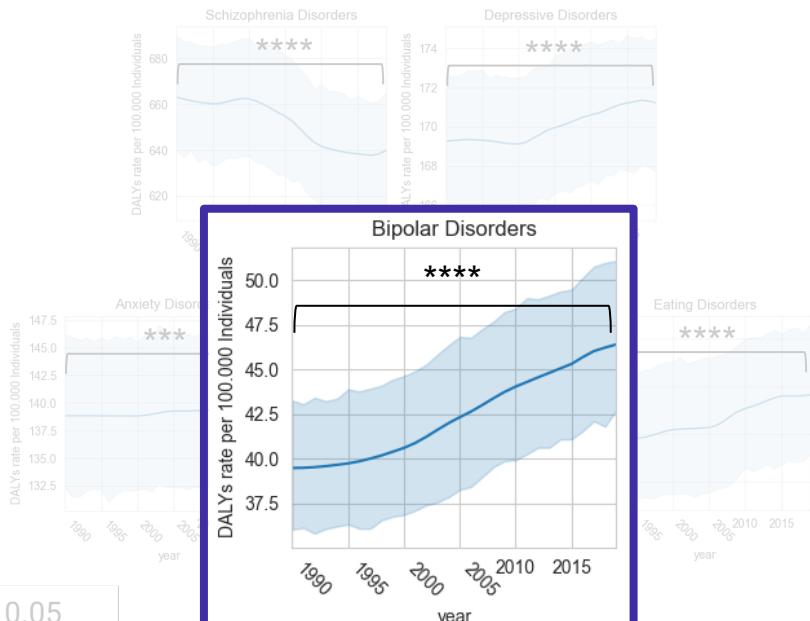
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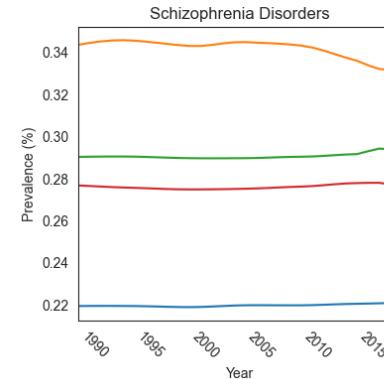
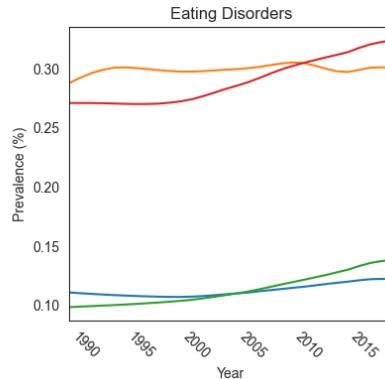
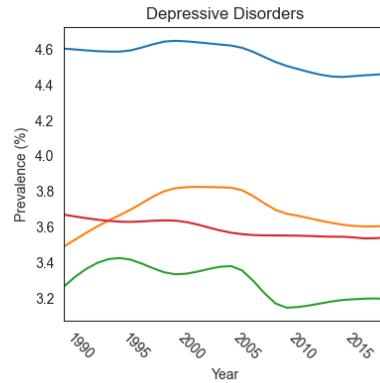
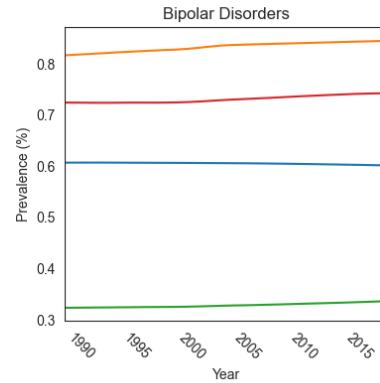
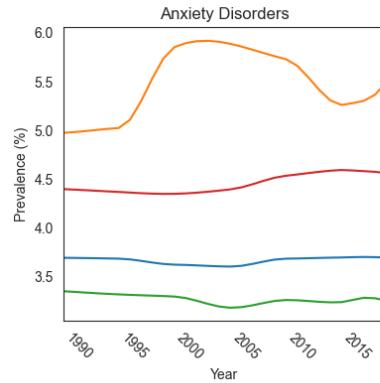


↑13%

Progression of mental health disorders by geographic region

Progression of mental health disorders by geographic region

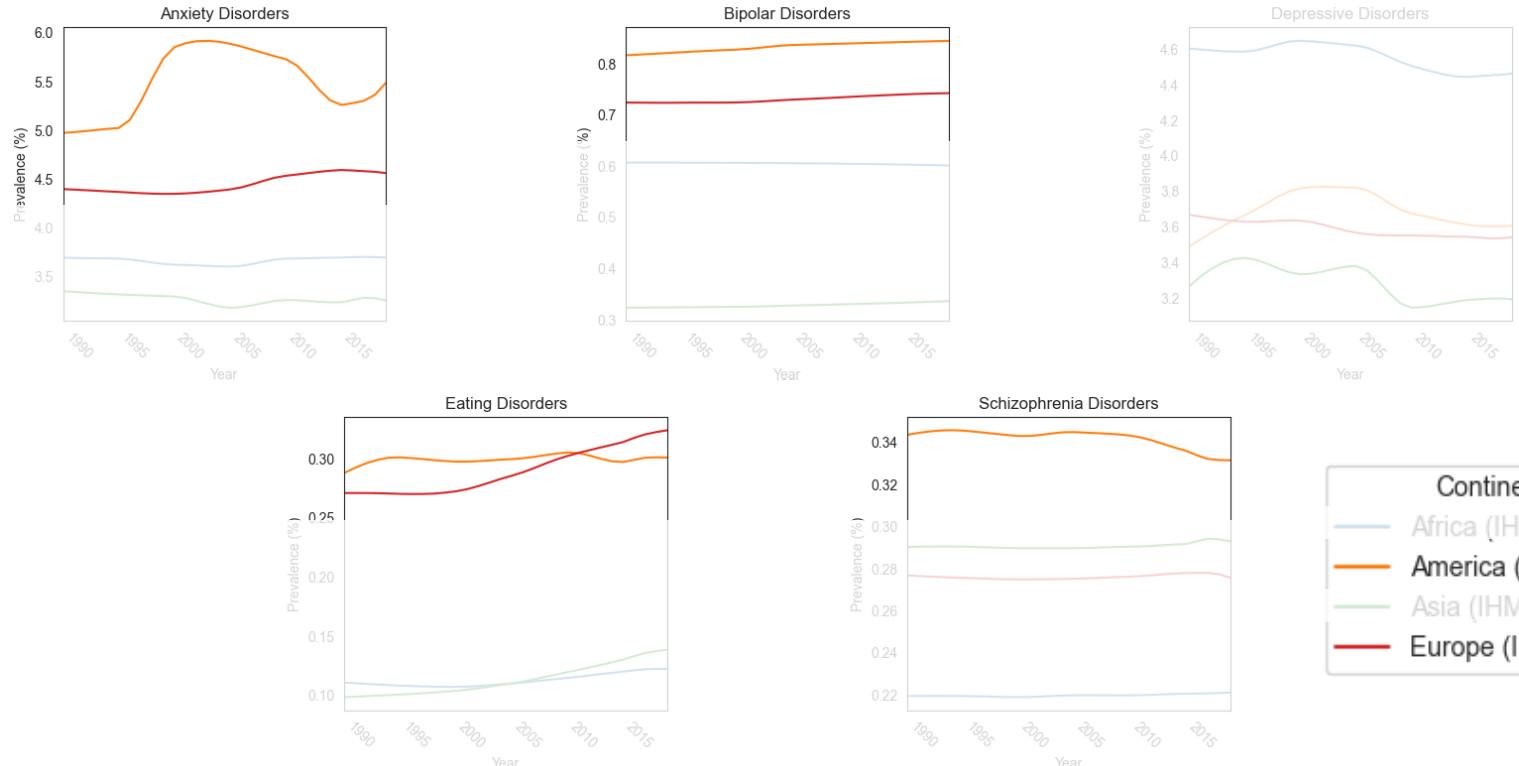
Progression of Mental Health Disorders Prevalence by Geographic Region



- Continents
- Africa (IHME GBD)
 - America (IHME GBD)
 - Asia (IHME GBD)
 - Europe (IHME GBD)

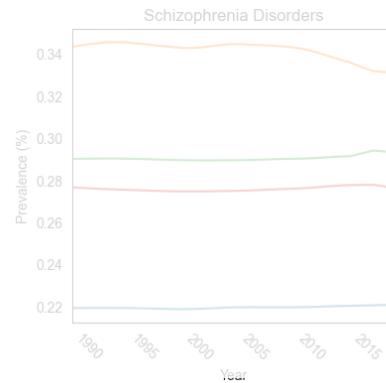
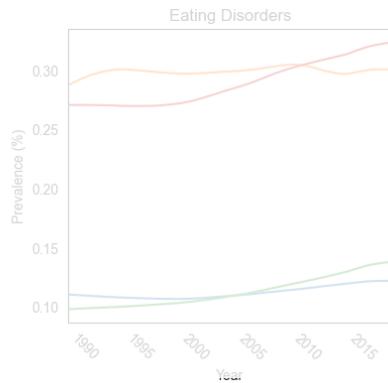
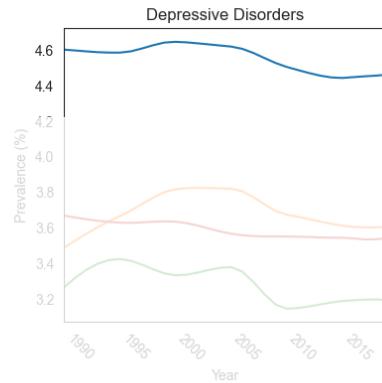
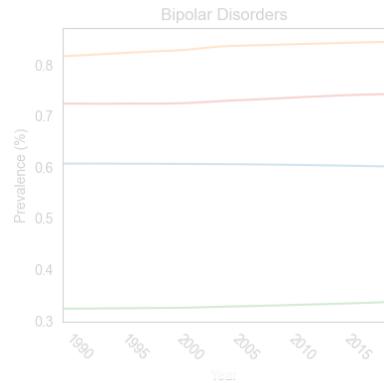
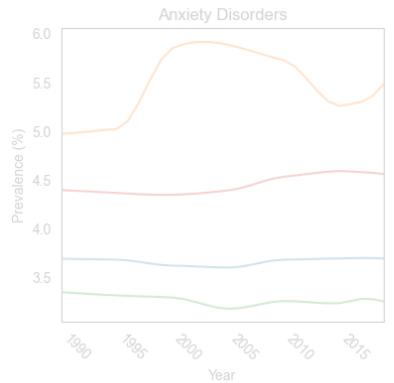
Progression of mental health disorders by geographic region

Progression of Mental Health Disorders Prevalence by Geographic Region



Progression of mental health disorders by geographic region

Progression of Mental Health Disorders Prevalence by Geographic Region



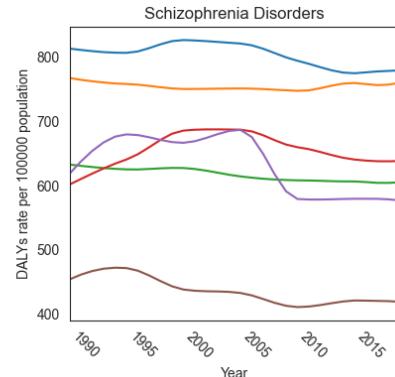
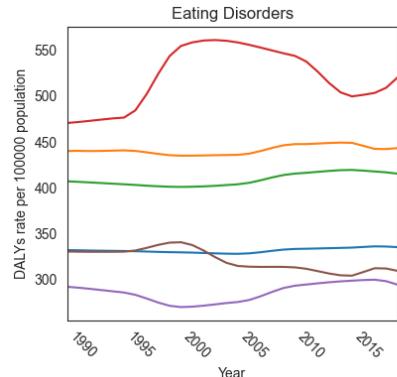
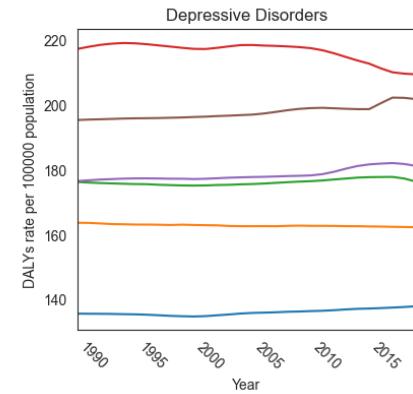
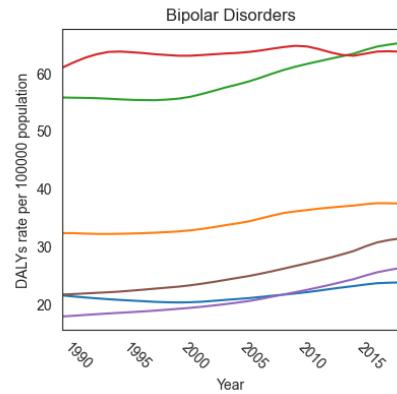
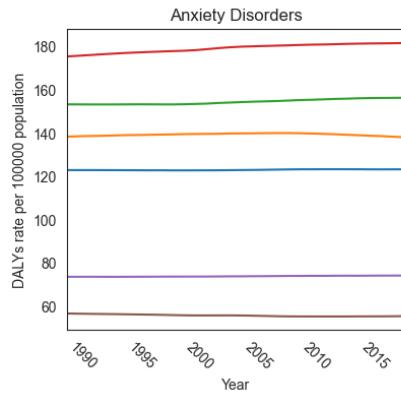
Continents

- Africa (IHME GBD)
- America (IHME GBD)
- Asia (IHME GBD)
- Europe (IHME GBD)

Progression of mental health disorders by geographic region

Progression of mental health disorders by geographic region

Progression of Mental Health Disorders DALYs rate by Geographic Region

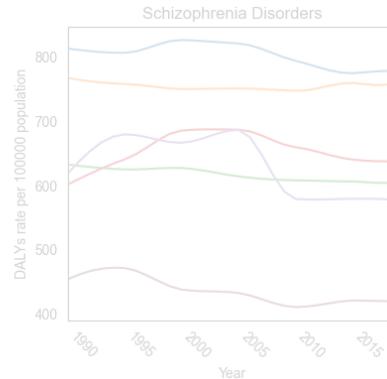
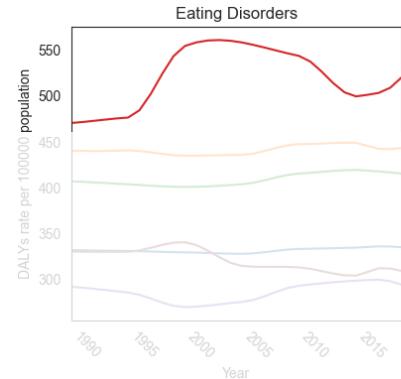
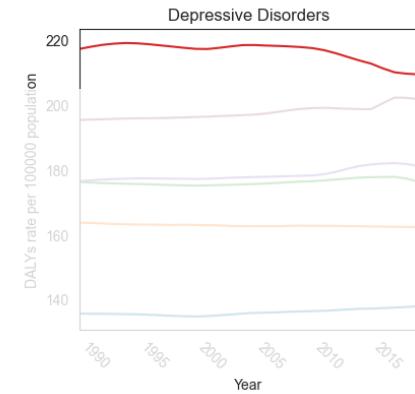
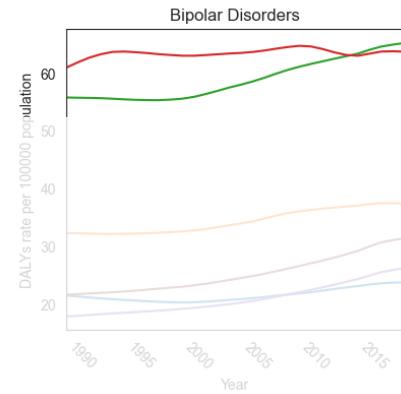
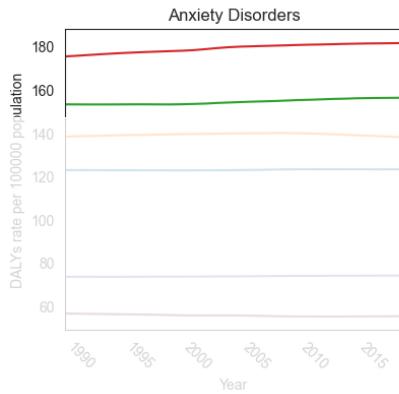


Continents

- African Region (WHO)
- Eastern Mediterranean Region (WHO)
- European Region (WHO)
- Region of the Americas (WHO)
- South-East Asia Region (WHO)
- Western Pacific Region (WHO)

Progression of mental health disorders by geographic region

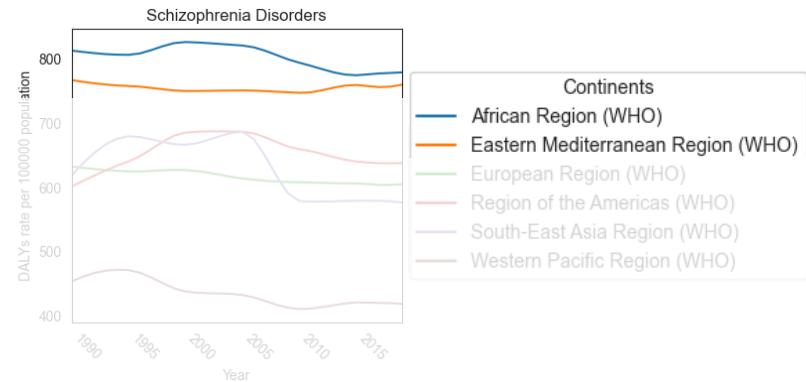
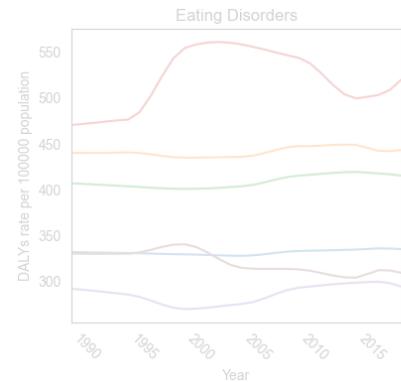
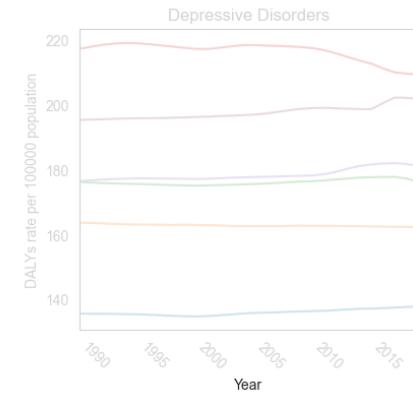
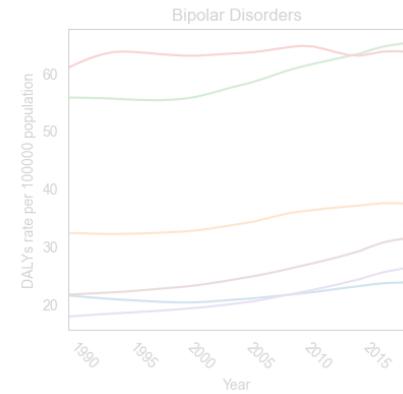
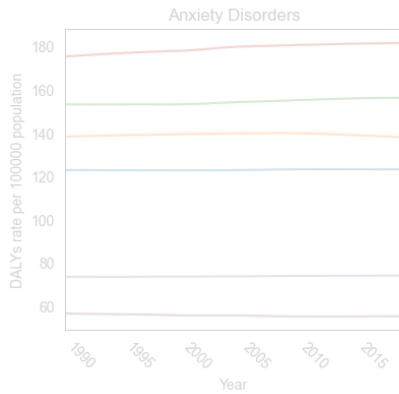
Progression of Mental Health Disorders DALYs rate by Geographic Region



Continents
African Region (WHO)
Eastern Mediterranean Region (WHO)
European Region (WHO)
Region of the Americas (WHO)
South-East Asia Region (WHO)
Western Pacific Region (WHO)

Progression of mental health disorders by geographic region

Progression of Mental Health Disorders DALYs rate by Geographic Region



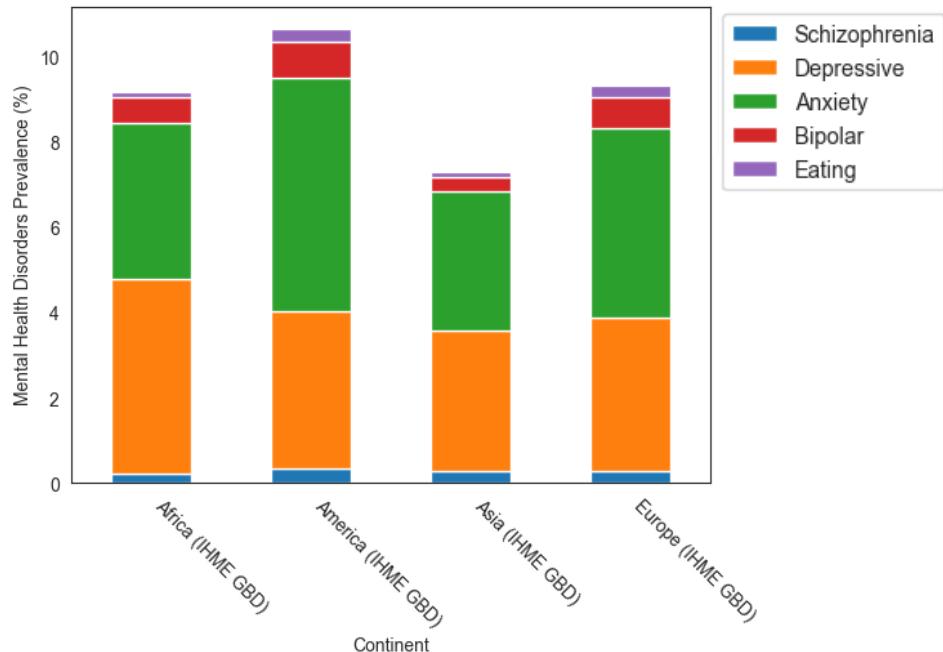
Continents

- African Region (WHO)
- Eastern Mediterranean Region (WHO)
- European Region (WHO)
- Region of the Americas (WHO)
- South-East Asia Region (WHO)
- Western Pacific Region (WHO)

Mental health disorders by geographic region

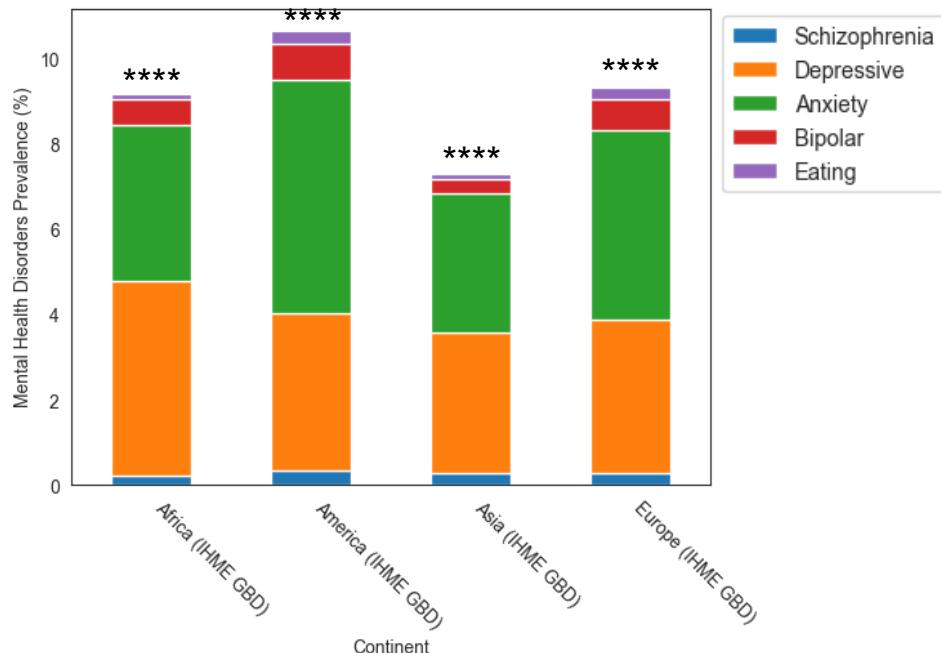
Mental health disorders by geographic region

Stacked Prevalence of Mental Health Disorders by Geographic Region



Mental health disorders by geographic region

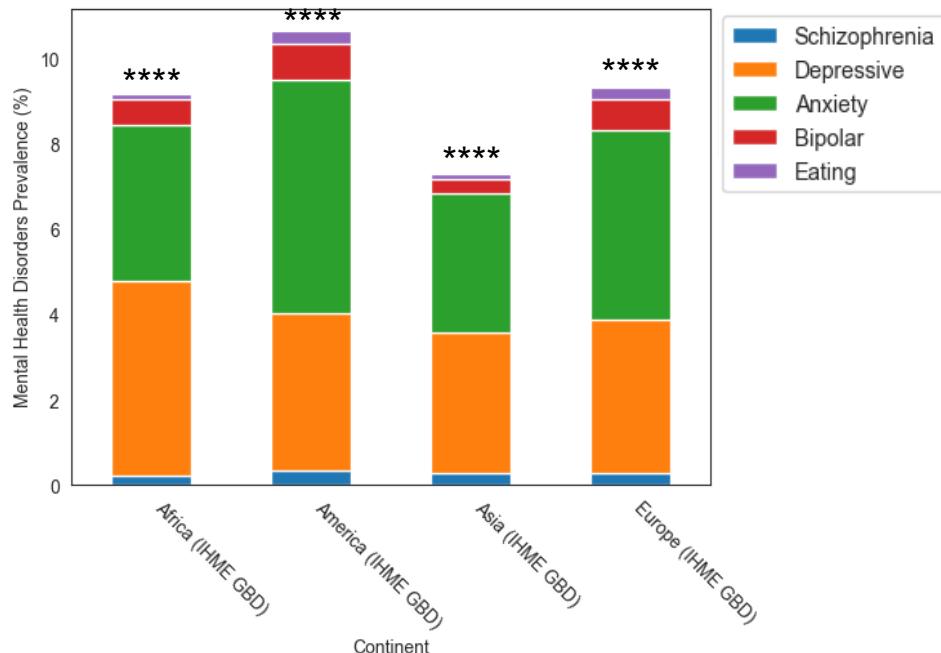
Stacked Prevalence of Mental Health Disorders by Geographic Region



**** p-values < 0.0001

Mental health disorders by geographic region

Stacked Prevalence of Mental Health Disorders by Geographic Region

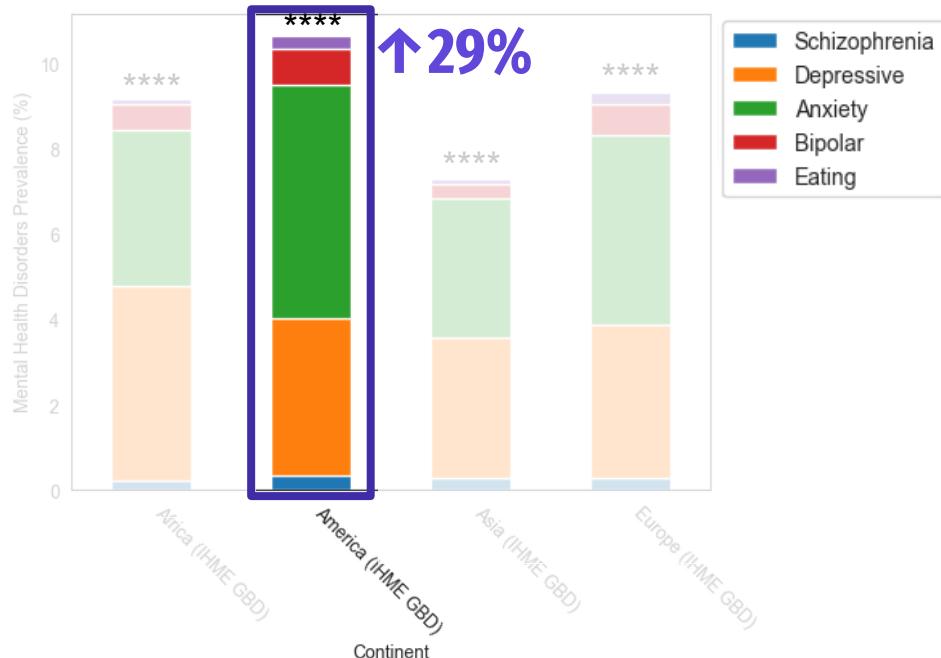


**** p-values < 0.0001

p-values < 10^{-20} !

Mental health disorders by geographic region

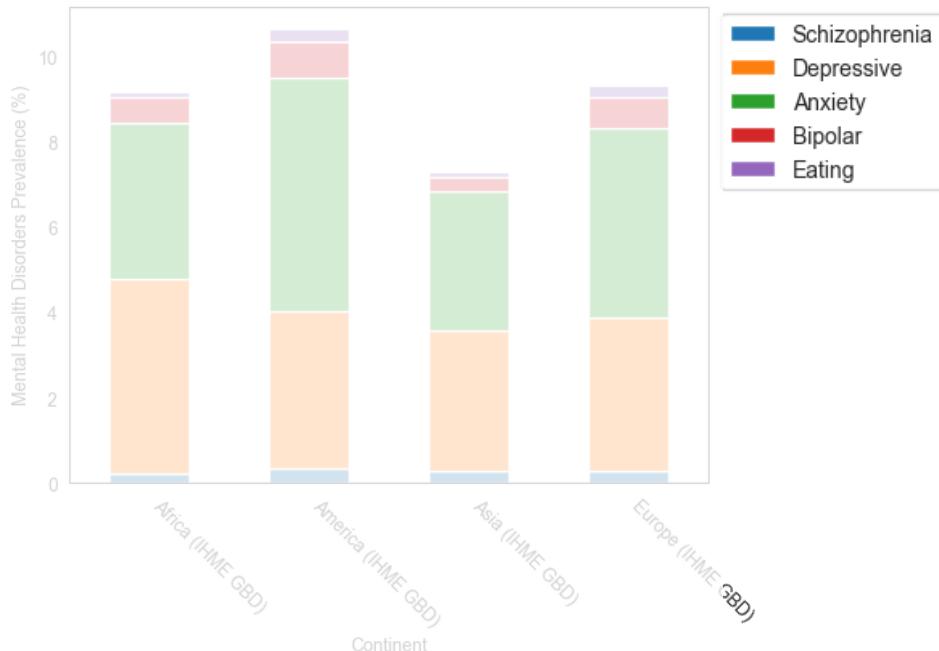
Stacked Prevalence of Mental Health Disorders by Geographic Region



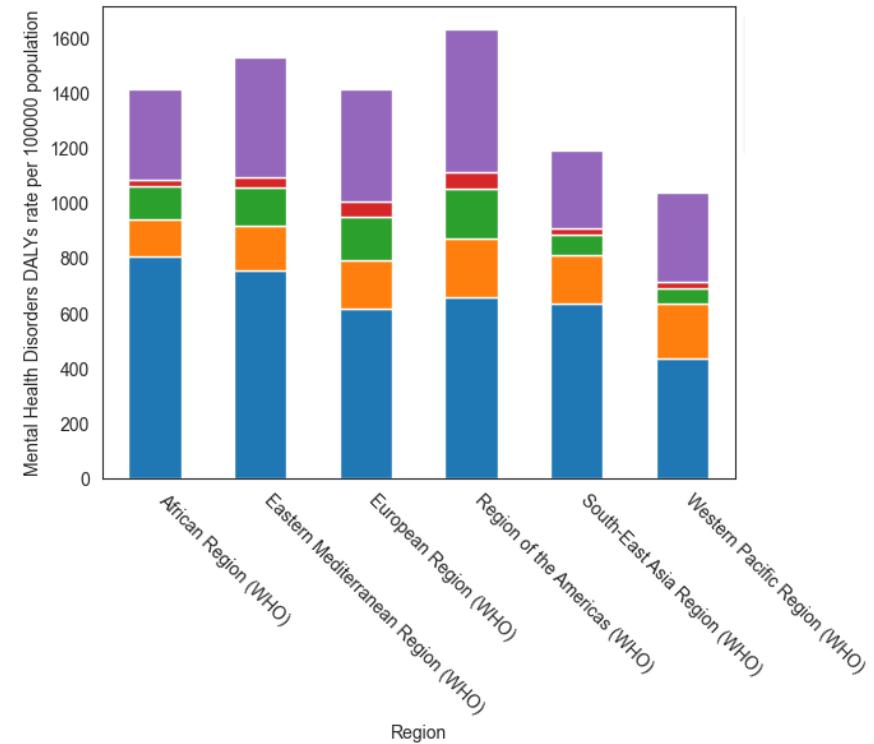
**** p-values < 0.0001

Mental health disorders by geographic region

Stacked Prevalence of Mental Health Disorders by Geographic Region

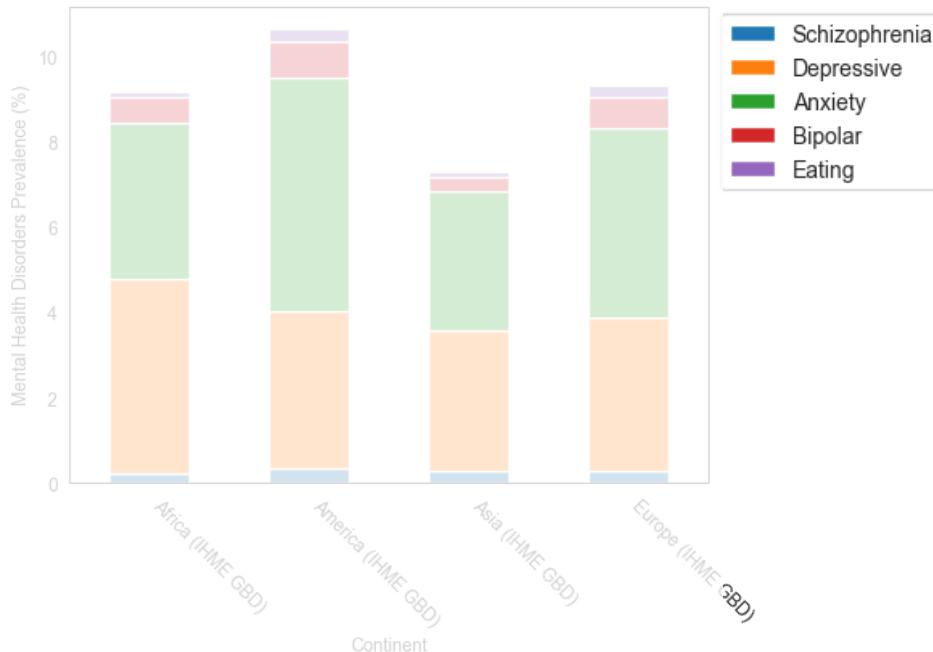


Stacked DALYs Rate of Mental Health Disorders by Geographic Region

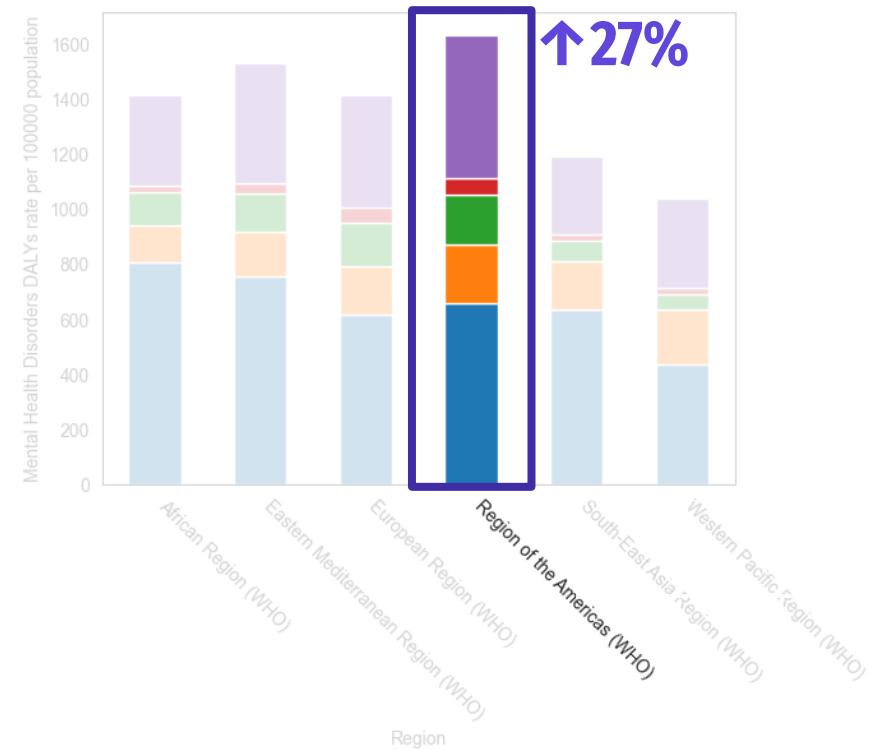


Mental health disorders by geographic region

Stacked Prevalence of Mental Health Disorders by Geographic Region



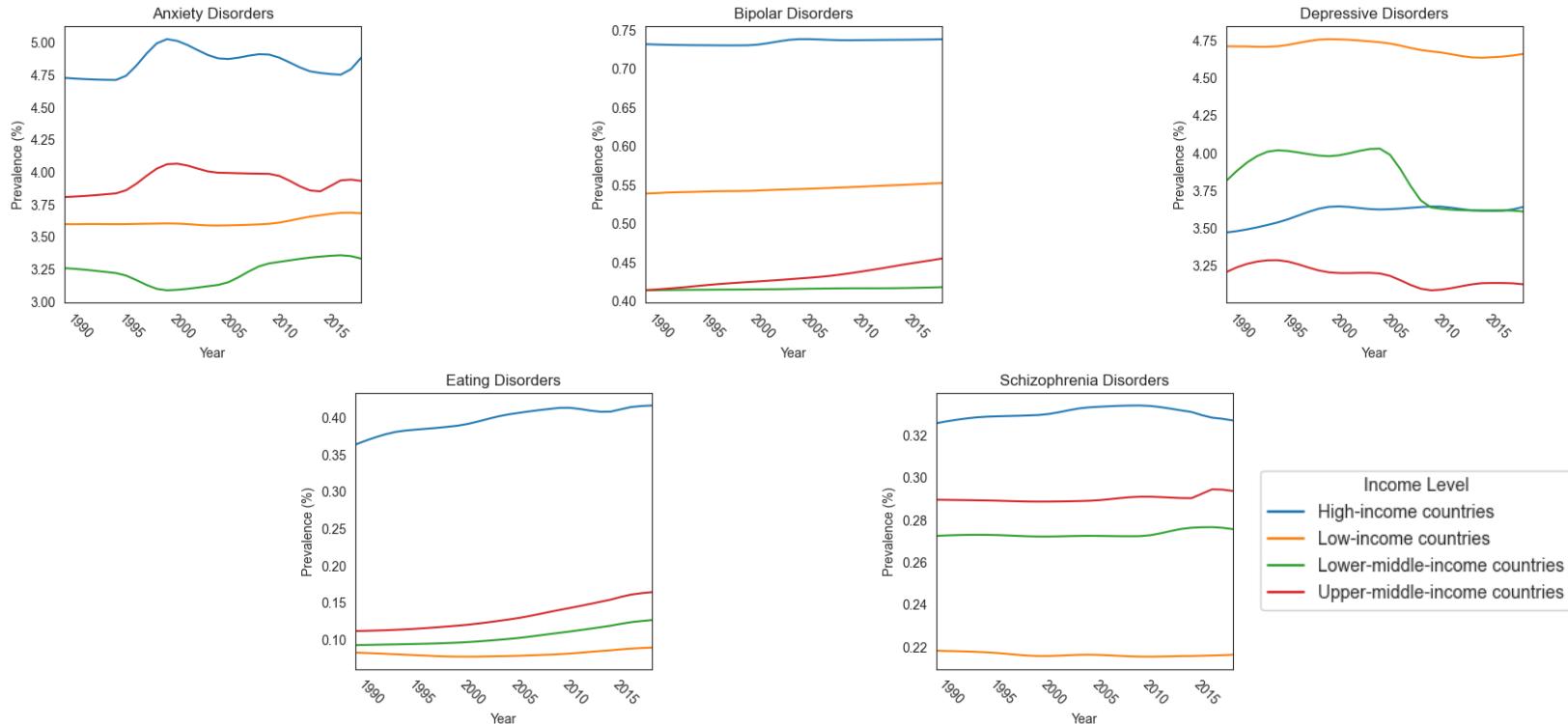
Stacked DALYs Rate of Mental Health Disorders by Geographic Region



Progression of mental health disorders by Income Level

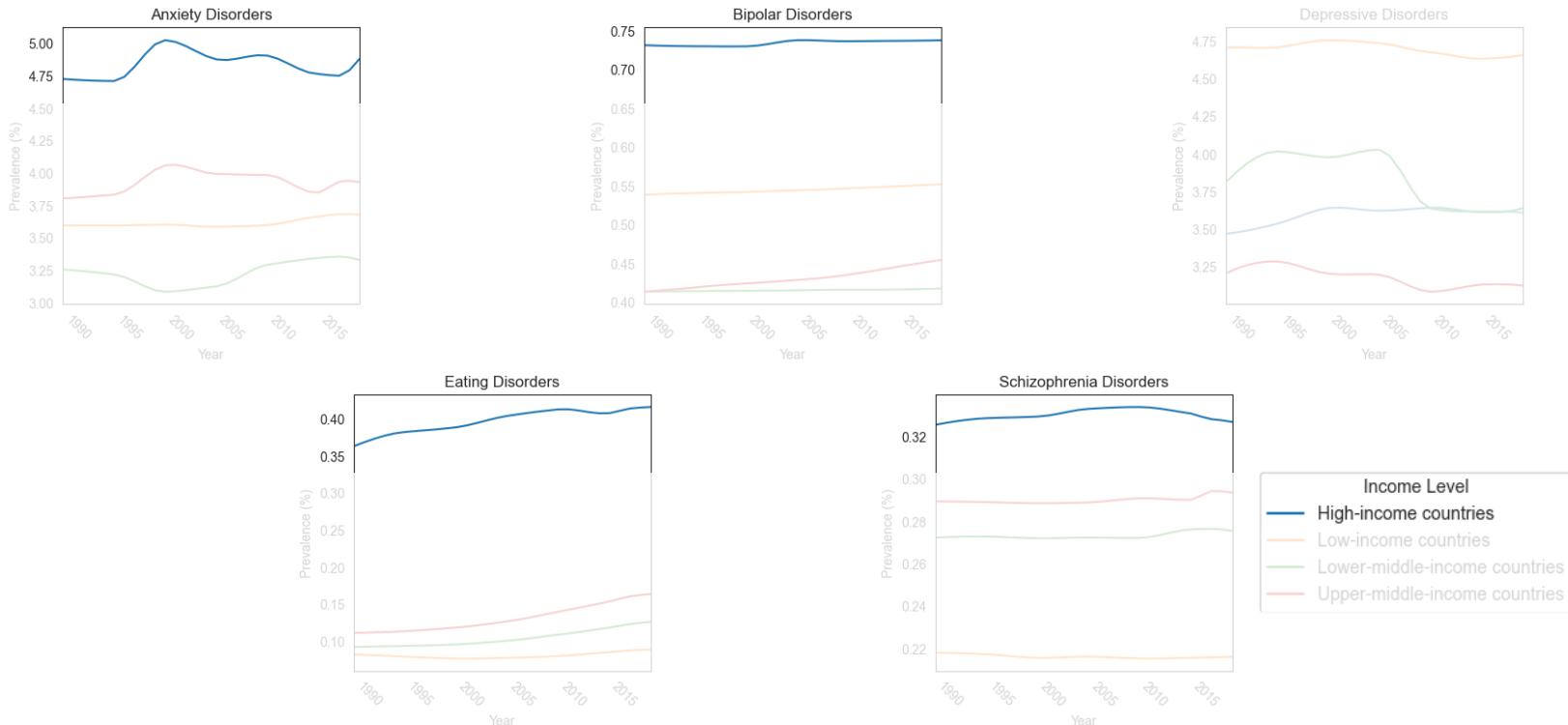
Progression of mental health disorders by Income Level

Progression Mental Health Disorders Prevalence by Income Level



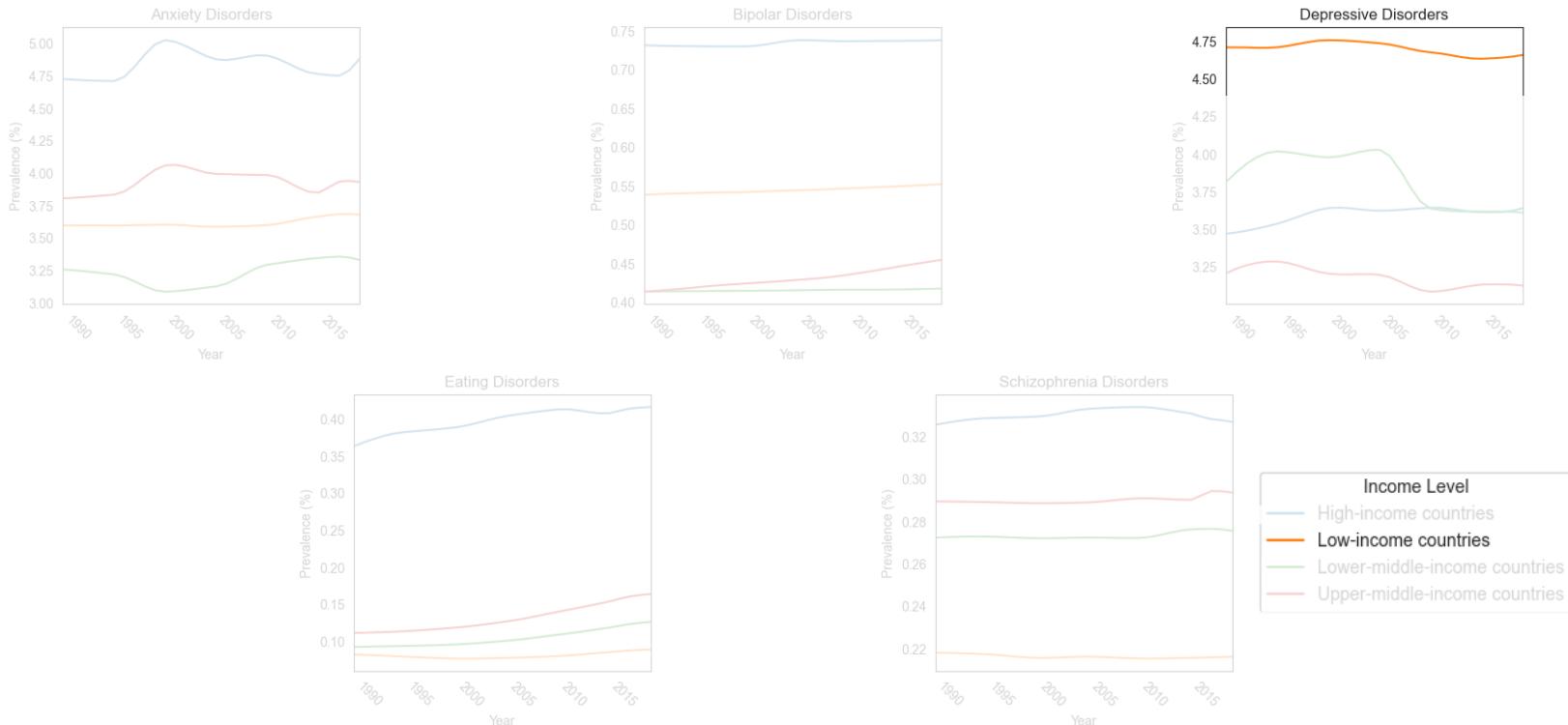
Progression of mental health disorders by Income Level

Progression Mental Health Disorders Prevalence by Income Level



Progression of mental health disorders by Income Level

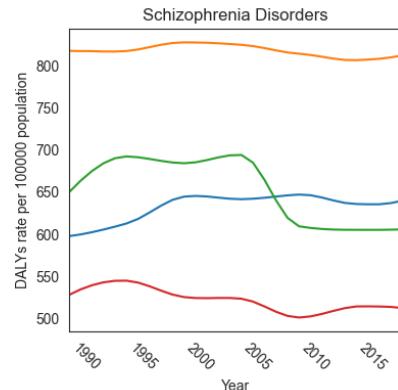
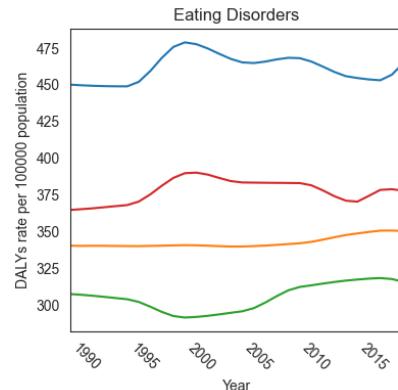
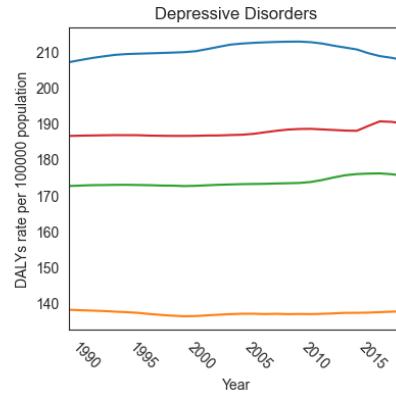
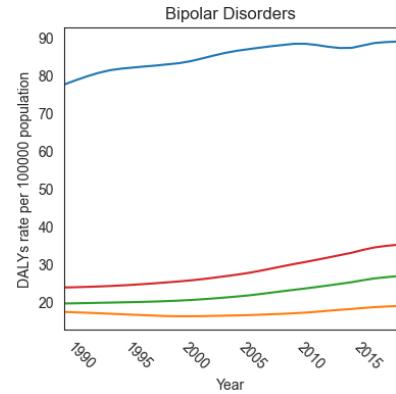
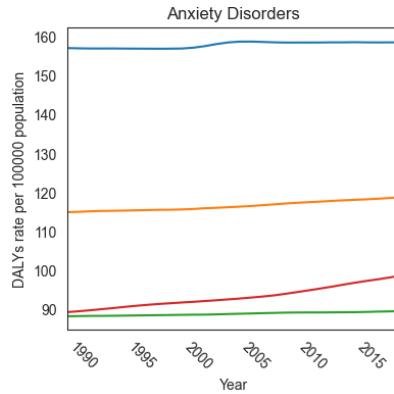
Progression Mental Health Disorders Prevalence by Income Level



Progression of mental health disorders by Income Level

Progression of mental health disorders by Income Level

Progression Mental Health Disorders DALYs rate by Income Level

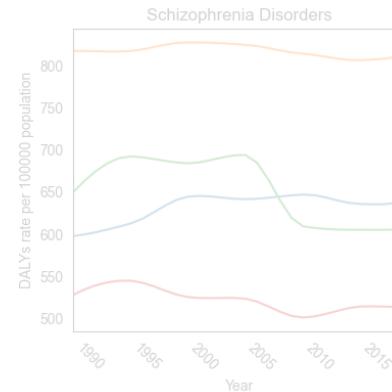
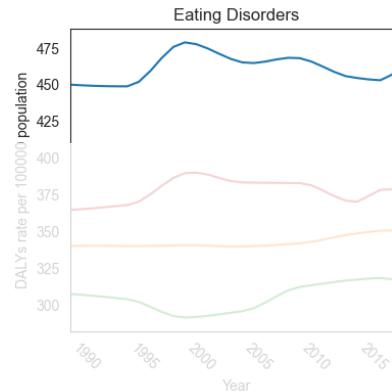
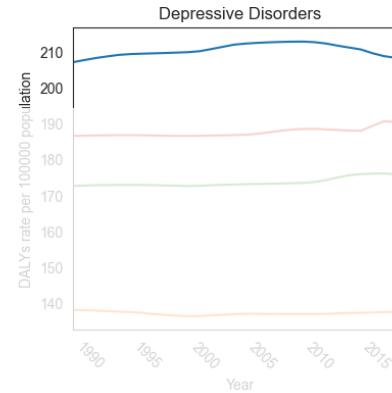
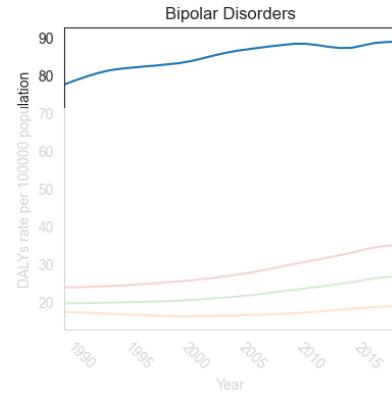
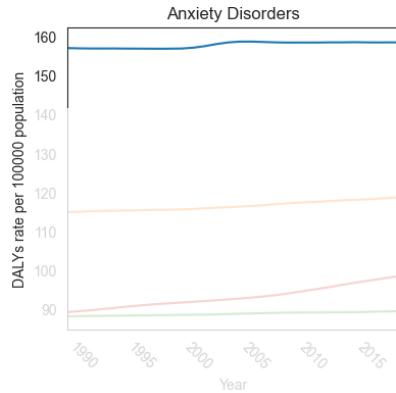


Income Level

- High income (WB)
- Low income (WB)
- Lower middle income (WB)
- Middle income (WB)

Progression of mental health disorders by Income Level

Progression Mental Health Disorders DALYs rate by Income Level

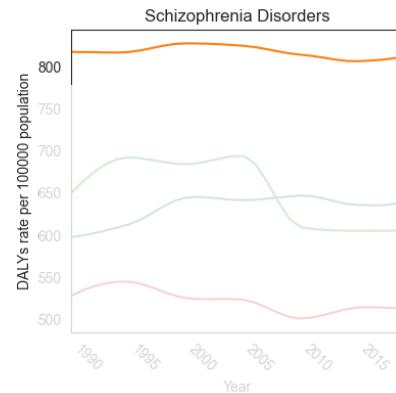
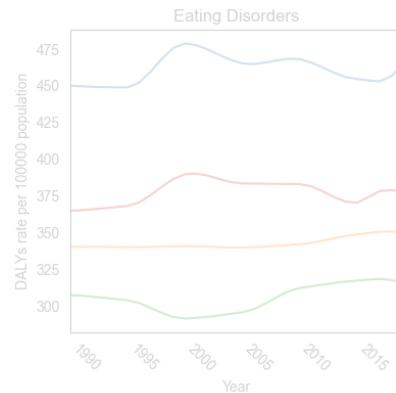
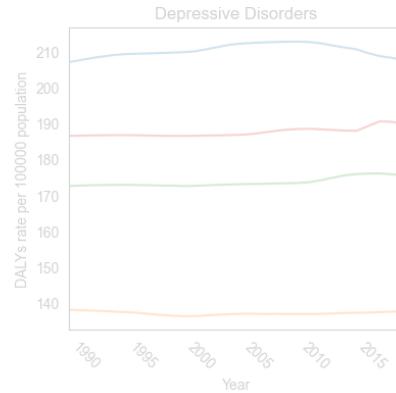
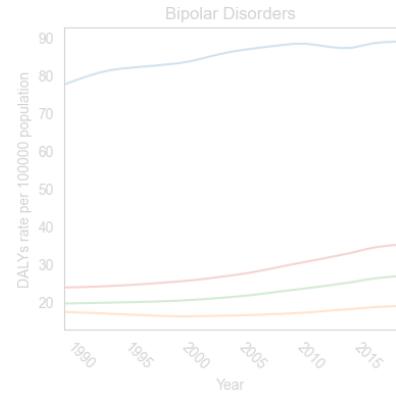
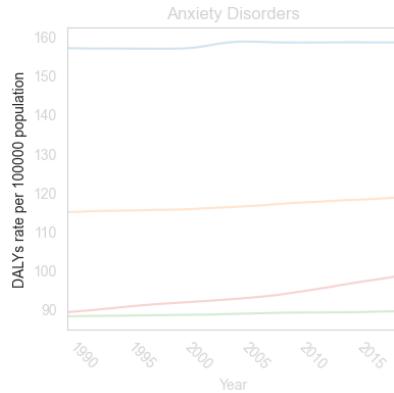


Income Level

- High income (WB)
- Low income (WB)
- Lower middle income (WB)
- Middle income (WB)

Progression of mental health disorders by Income Level

Progression Mental Health Disorders DALYs rate by Income Level



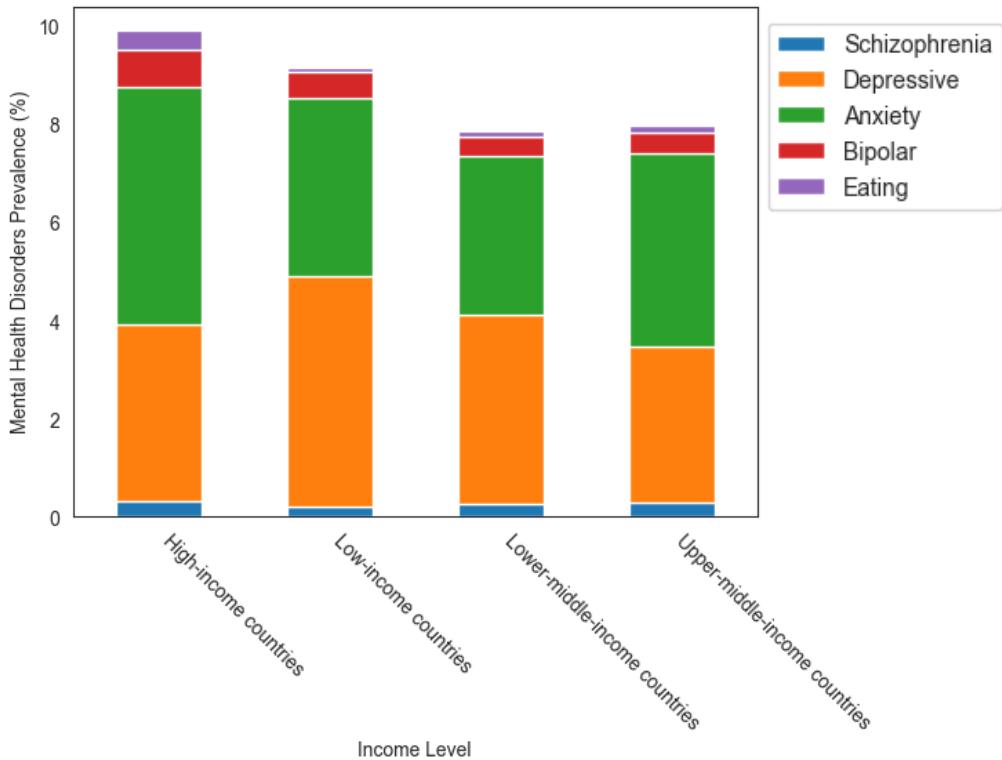
Income Level

- High income (WB)
- Low income (WB)
- Lower middle income (WB)
- Middle income (WB)

Mental health disorders by Income Level

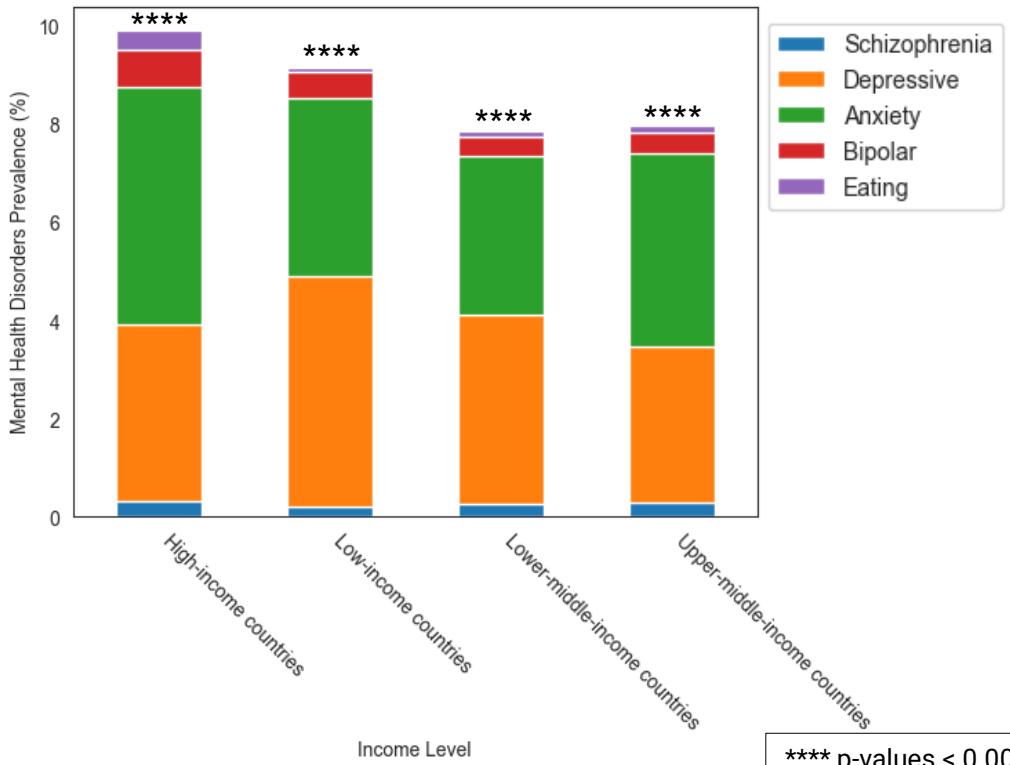
Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level



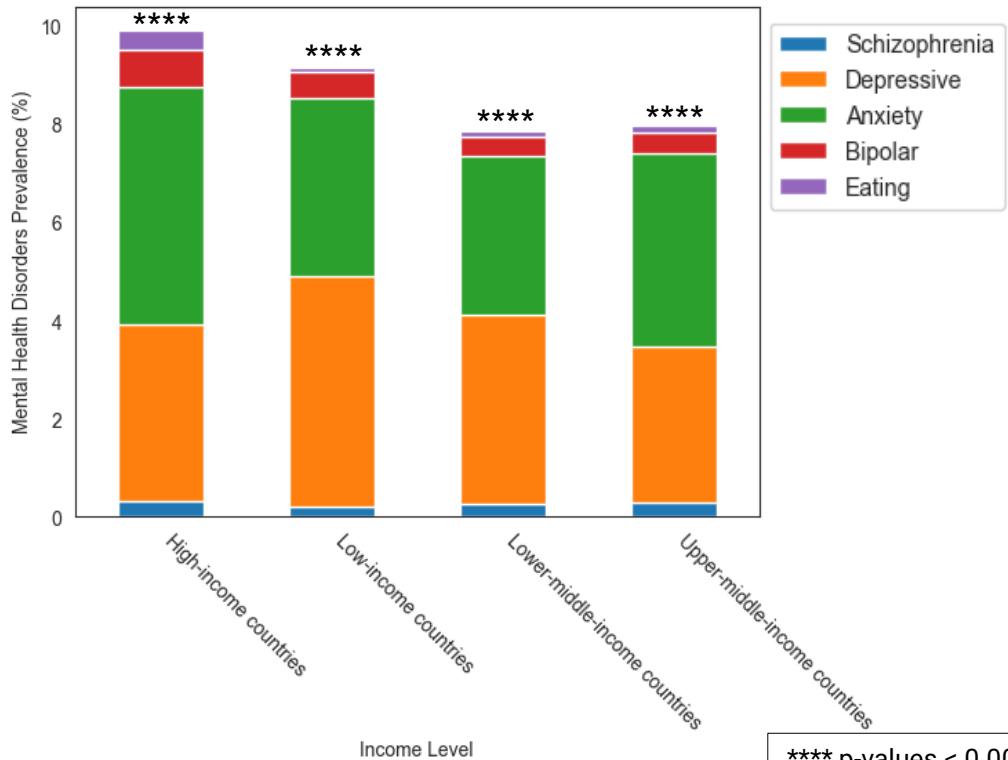
Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level



Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level

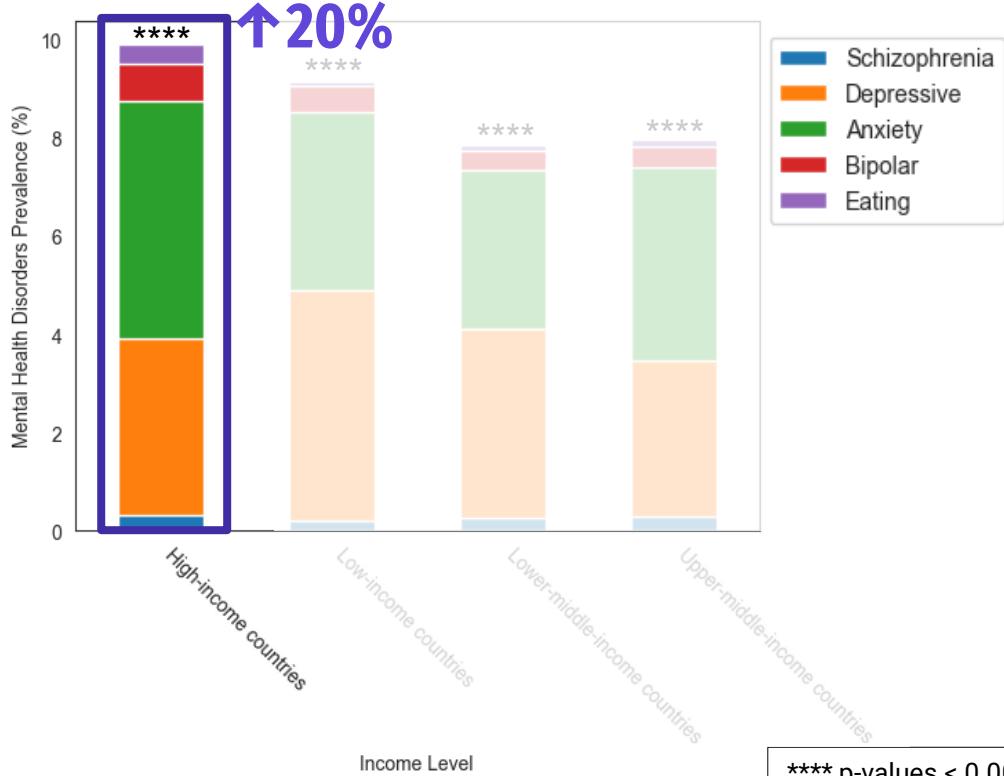


**** p-values < 0.0001

p-values < 10^{-10} !

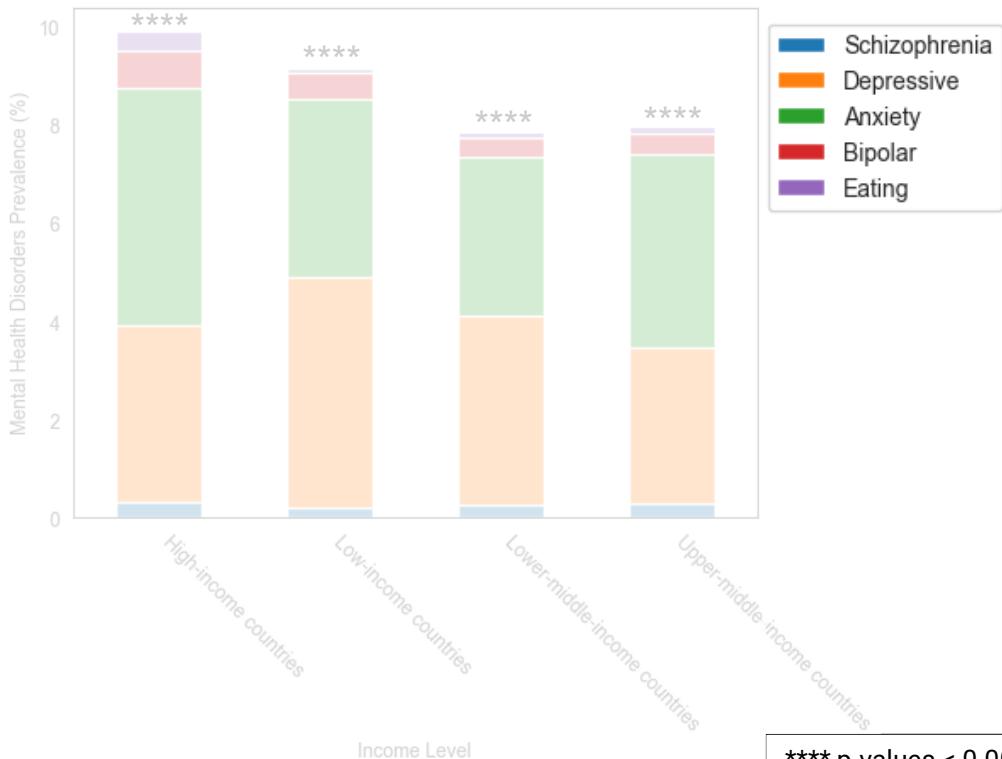
Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level

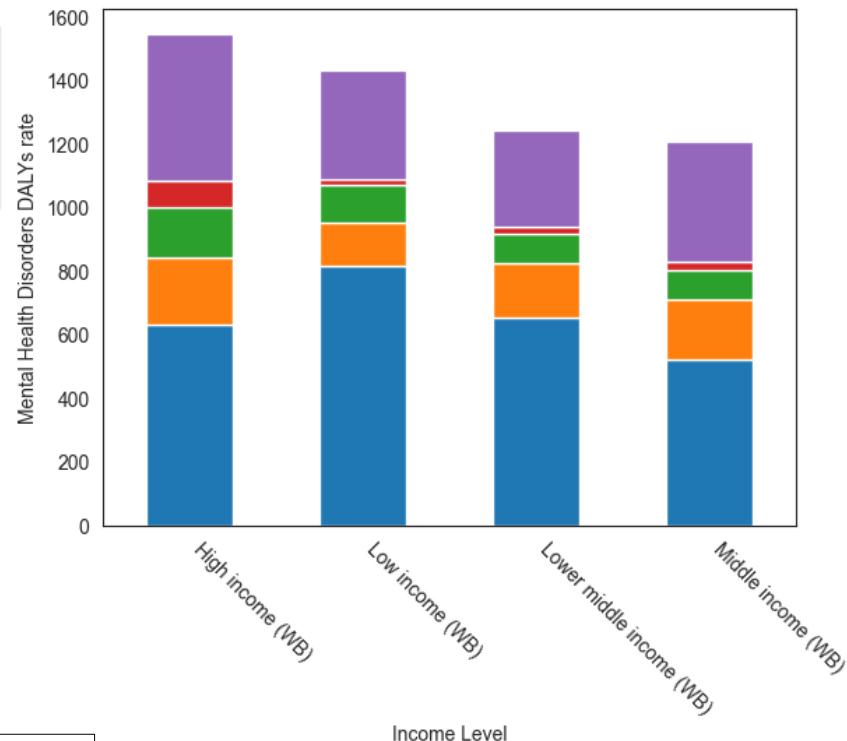


Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level

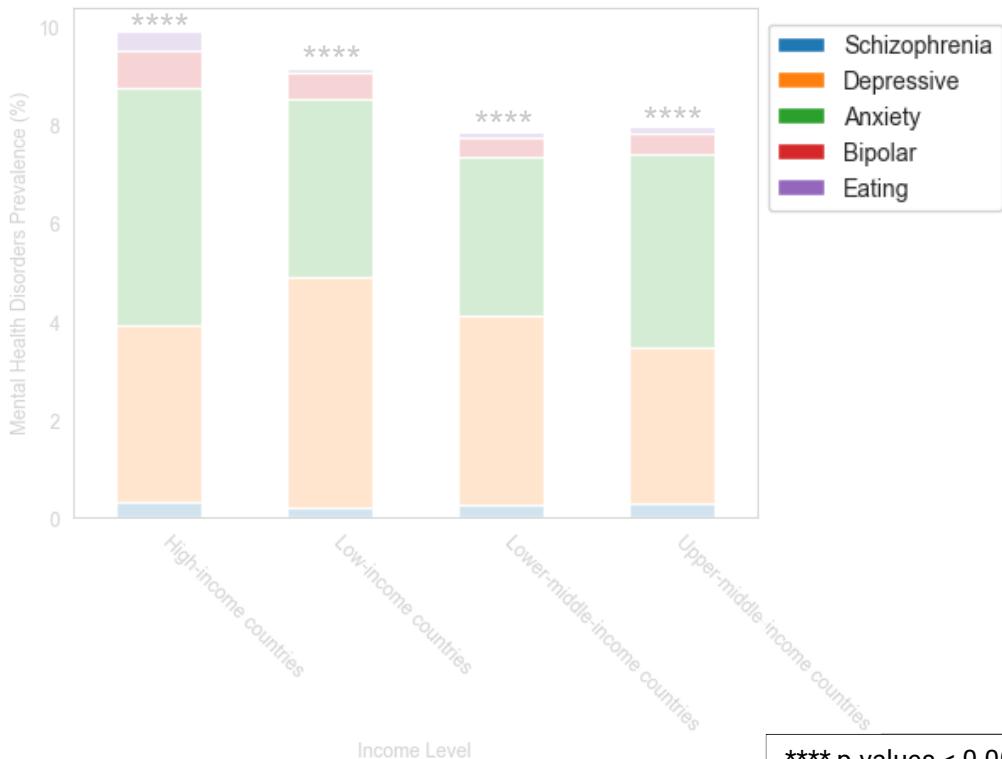


Stacked DALYs rate of Mental Health Disorders by Income Level

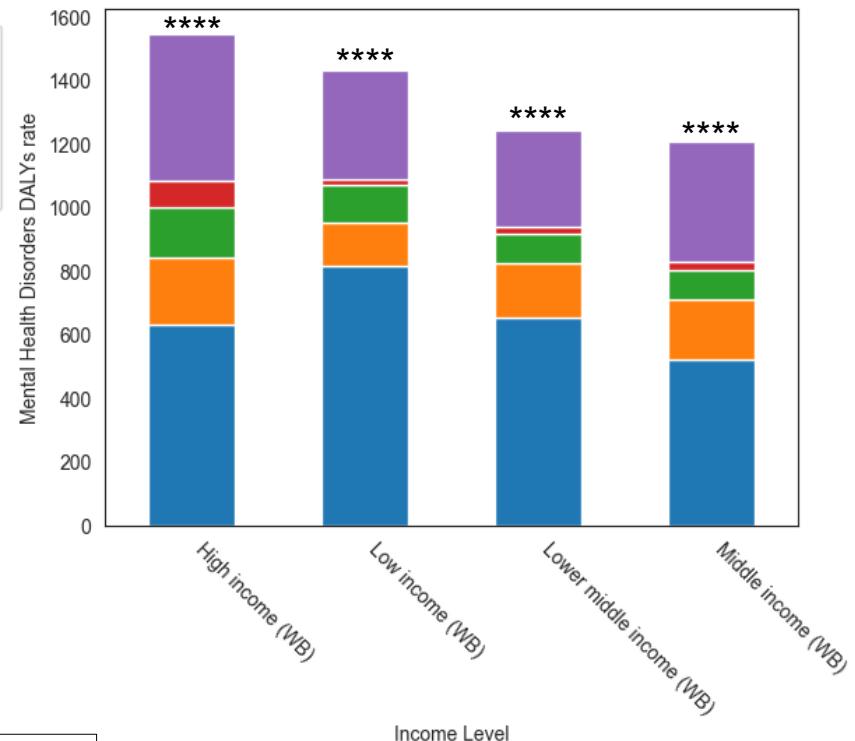


Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level

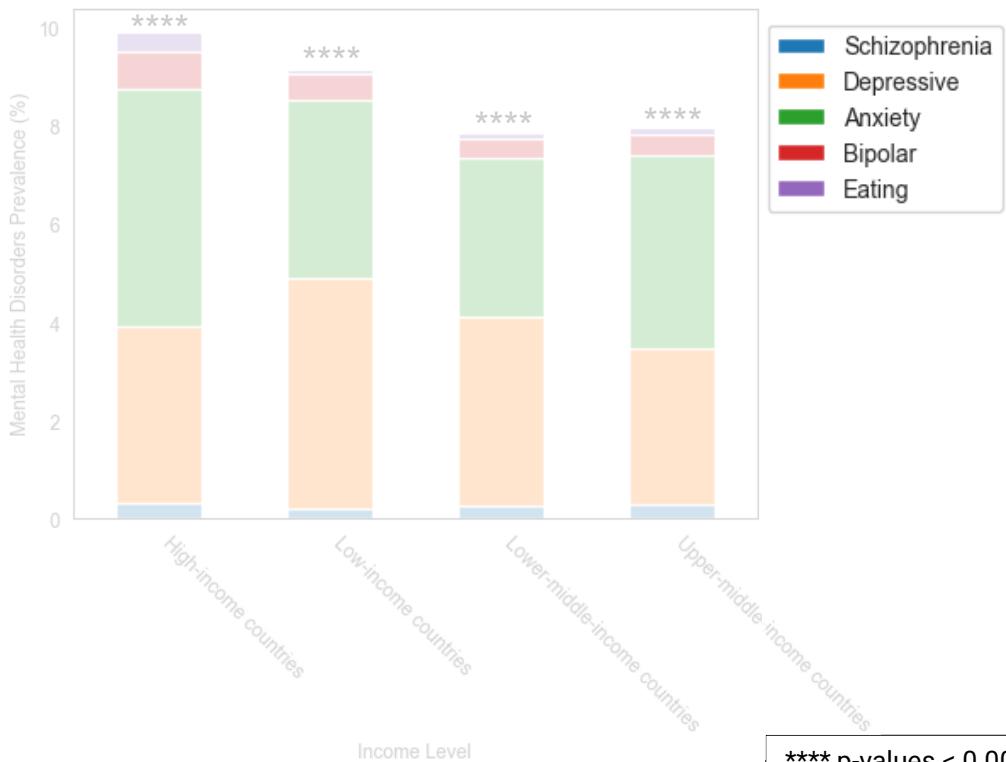


Stacked DALYs rate of Mental Health Disorders by Income Level

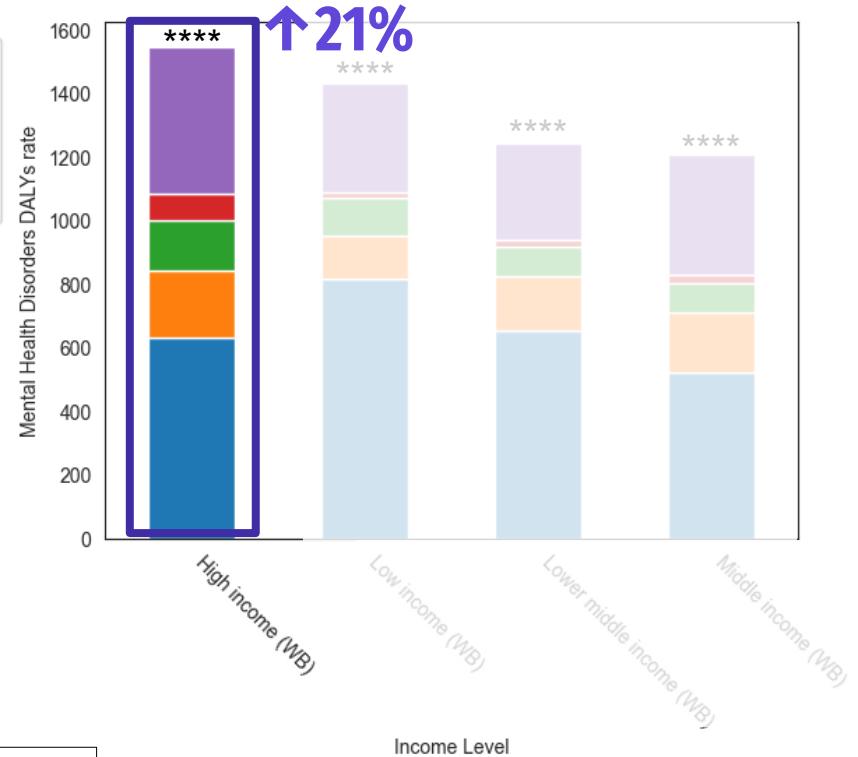


Mental health disorders by Income Level

Stacked Prevalence of Mental Health Disorders by Income Level



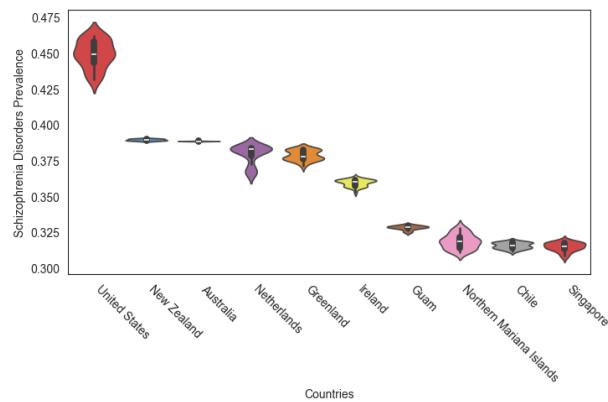
Stacked DALYs rate of Mental Health Disorders by Income Level



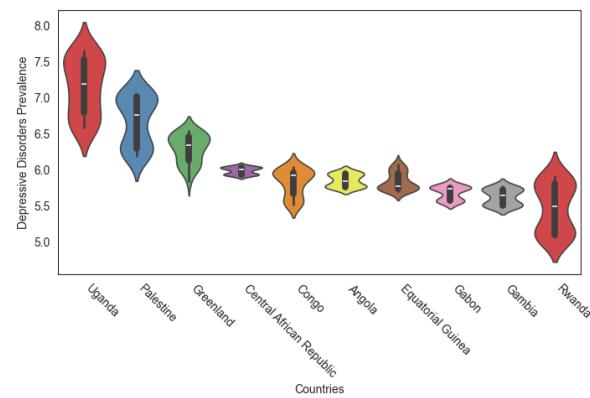
Mental health disorders prevalence and burden analysis by country

Mental health disorders prevalence and burden analysis by country

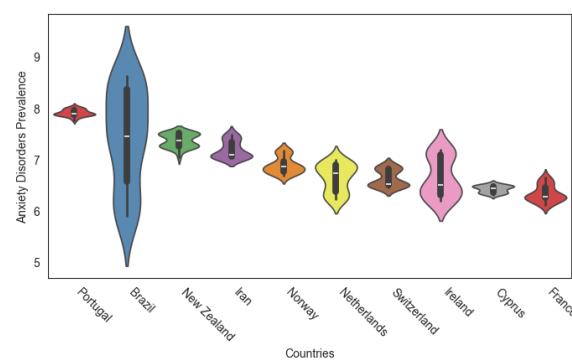
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



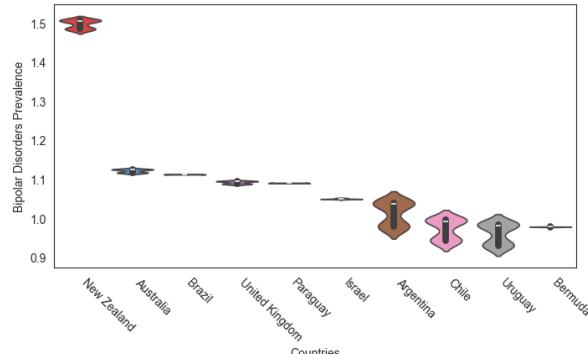
Top Ten Countries with Higher Depressive Disorders Prevalence



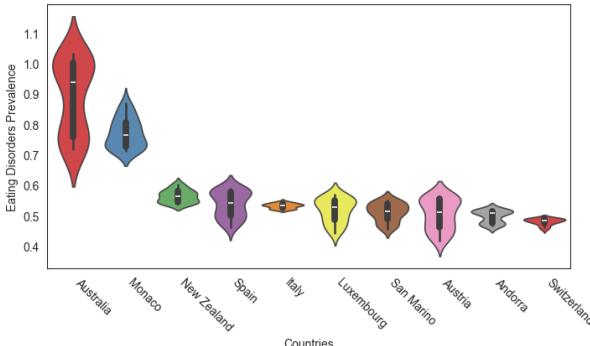
Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence



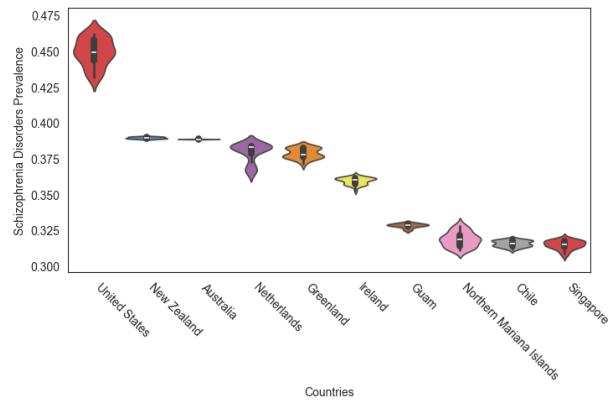
Top Ten Countries with Higher Eating Disorders Prevalence



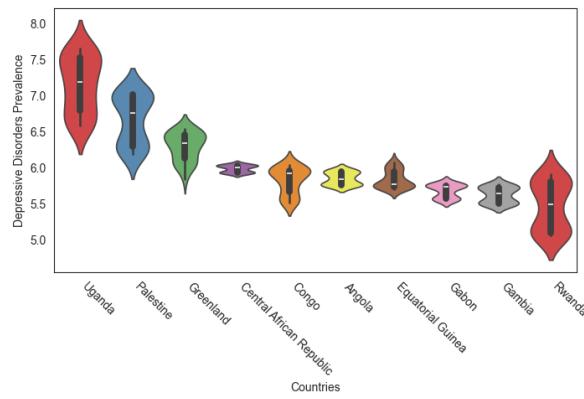
Mental health disorders prevalence and burden analysis by country

All of the p-values $< 10^{-40}$!

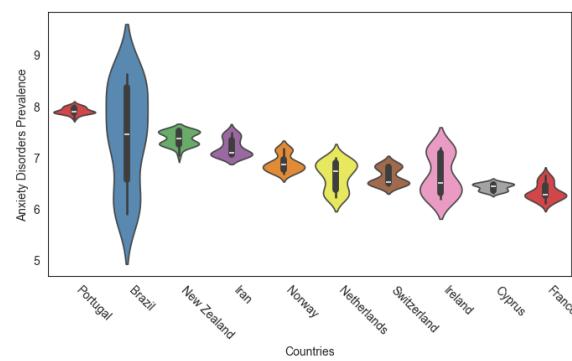
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



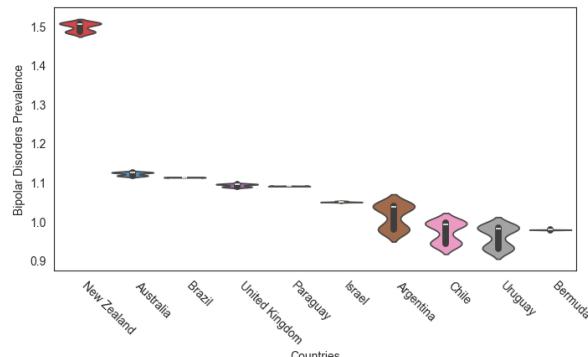
Top Ten Countries with Higher Depressive Disorders Prevalence



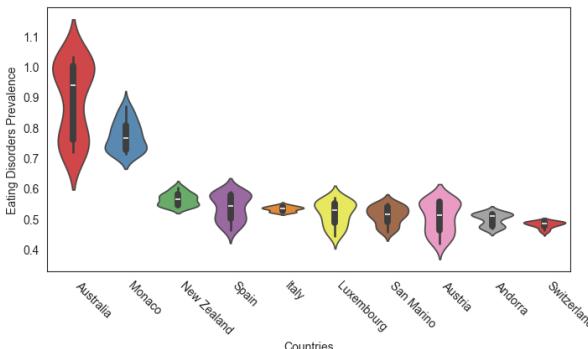
Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence

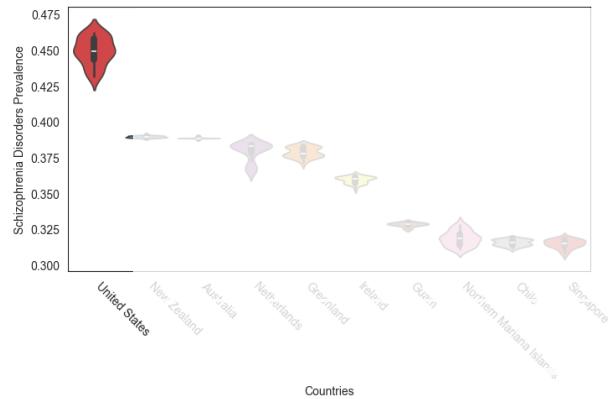


Top Ten Countries with Higher Eating Disorders Prevalence

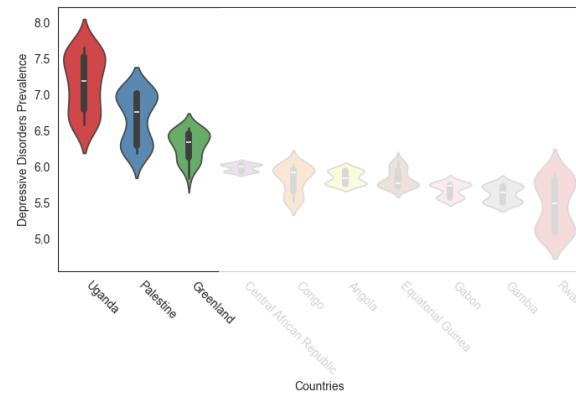


Mental health disorders prevalence and burden analysis by country

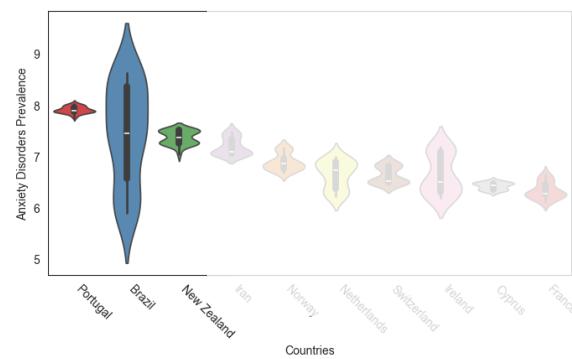
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



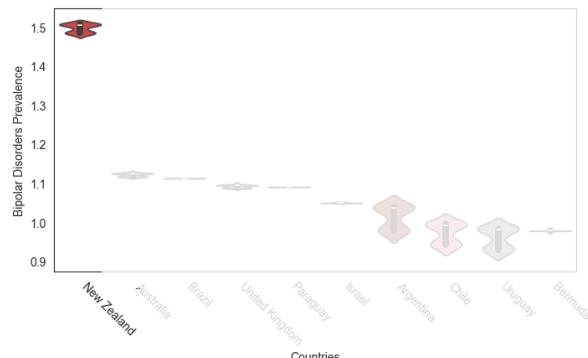
Top Ten Countries with Higher Depressive Disorders Prevalence



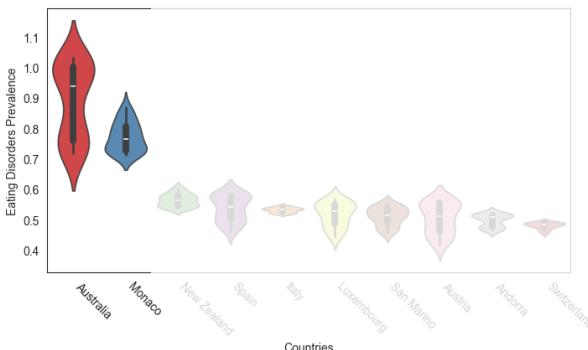
Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence

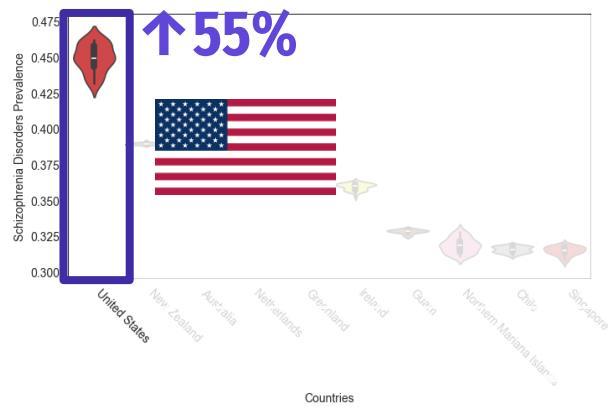


Top Ten Countries with Higher Eating Disorders Prevalence

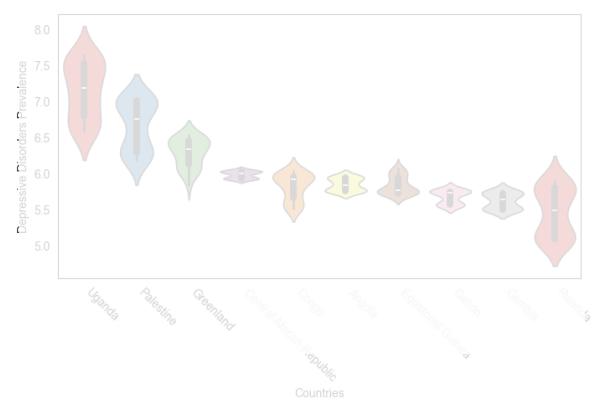


Mental health disorders prevalence and burden analysis by country

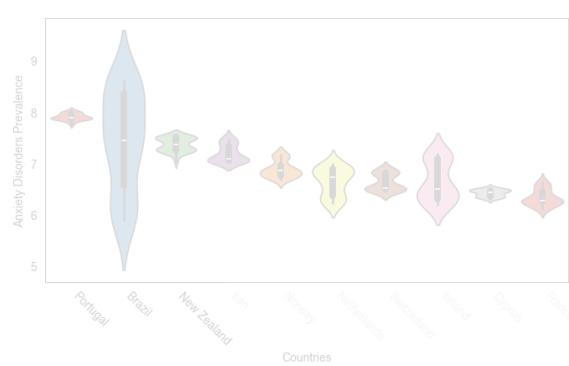
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



Top Ten Countries with Higher Depressive Disorders Prevalence



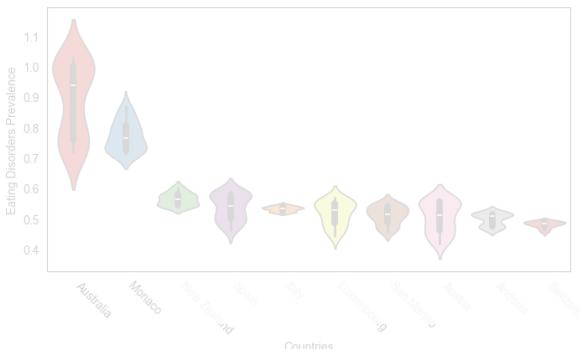
Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence

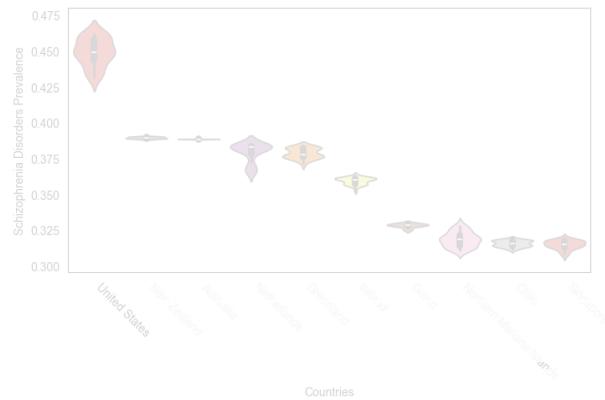


Top Ten Countries with Higher Eating Disorders Prevalence

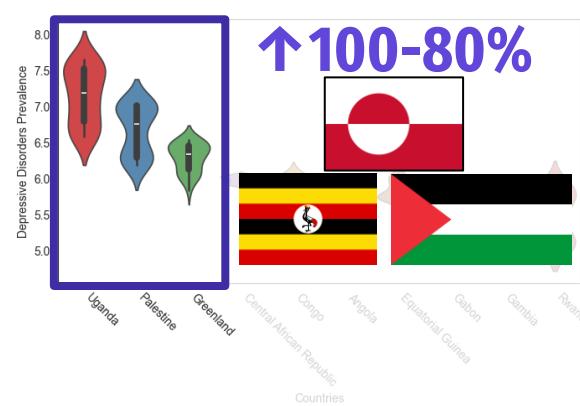


Mental health disorders prevalence and burden analysis by country

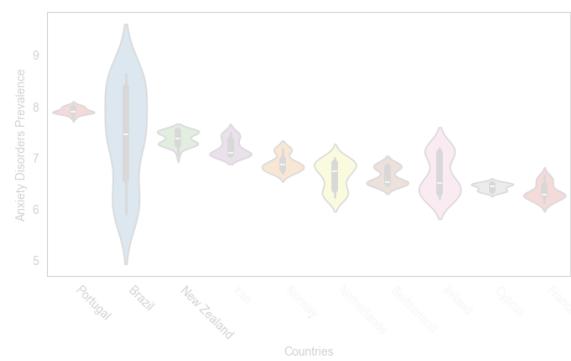
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



Top Ten Countries with Higher Depressive Disorders Prevalence



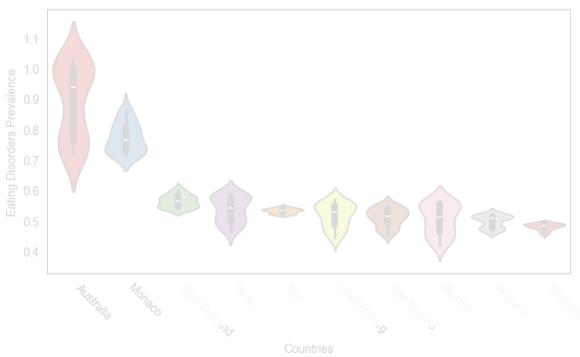
Top Ten Countries with Higher Anxiety Disorders Prevalence



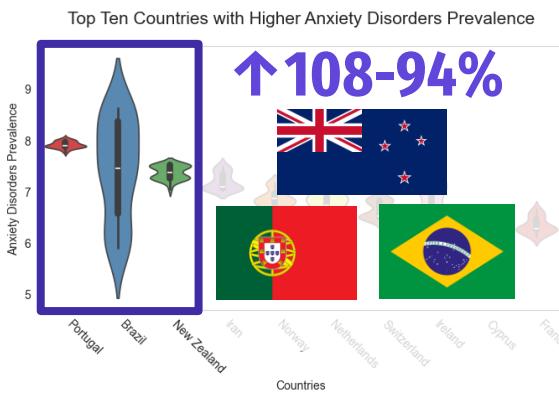
Top Ten Countries with Higher Bipolar Disorders Prevalence



Top Ten Countries with Higher Eating Disorders Prevalence

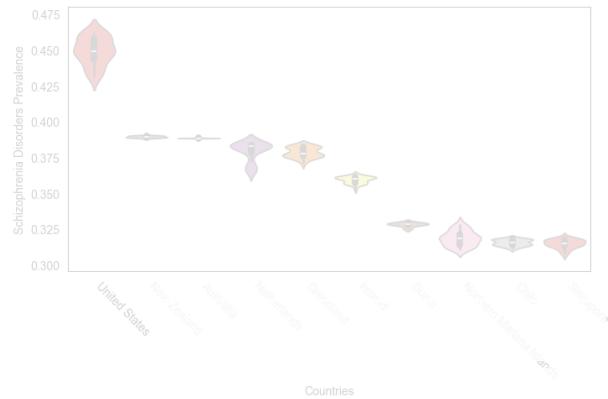


Mental health disorders prevalence and burden analysis by country

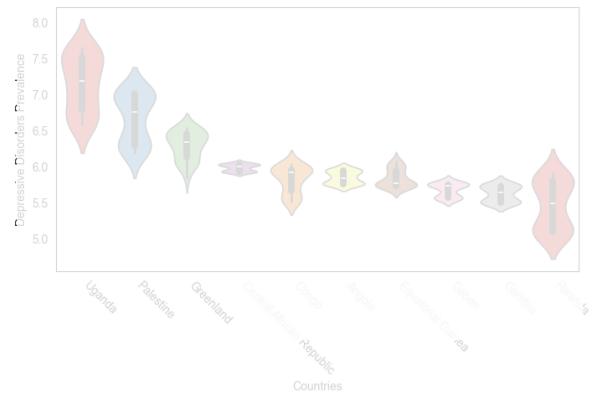


Mental health disorders prevalence and burden analysis by country

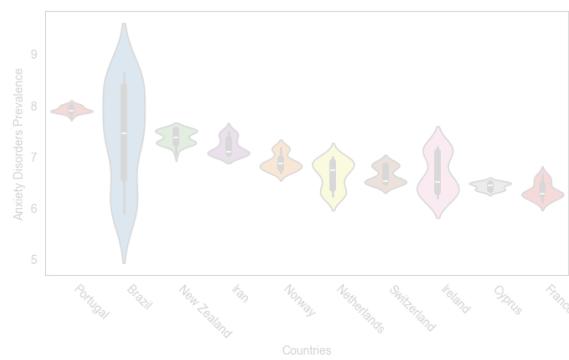
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



Top Ten Countries with Higher Depressive Disorders Prevalence



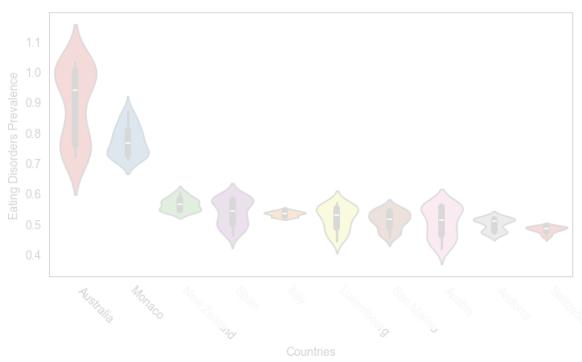
Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence

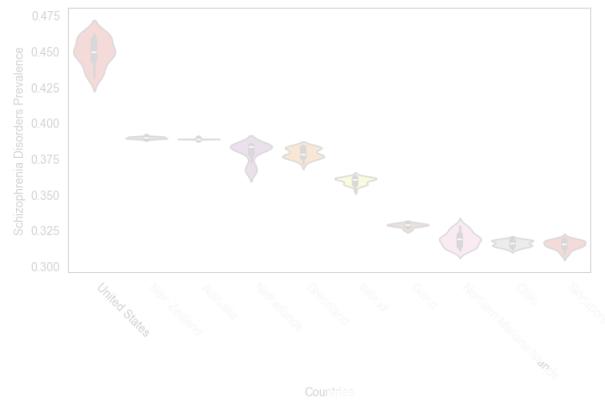


Top Ten Countries with Higher Eating Disorders Prevalence

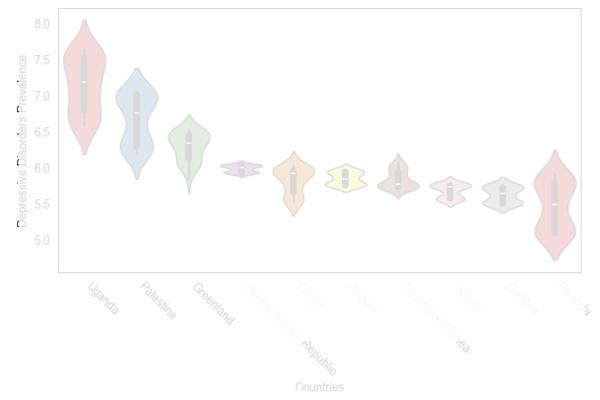


Mental health disorders prevalence and burden analysis by country

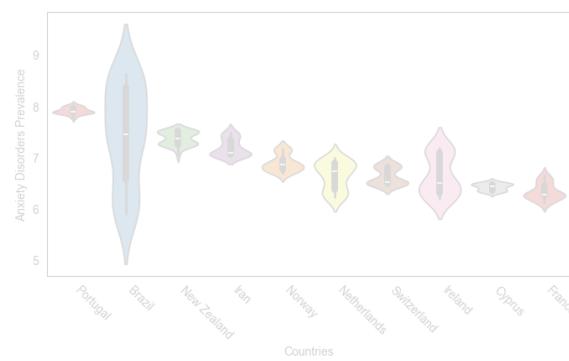
Top Ten Countries with Higher Schizophrenia Disorders Prevalence



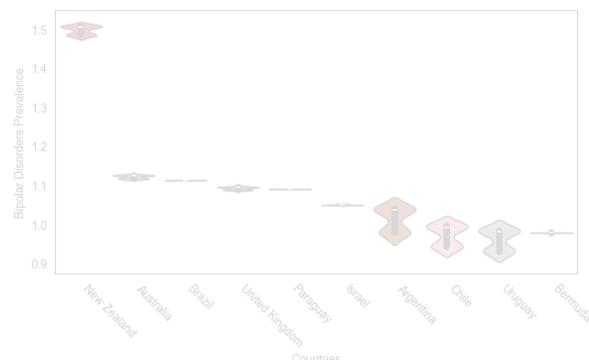
Top Ten Countries with Higher Depressive Disorders Prevalence



Top Ten Countries with Higher Anxiety Disorders Prevalence



Top Ten Countries with Higher Bipolar Disorders Prevalence



Top Ten Countries with Higher Eating Disorders Prevalence

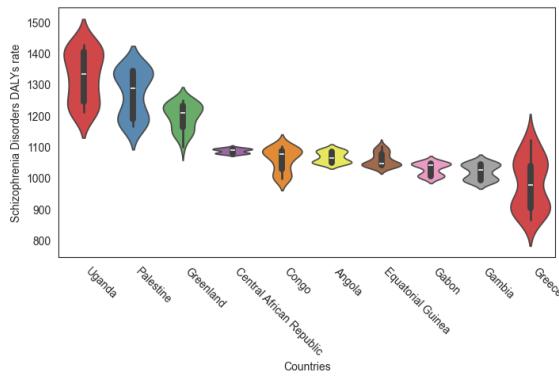


Mental health disorders prevalence and burden analysis by country

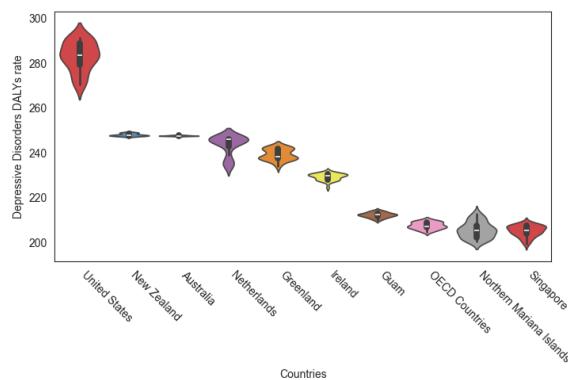
Mental health disorders prevalence and burden analysis by country

All of the p-values < 10^{-20} !

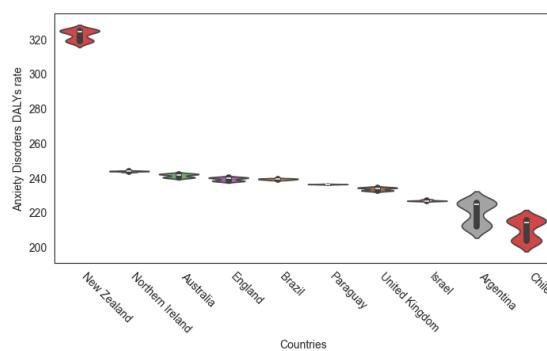
Top Ten Countries with Higher Schizophrenia Disorders DALYs rate



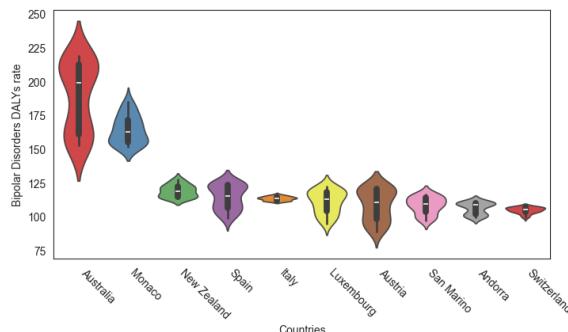
Top Ten Countries with Higher Depressive Disorders DALYs rate



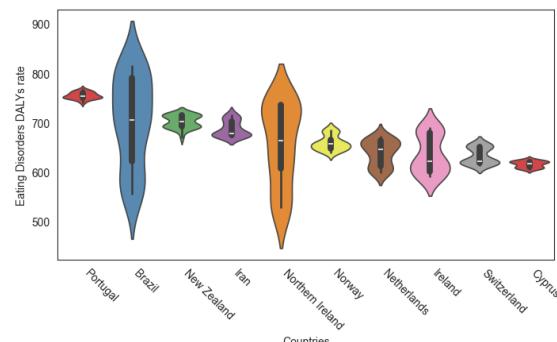
Top Ten Countries with Higher Anxiety Disorders DALYs rate



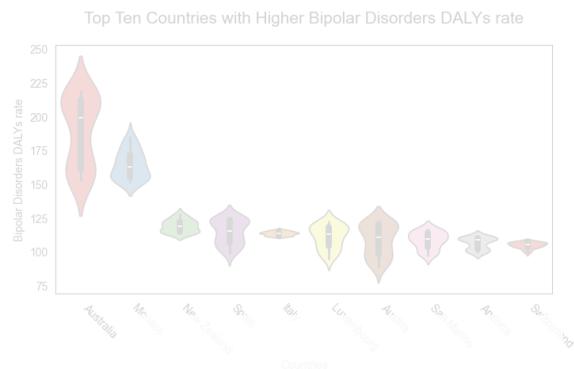
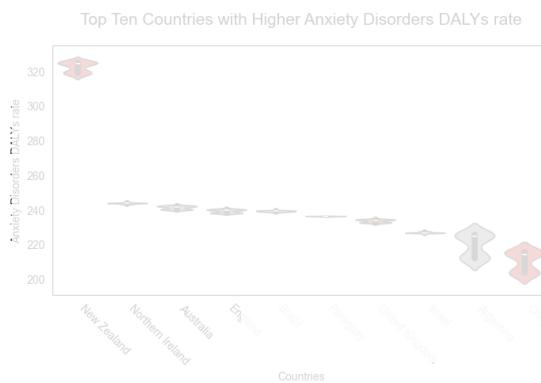
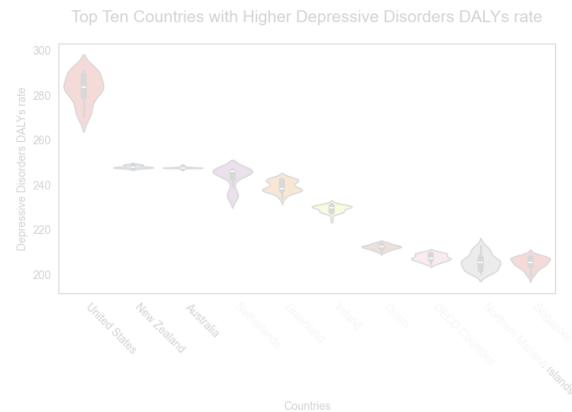
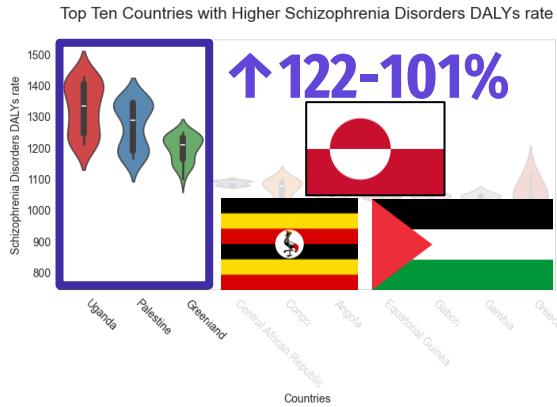
Top Ten Countries with Higher Bipolar Disorders DALYs rate



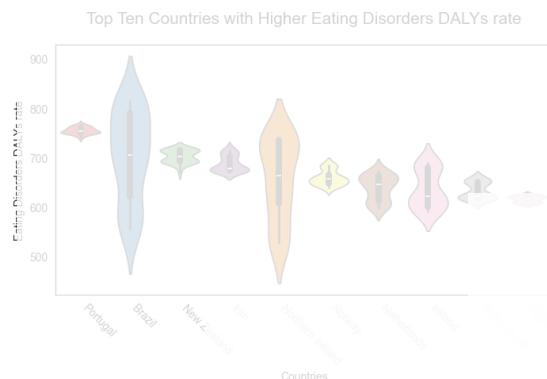
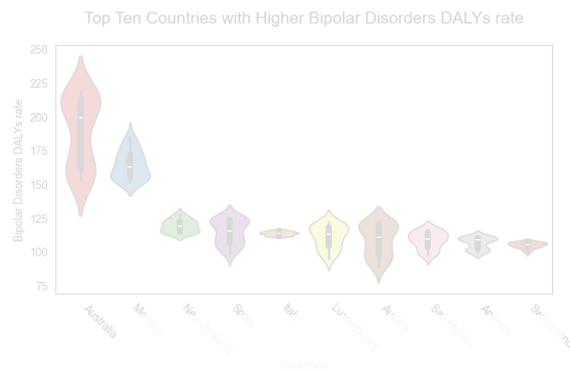
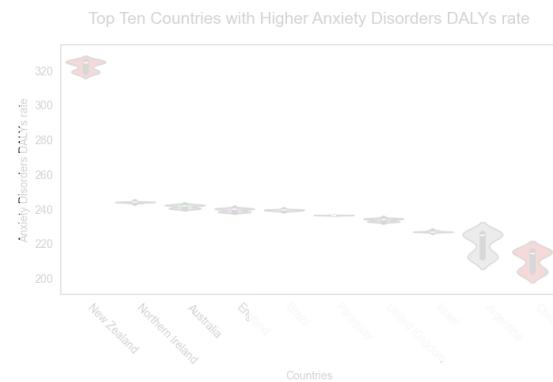
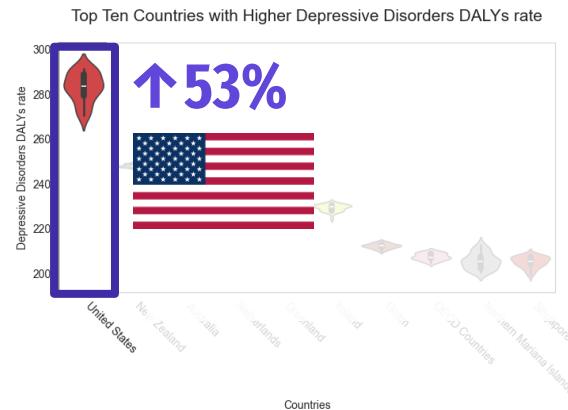
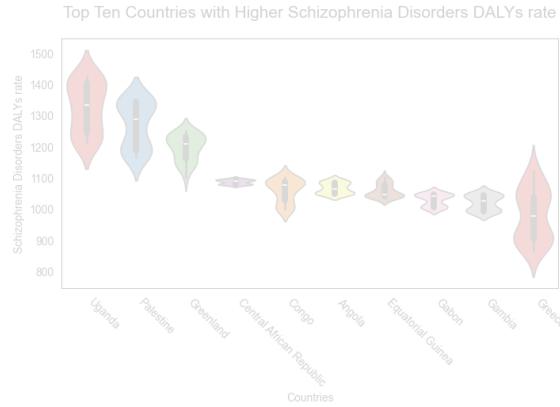
Top Ten Countries with Higher Eating Disorders DALYs rate



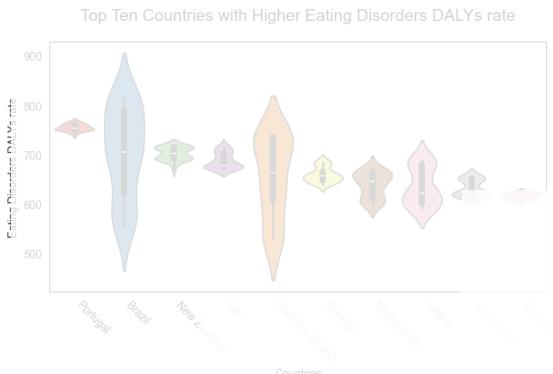
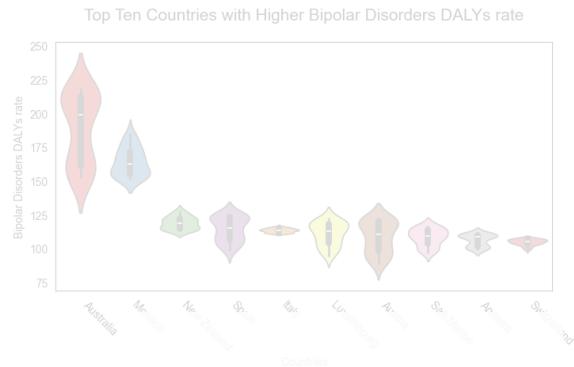
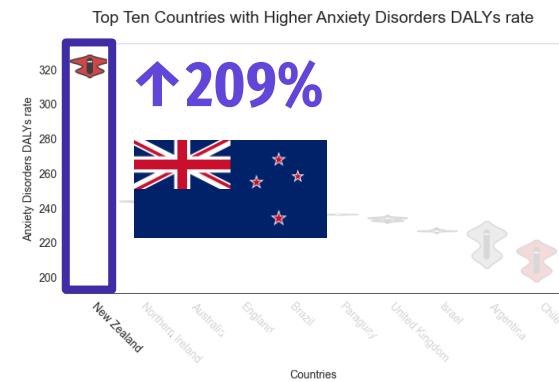
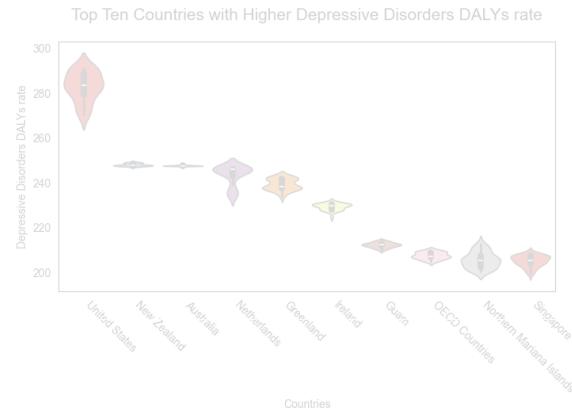
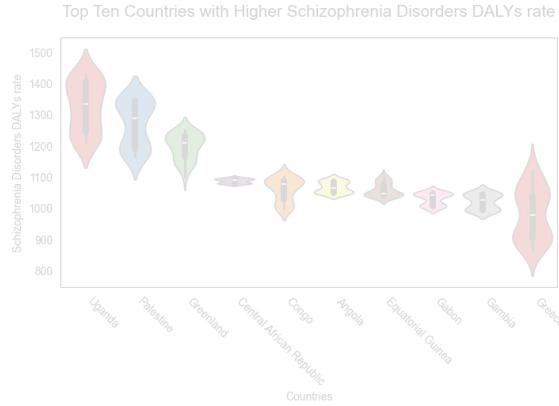
Mental health disorders prevalence and burden analysis by country



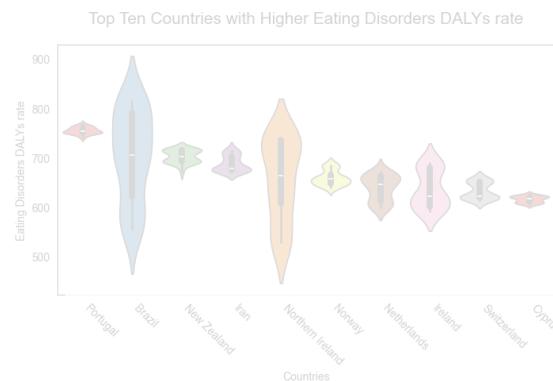
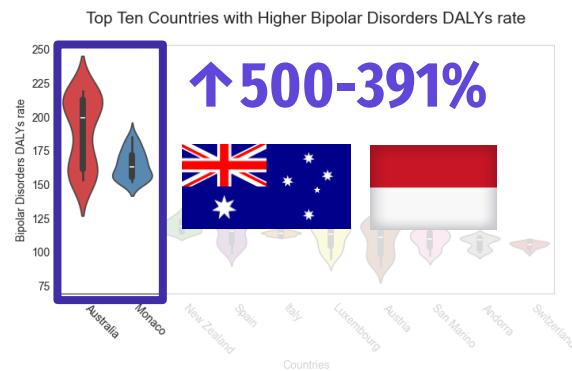
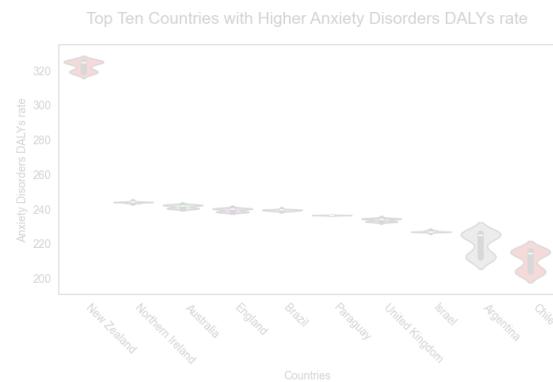
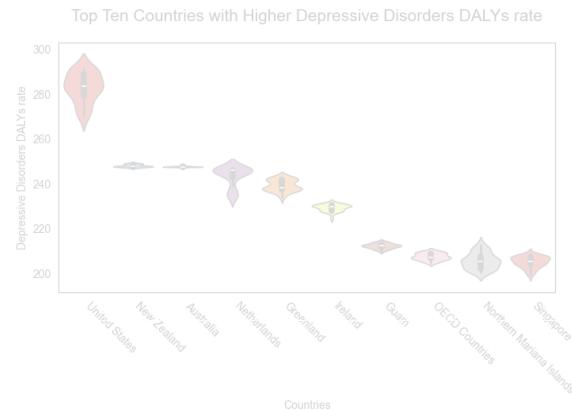
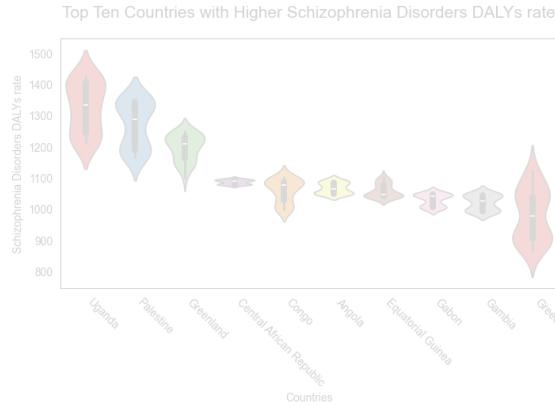
Mental health disorders prevalence and burden analysis by country



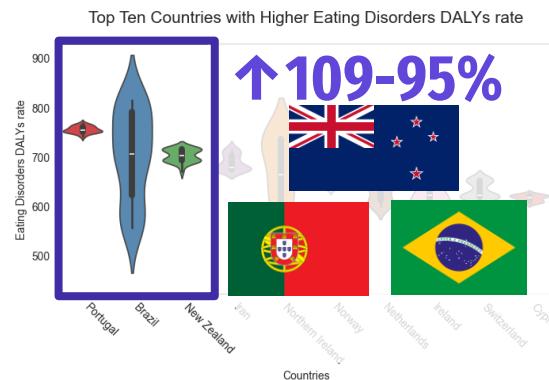
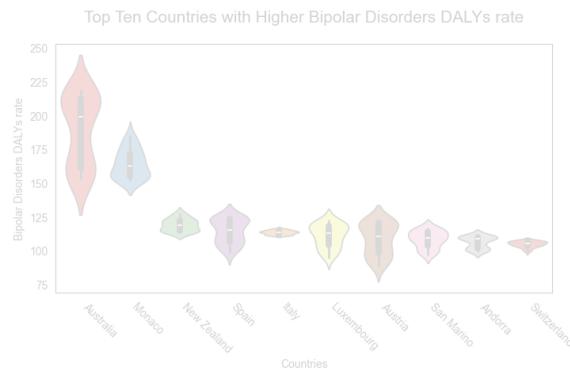
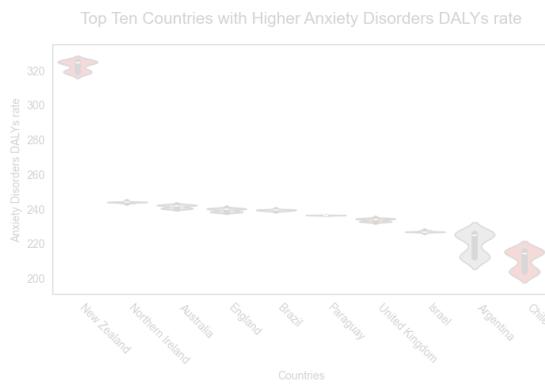
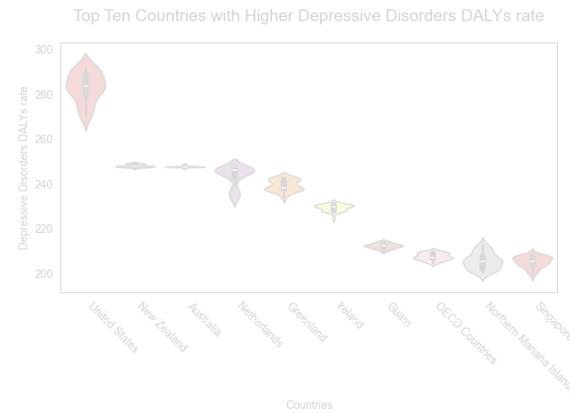
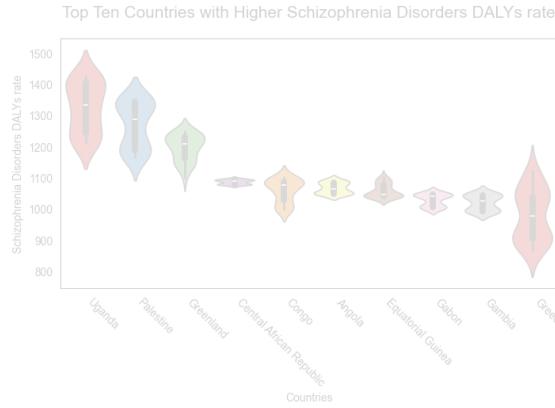
Mental health disorders prevalence and burden analysis by country



Mental health disorders prevalence and burden analysis by country



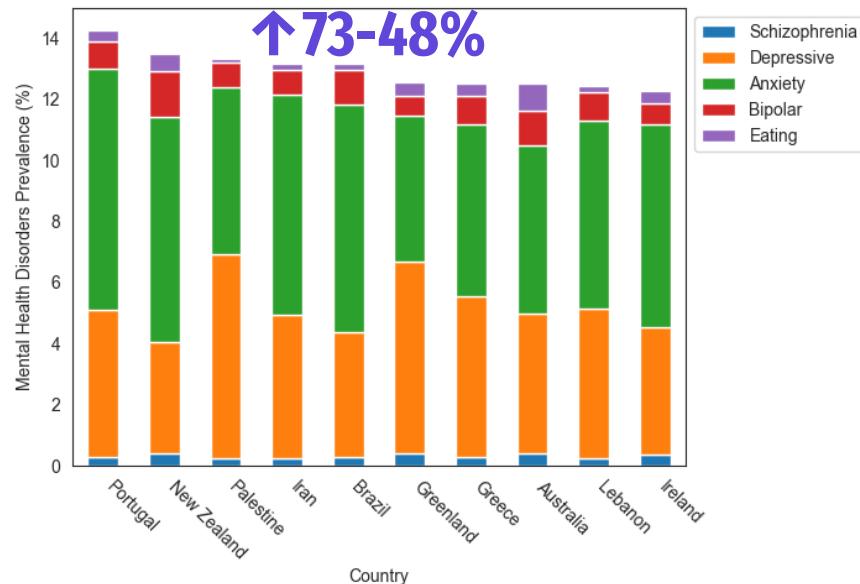
Mental health disorders prevalence and burden analysis by country



Mental health disorders prevalence and burden analysis by country

Mental health disorders prevalence and burden analysis by country

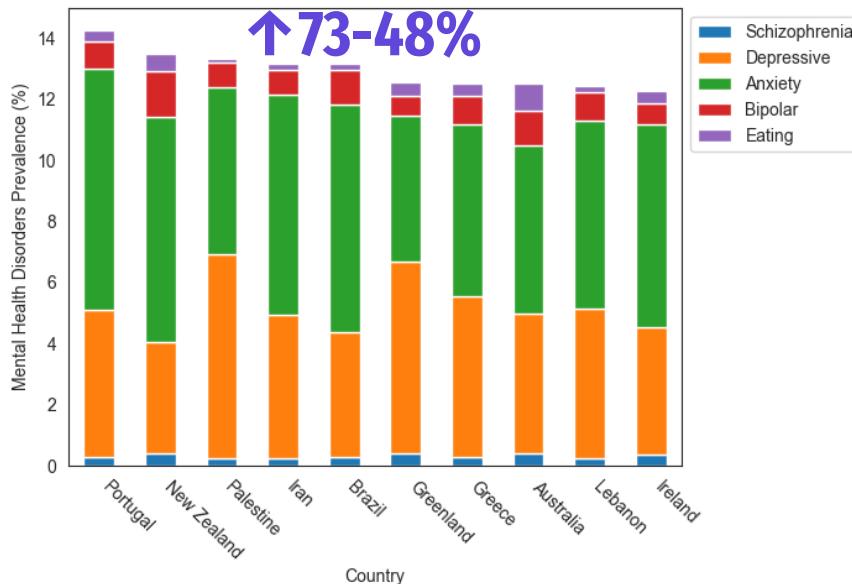
Top Ten Countries with Higher Stacked Mental Health Disorders Prevalence



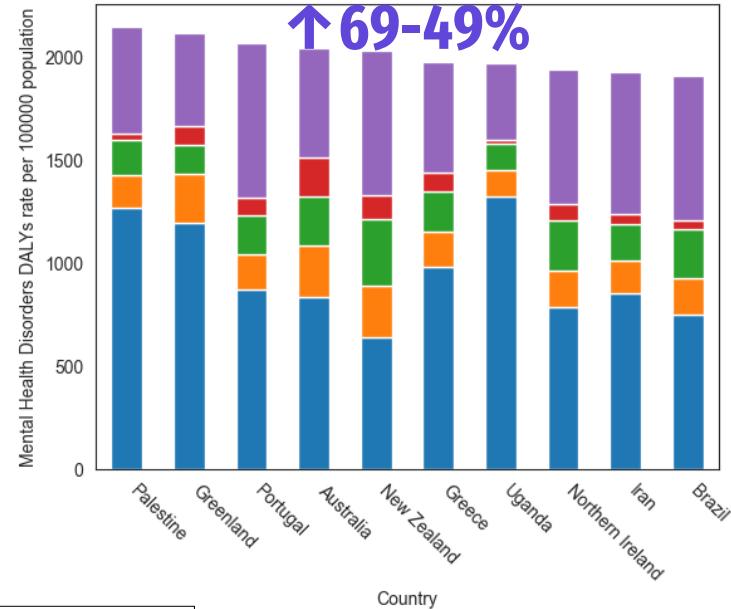
All of the p-values < 10^{-40} !

Mental health disorders prevalence and burden analysis by country

Top Ten Countries with Higher Stacked Mental Health Disorders Prevalence



Top Ten Countries with Higher Stacked Mental Health Disorders DALYs rate

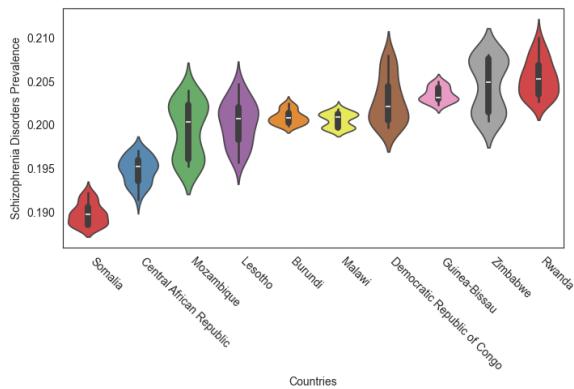


All of the p-values < 10^{-40} !

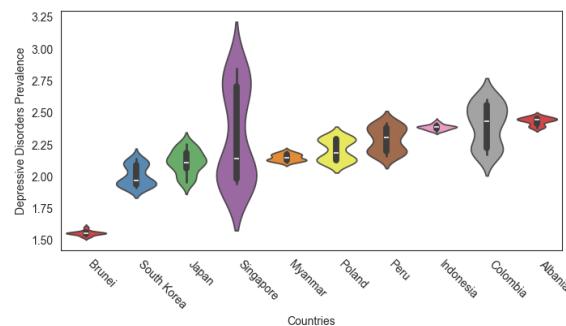
Mental health disorders prevalence and burden analysis by country

All of the p-values $< 10^{-38}$!

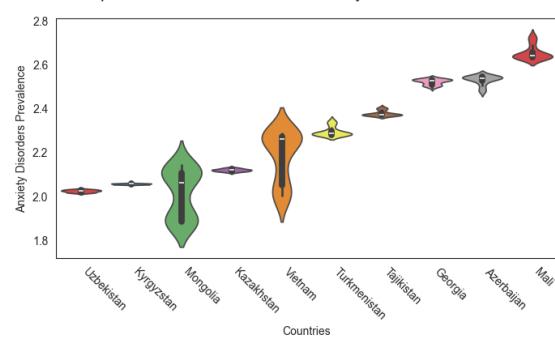
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



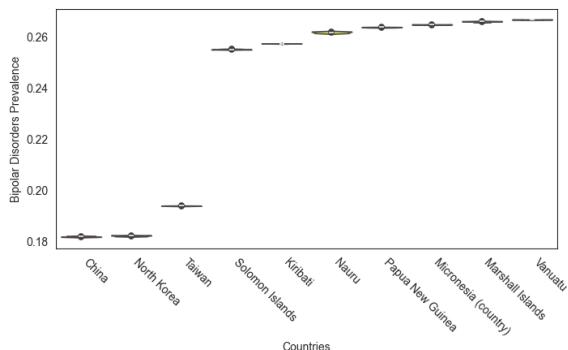
Top Ten Countries with Lower Depressive Disorders Prevalence



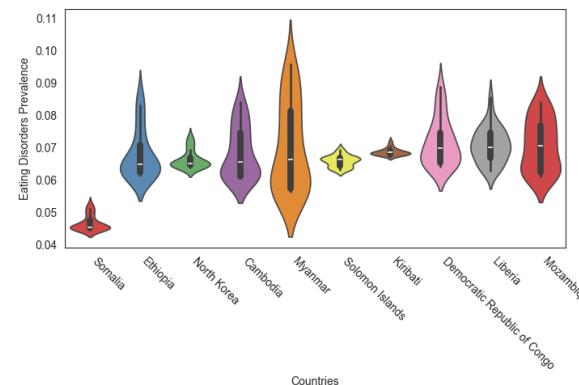
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence

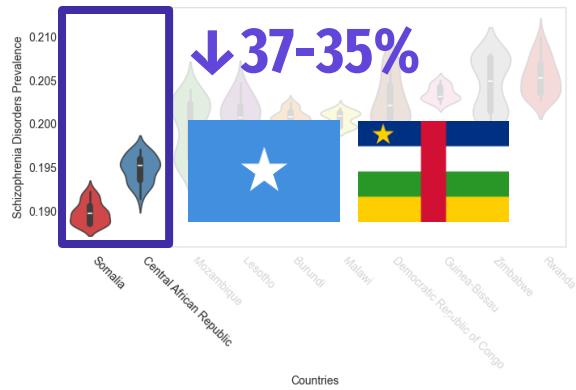


Top Ten Countries with Lower Eating Disorders Prevalence

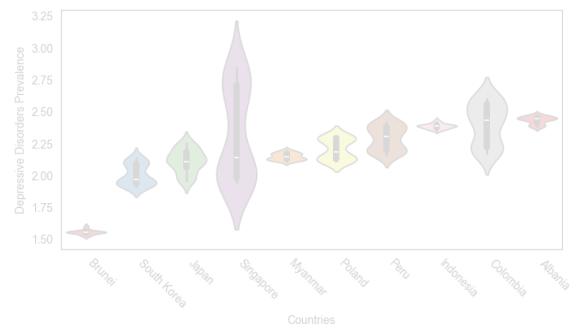


Mental health disorders prevalence and burden analysis by country

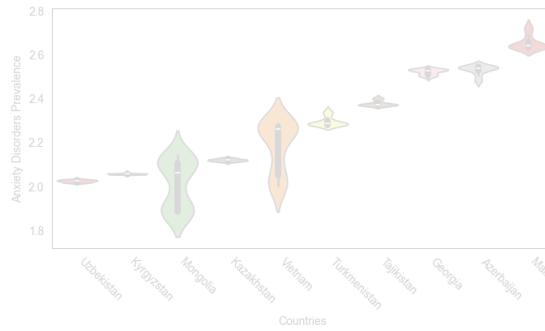
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



Top Ten Countries with Lower Depressive Disorders Prevalence



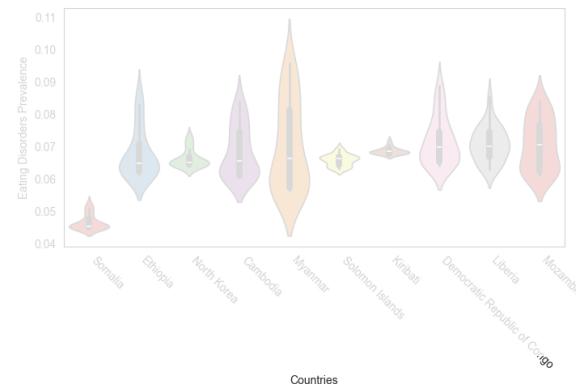
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence

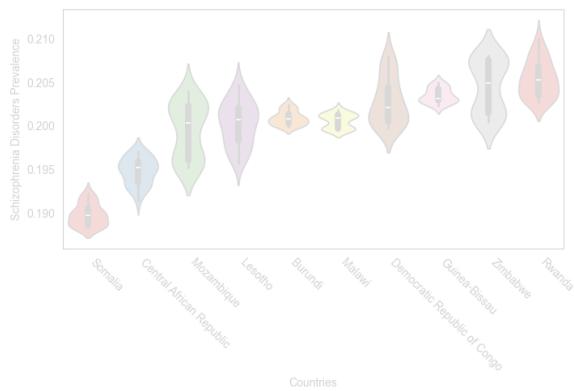


Top Ten Countries with Lower Eating Disorders Prevalence

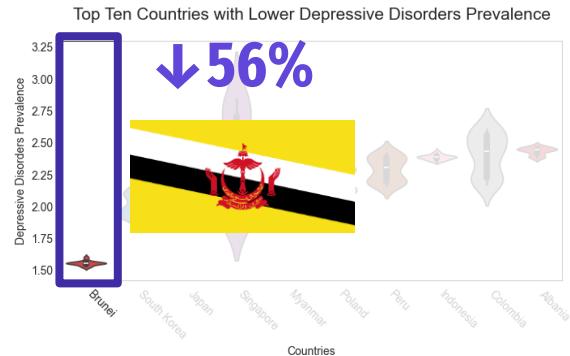


Mental health disorders prevalence and burden analysis by country

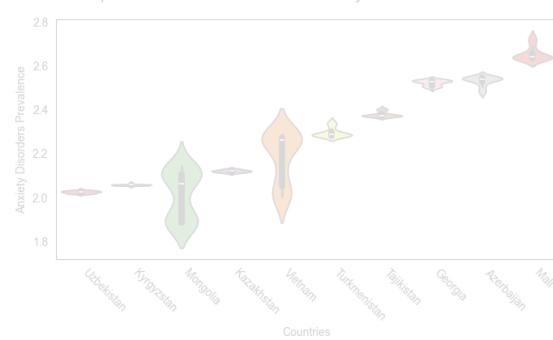
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



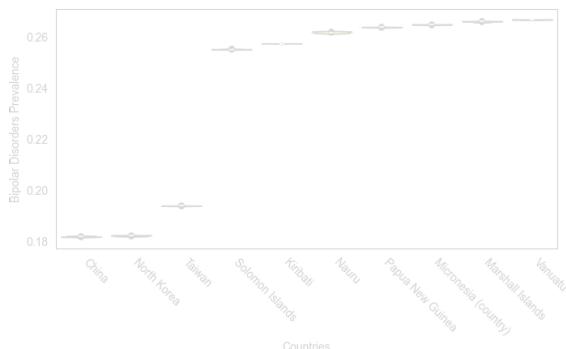
Top Ten Countries with Lower Depressive Disorders Prevalence



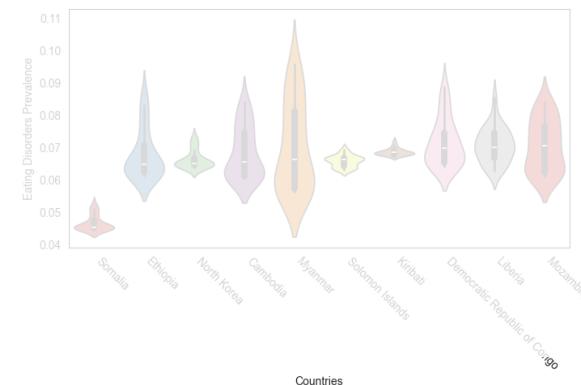
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence

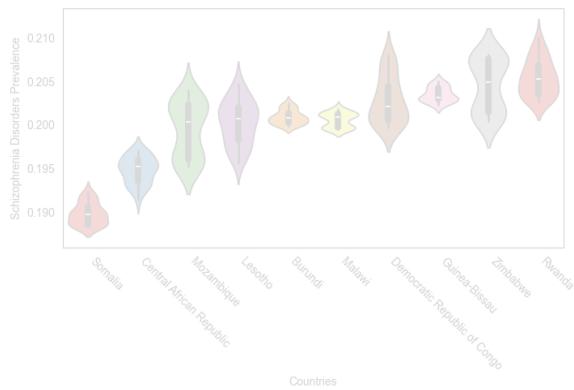


Top Ten Countries with Lower Eating Disorders Prevalence



Mental health disorders prevalence and burden analysis by country

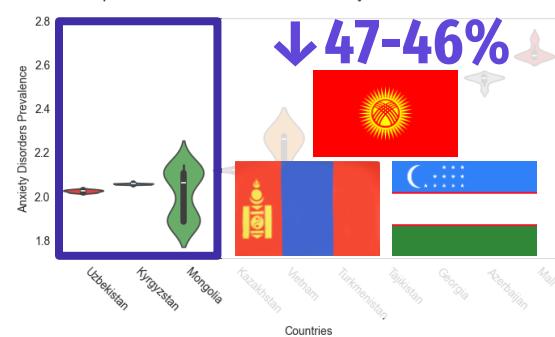
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



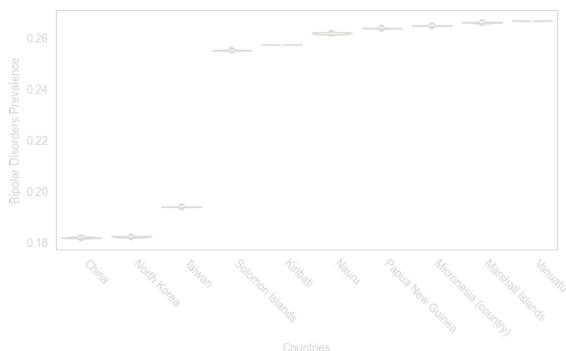
Top Ten Countries with Lower Depressive Disorders Prevalence



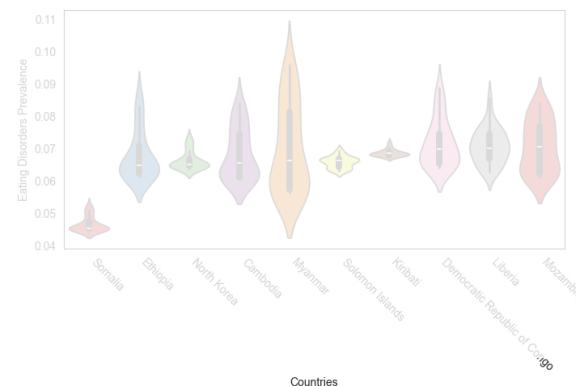
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence

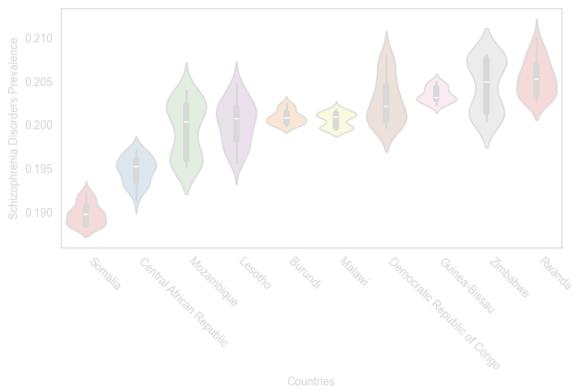


Top Ten Countries with Lower Eating Disorders Prevalence

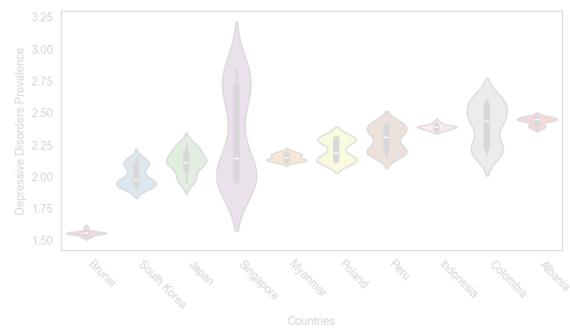


Mental health disorders prevalence and burden analysis by country

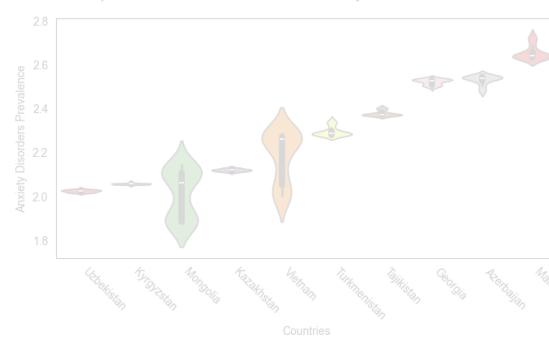
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



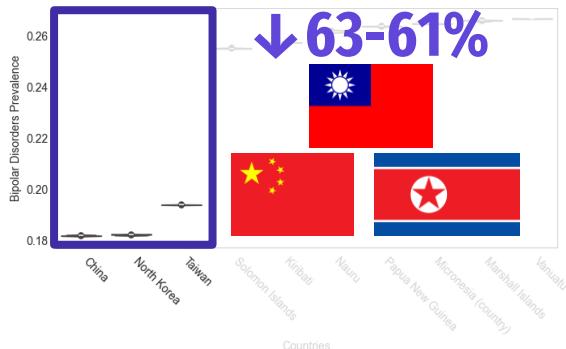
Top Ten Countries with Lower Depressive Disorders Prevalence



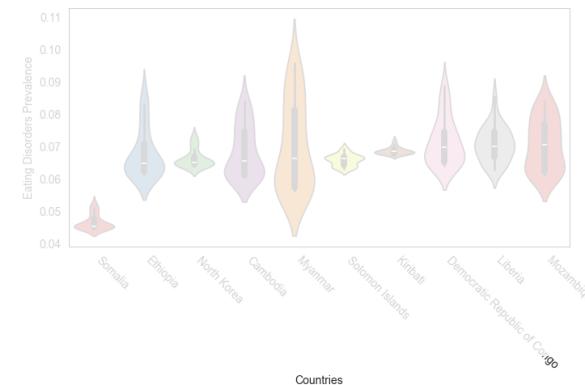
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence

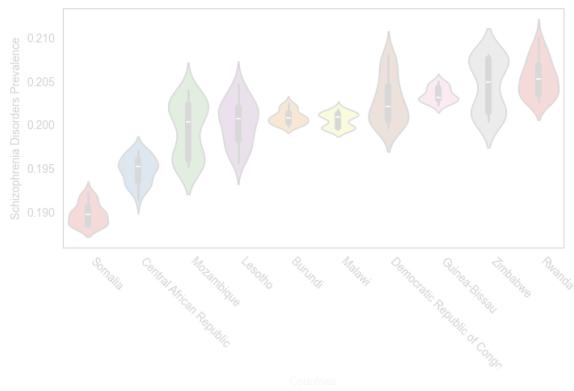


Top Ten Countries with Lower Eating Disorders Prevalence

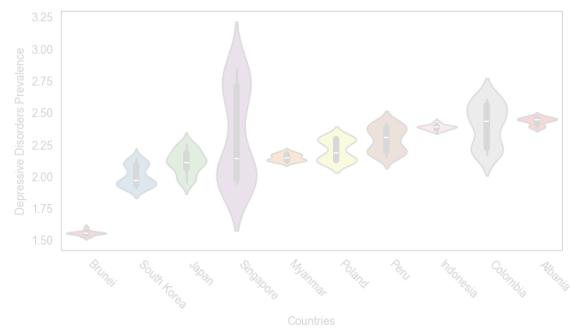


Mental health disorders prevalence and burden analysis by country

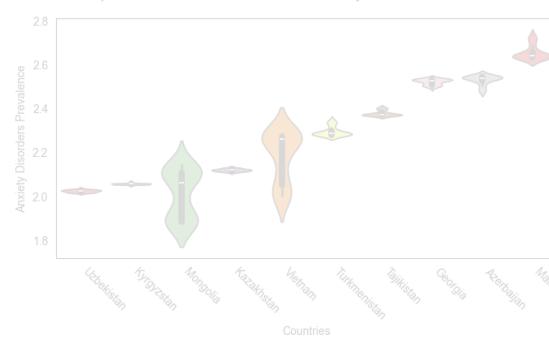
Top Ten Countries with Lower Schizophrenia Disorders Prevalence



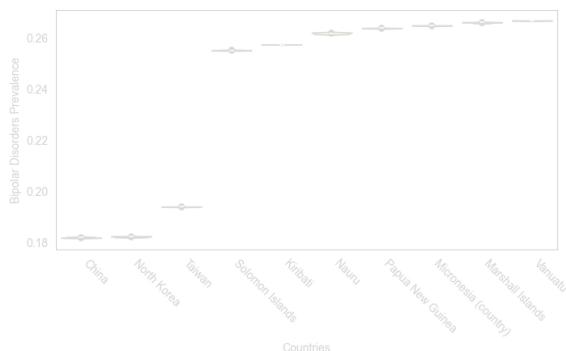
Top Ten Countries with Lower Depressive Disorders Prevalence



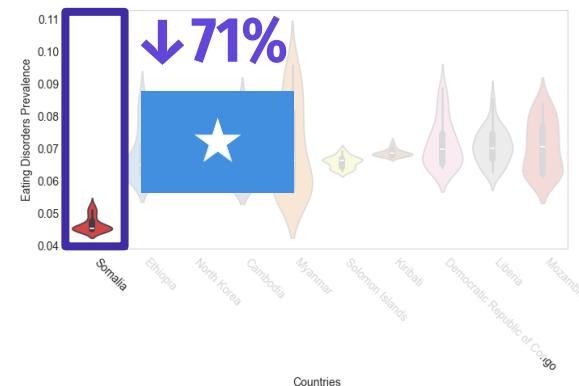
Top Ten Countries with Lower Anxiety Disorders Prevalence



Top Ten Countries with Lower Bipolar Disorders Prevalence



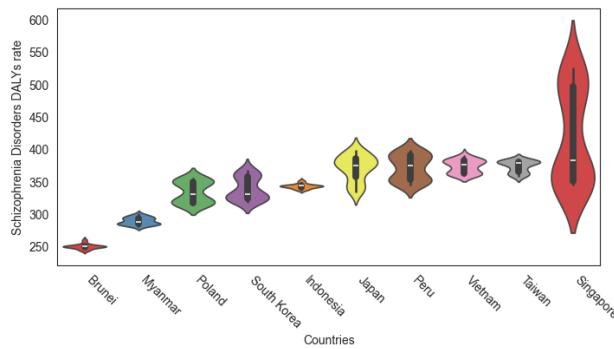
Top Ten Countries with Lower Eating Disorders Prevalence



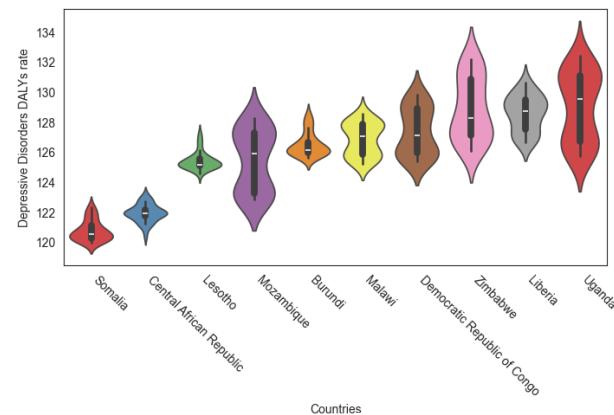
Mental health disorders prevalence and burden analysis by country

Mental health disorders prevalence and burden analysis by country

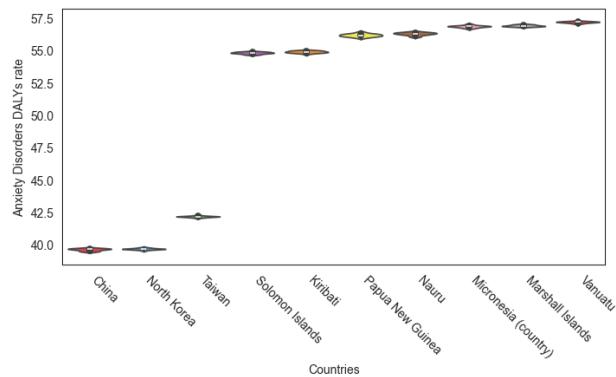
Top Ten Countries with Lower Schizophrenia Disorders DALYs rate



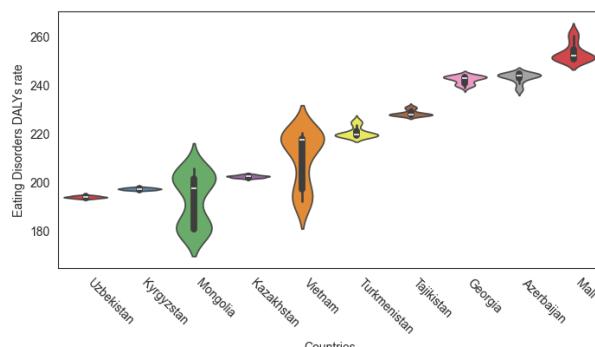
Top Ten Countries with Lower Depressive Disorders DALYs rate



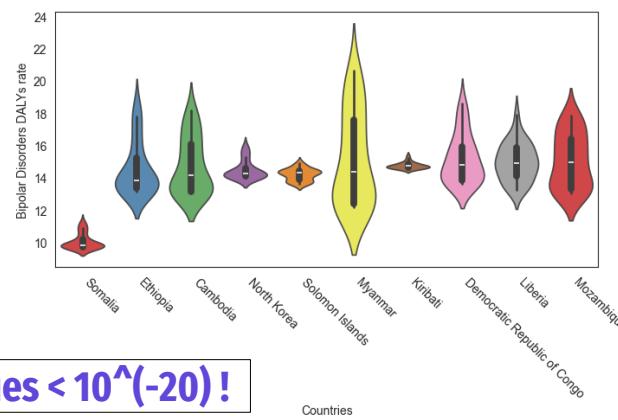
Top Ten Countries with Lower Anxiety Disorders DALYs rate



Top Ten Countries with Lower Eating Disorders DALYs rate



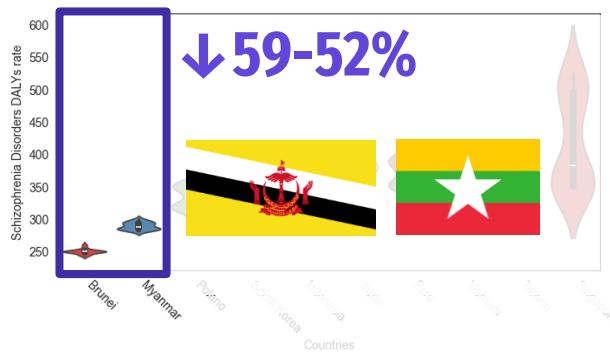
Top Ten Countries with Lower Bipolar Disorders DALYs rate



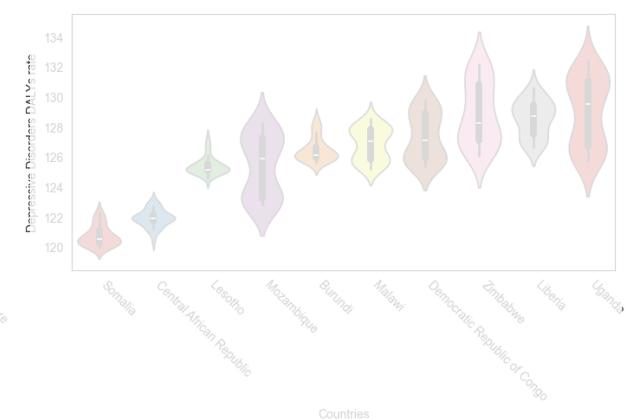
All of the p-values < 10^{-20} !

Mental health disorders prevalence and burden analysis by country

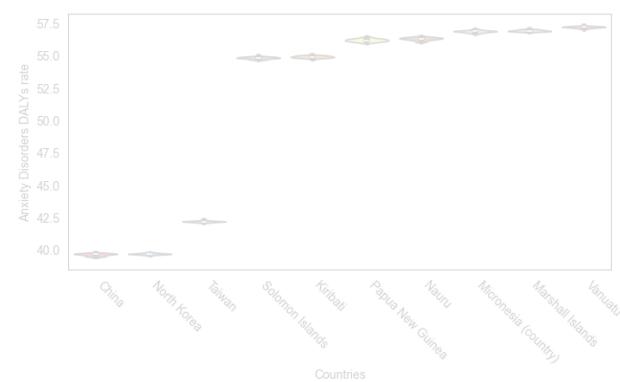
Top Ten Countries with Lower Schizophrenia Disorders DALYs rate



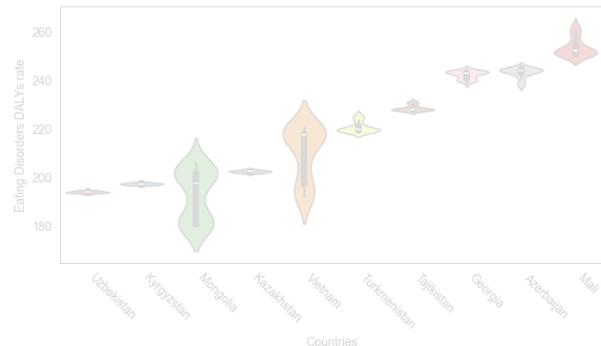
Top Ten Countries with Lower Depressive Disorders DALYs rate



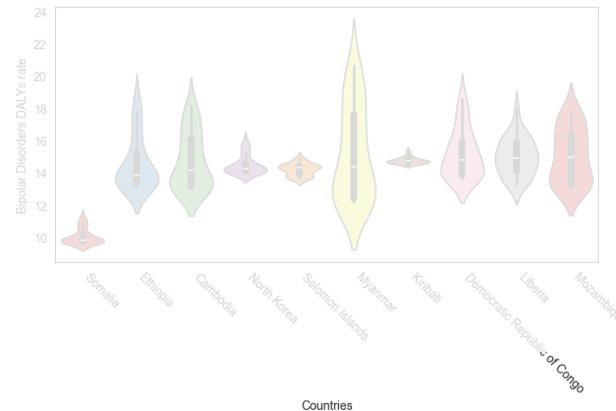
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Top Ten Countries with Lower Eating Disorders DALYs rate

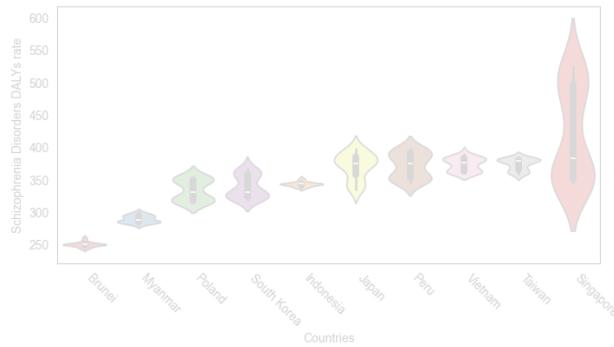


Top Ten Countries with Lower Bipolar Disorders DALYs rate

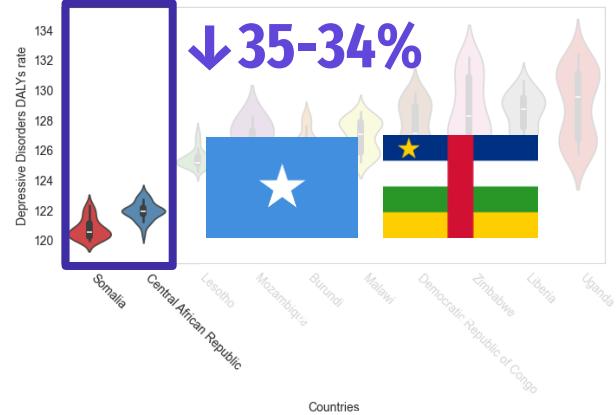


Mental health disorders prevalence and burden analysis by country

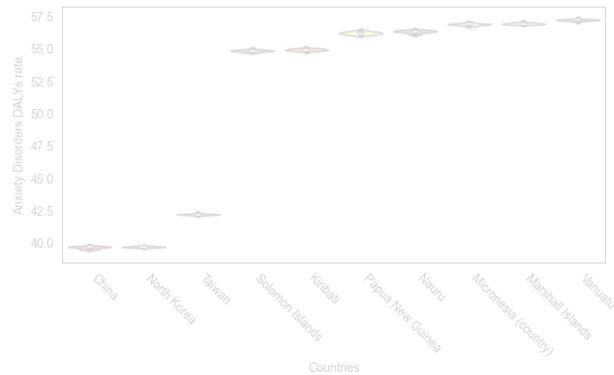
Top Ten Countries with Lower Schizophrenia Disorders DALYs rate



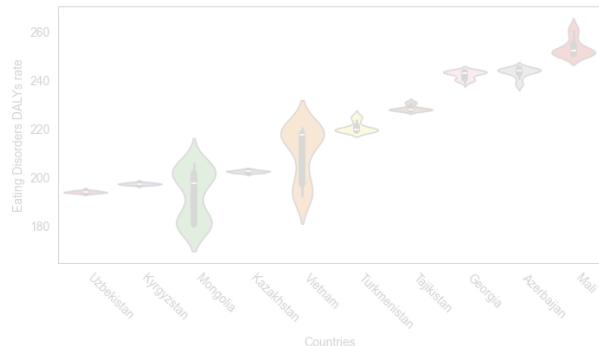
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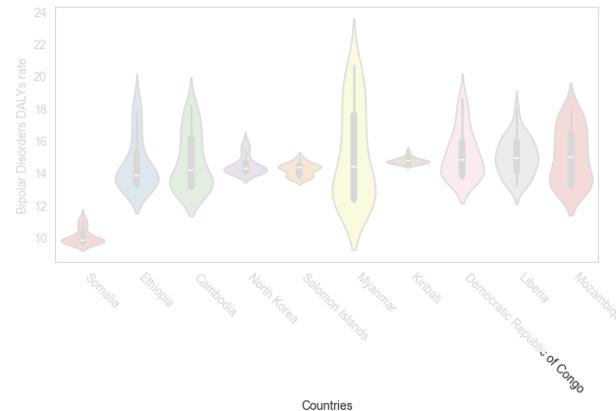
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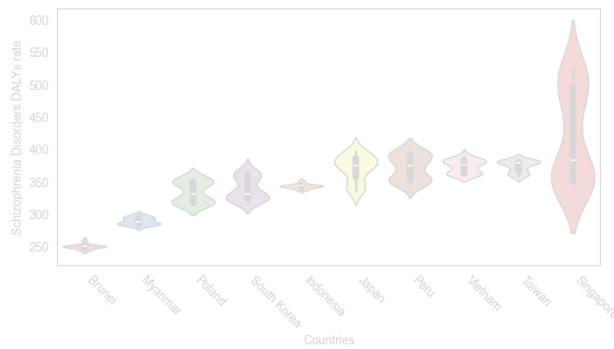


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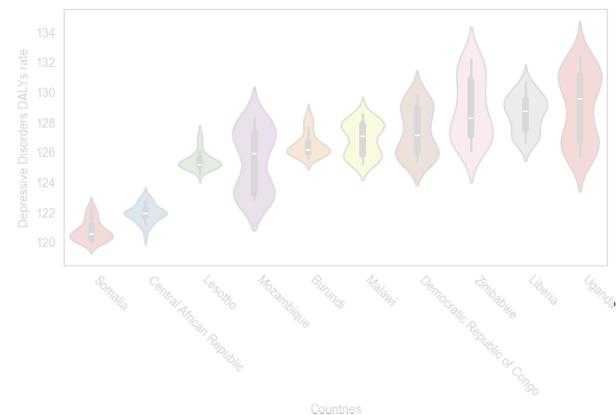


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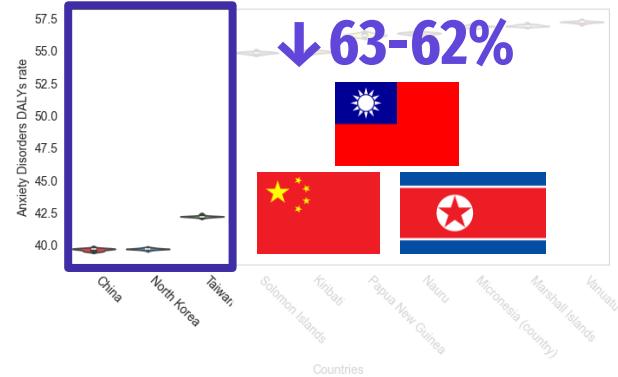
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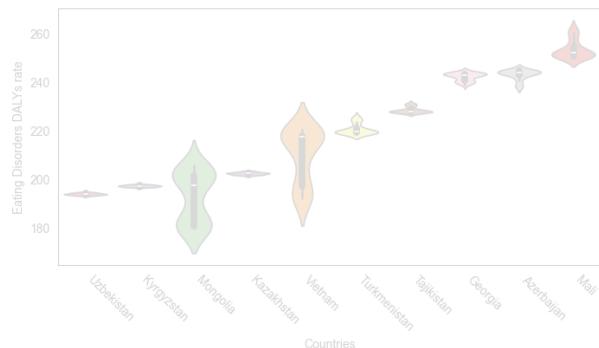
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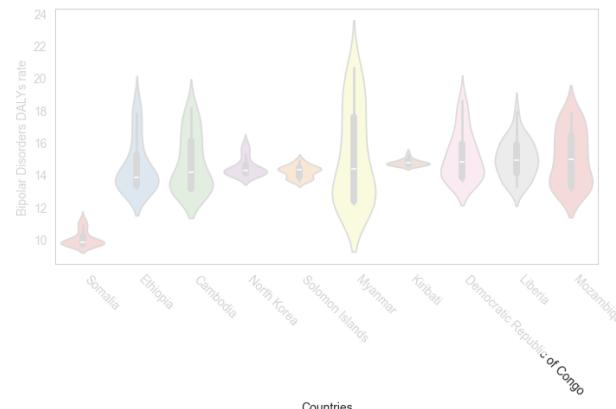
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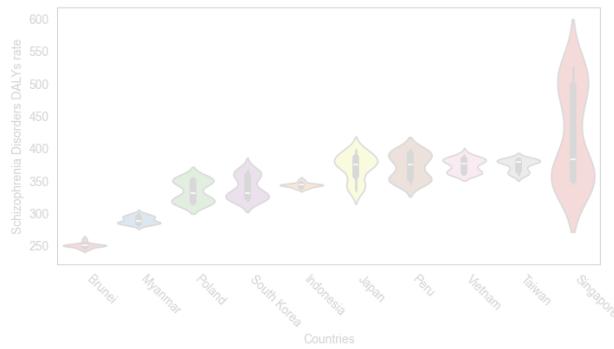


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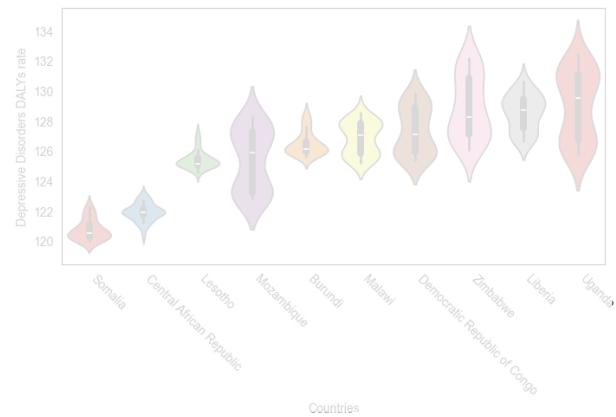


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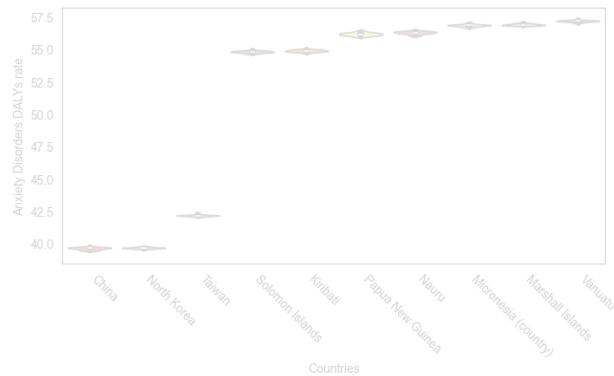
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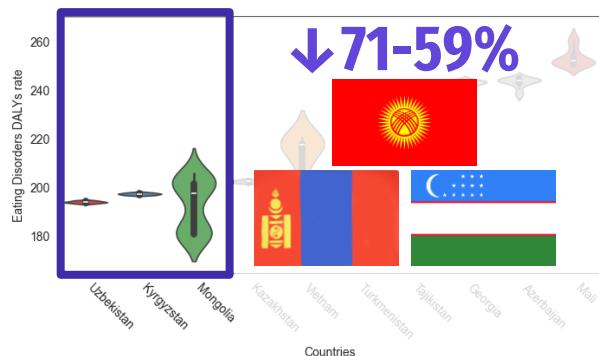
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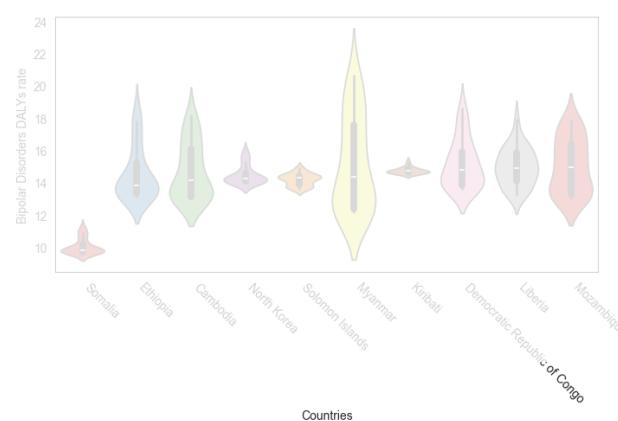
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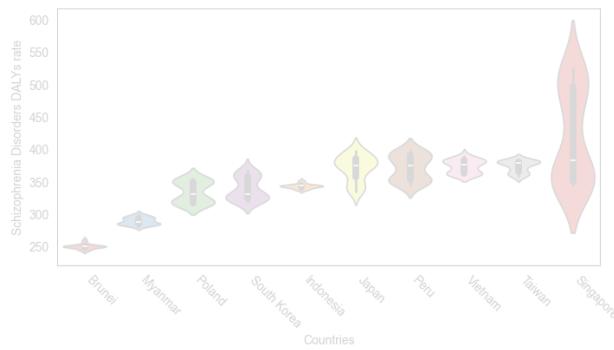


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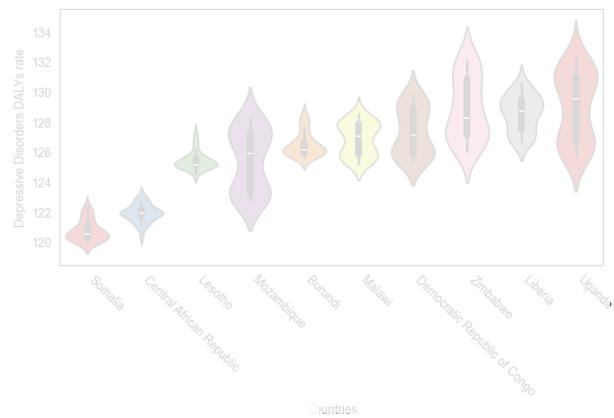


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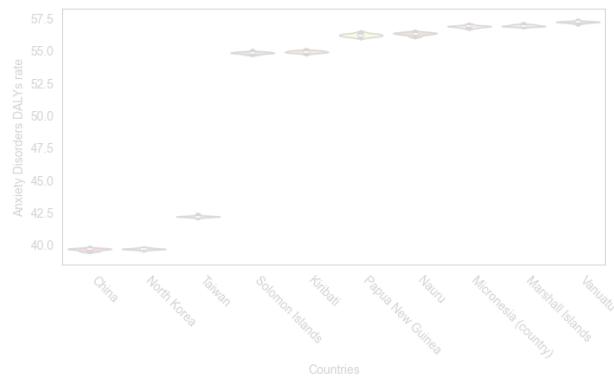
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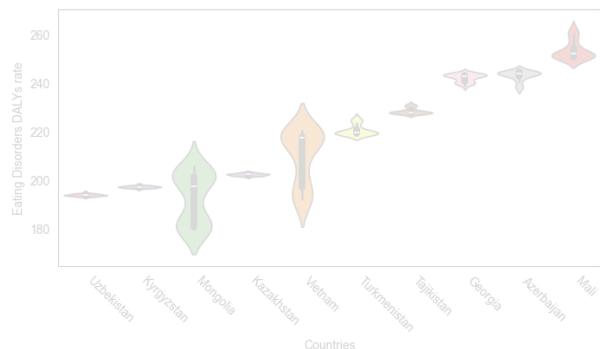
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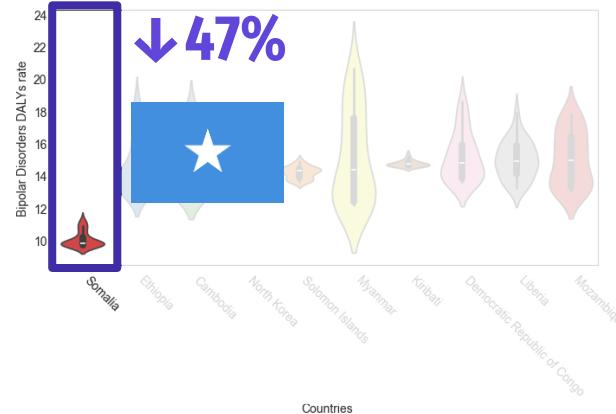
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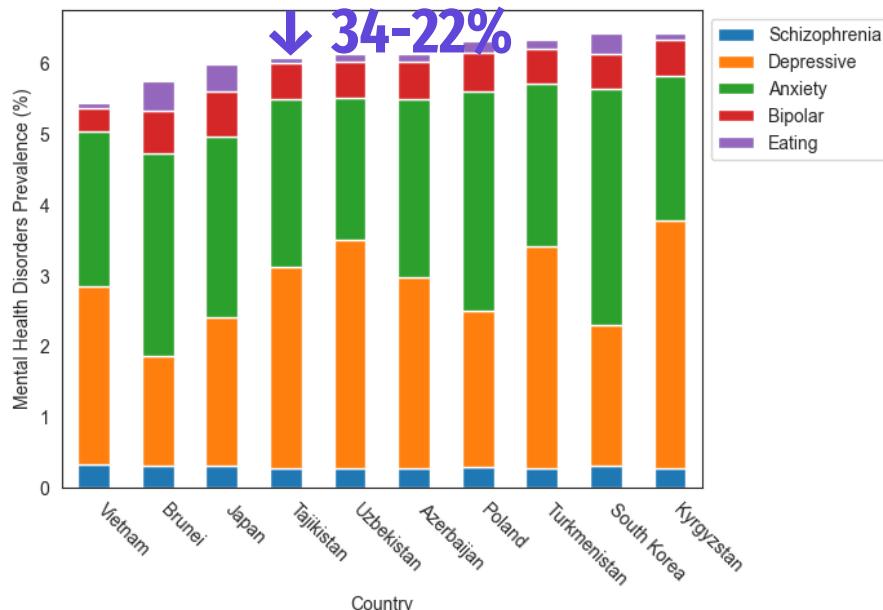
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Mental health disorders prevalence and burden analysis by country

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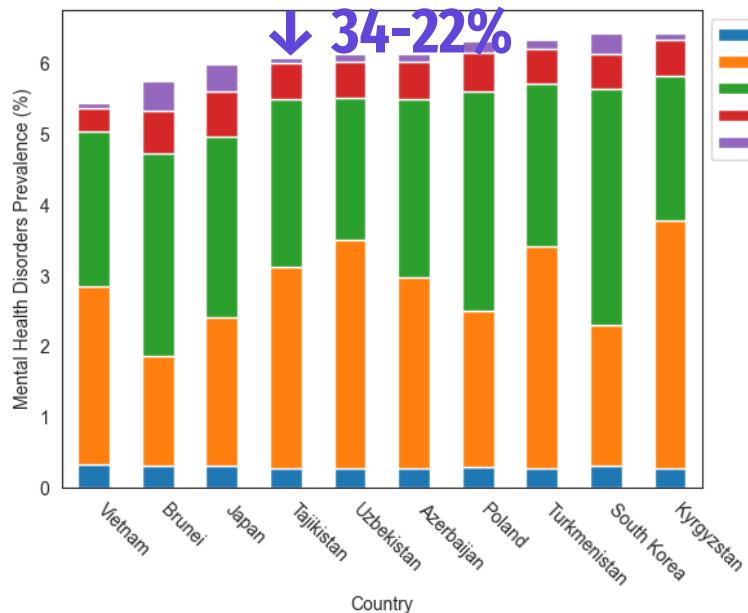
Top Ten Countries with Lower Stacked Mental Health Disorders Prevalence



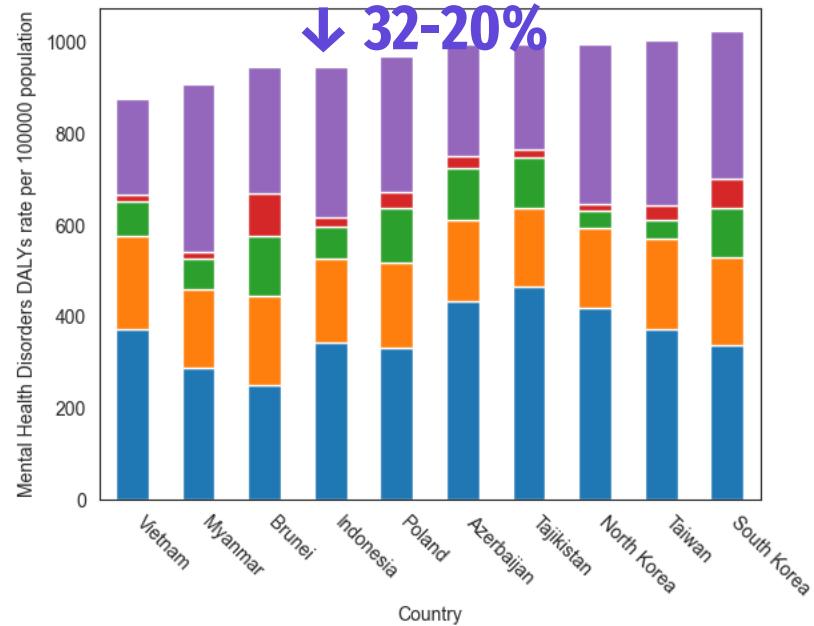
All of the p-values < 10^{-40} !

Mental health disorders prevalence and burden analysis by country

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Top Ten Countries with Lower Stacked Mental Health Disorders DALYs rate

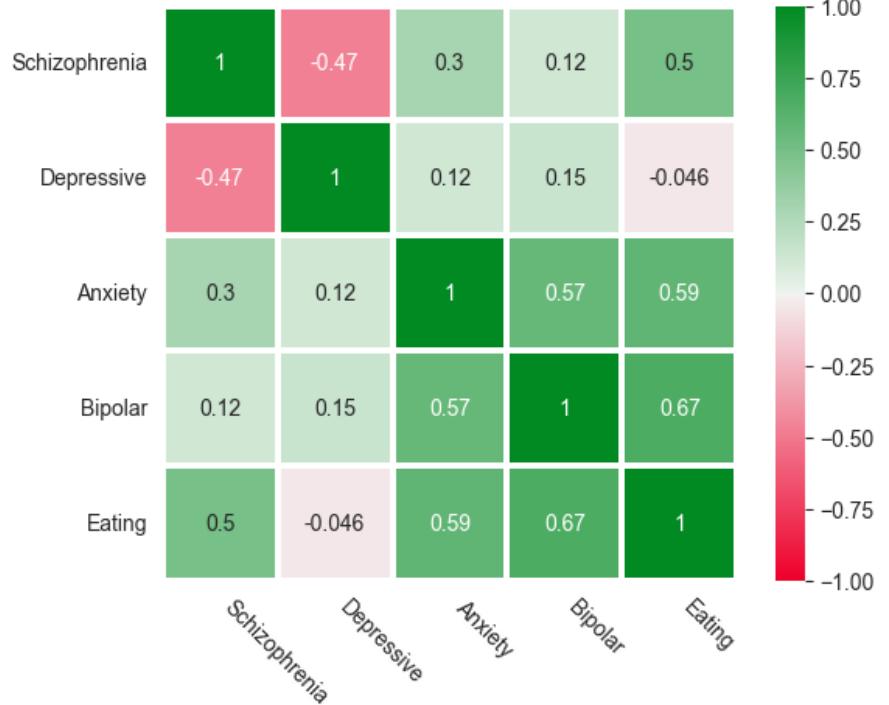


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Mental health disorders metrics correlations

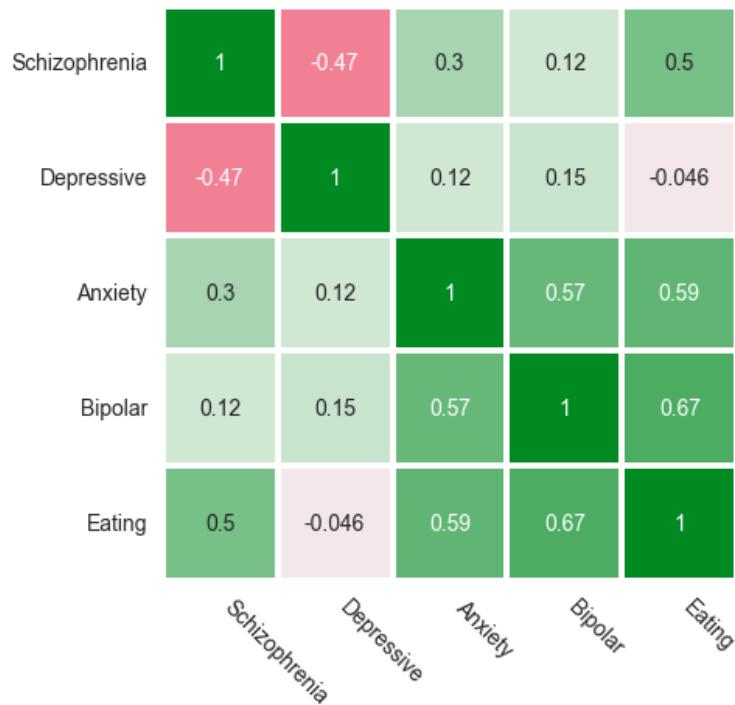
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Mental Health Disorders Prevalence Correlations

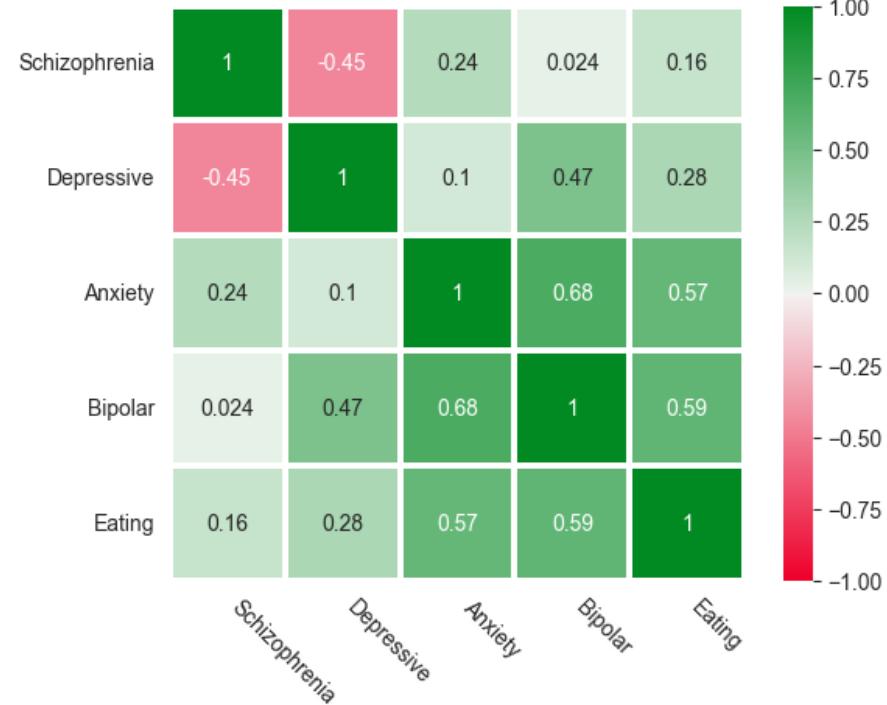


Mental health disorders metrics correlations

Mental Health Disorders Prevalence Correlations



Mental Health Disorders DALYs rate Correlations



Mental health disorders metrics correlations

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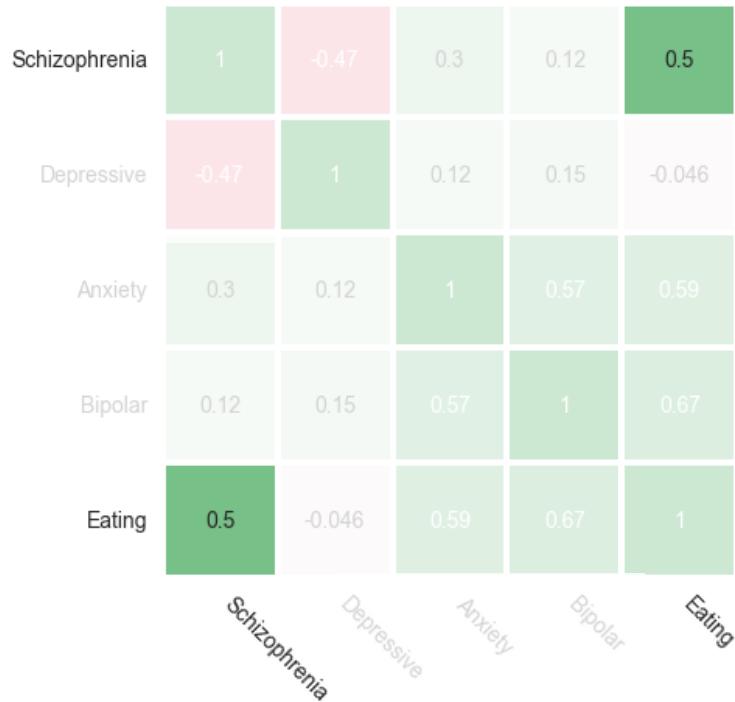


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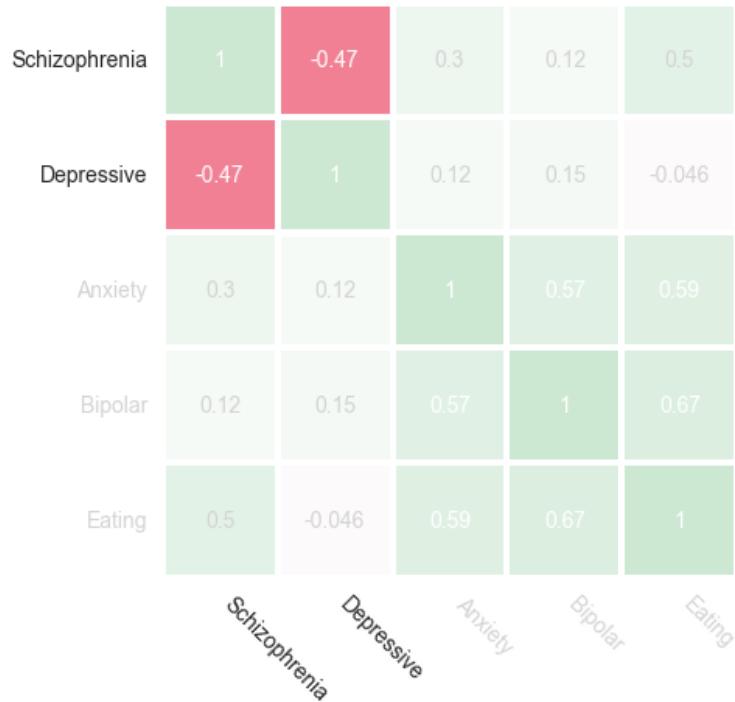


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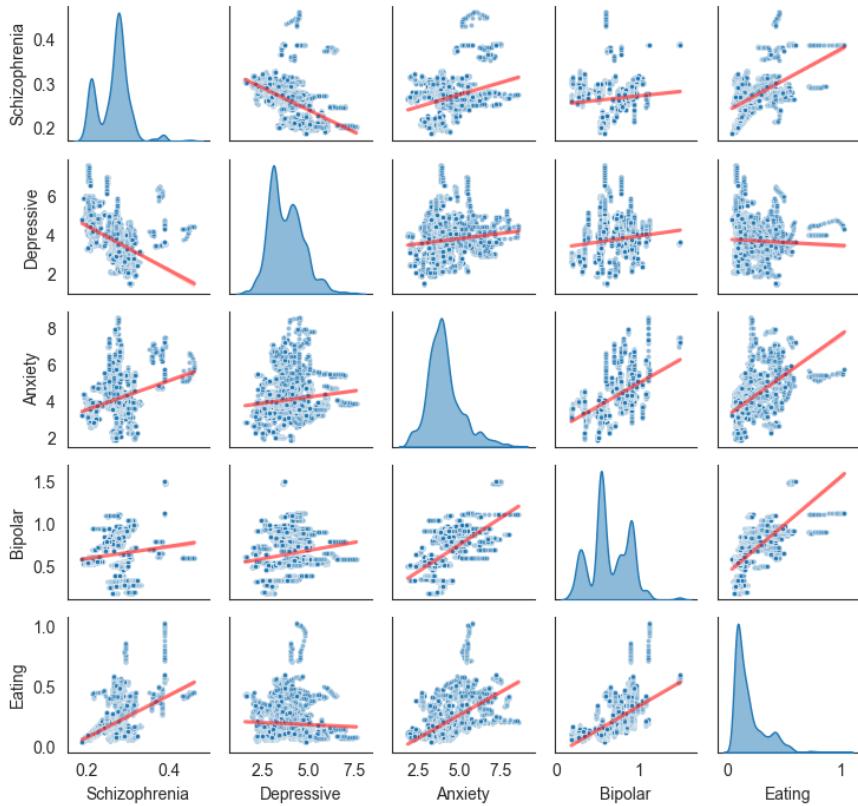
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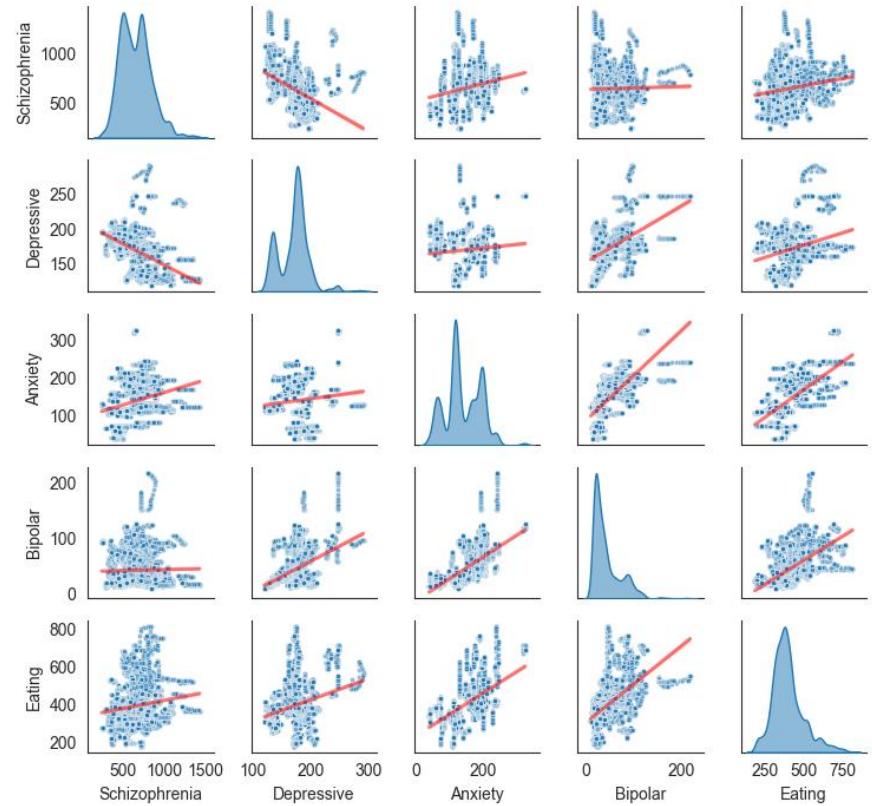
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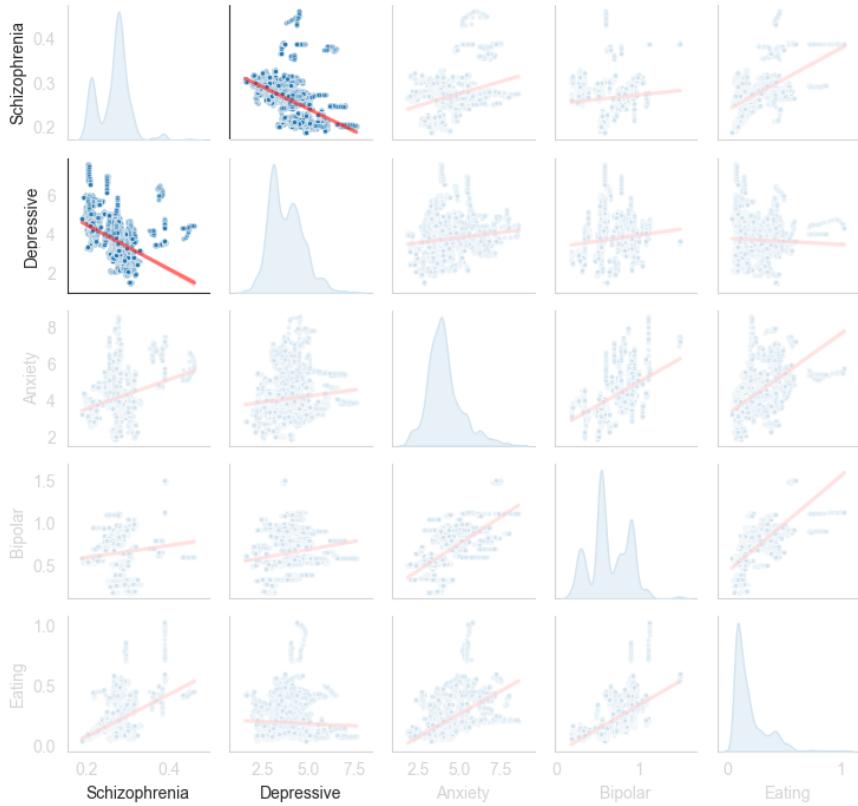


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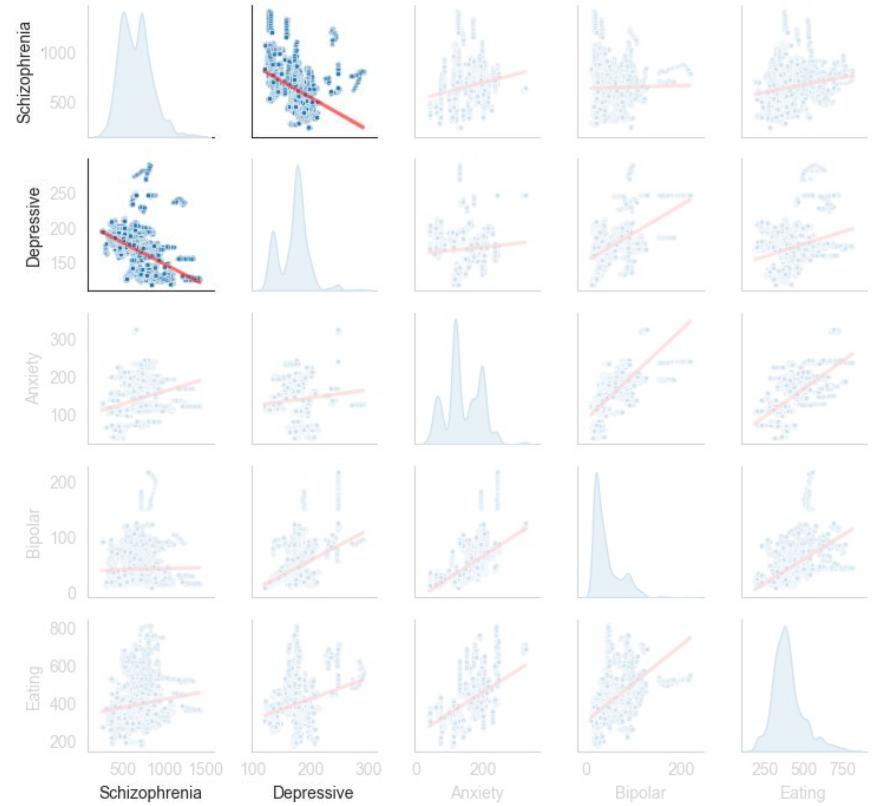


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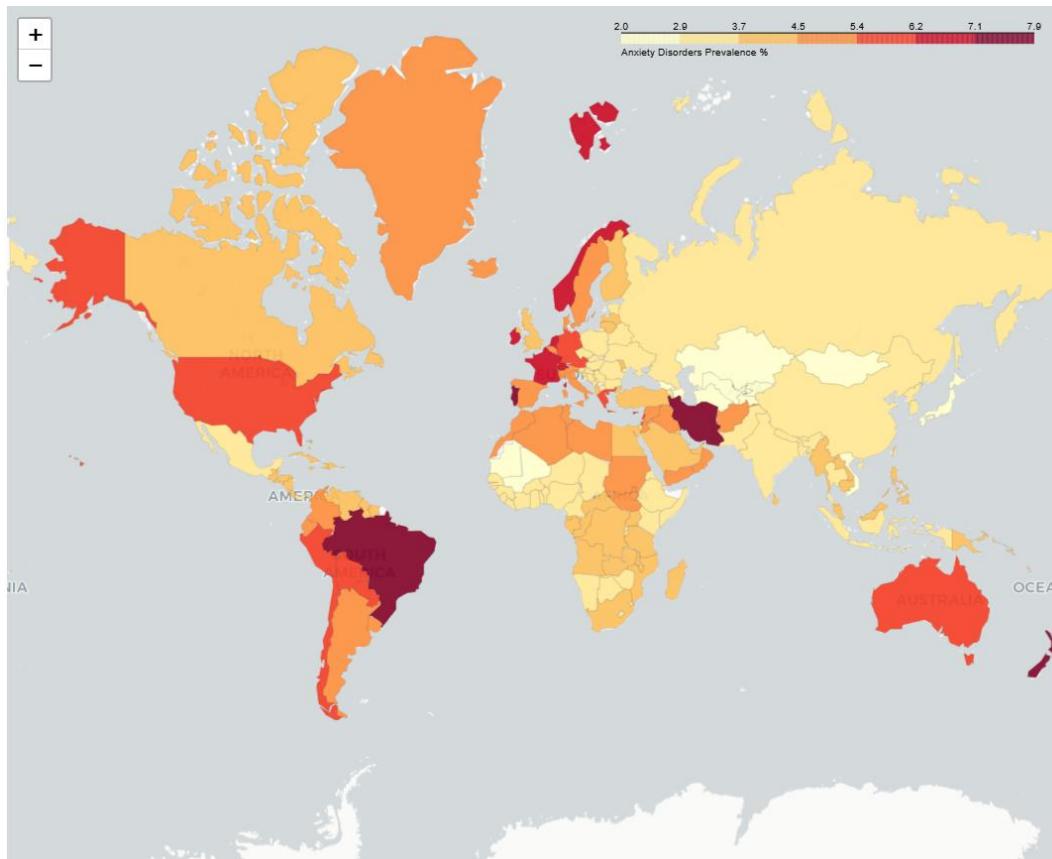


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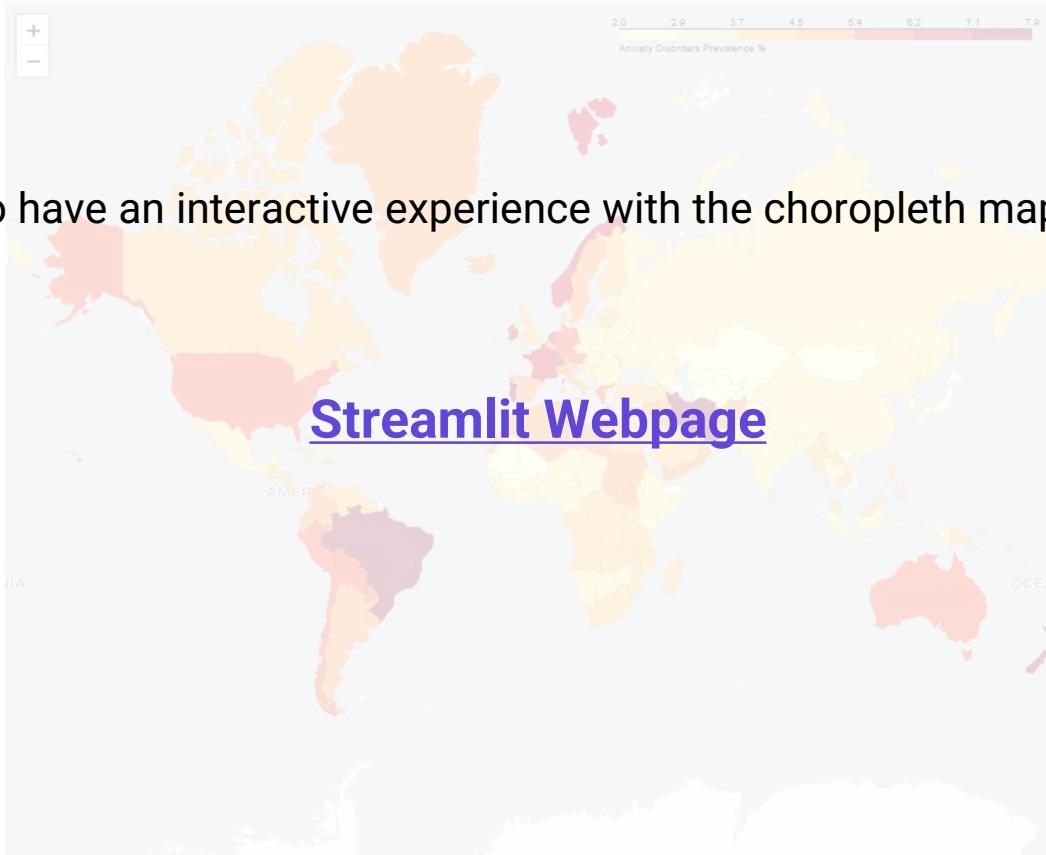


Mental health disorders choropleth maps

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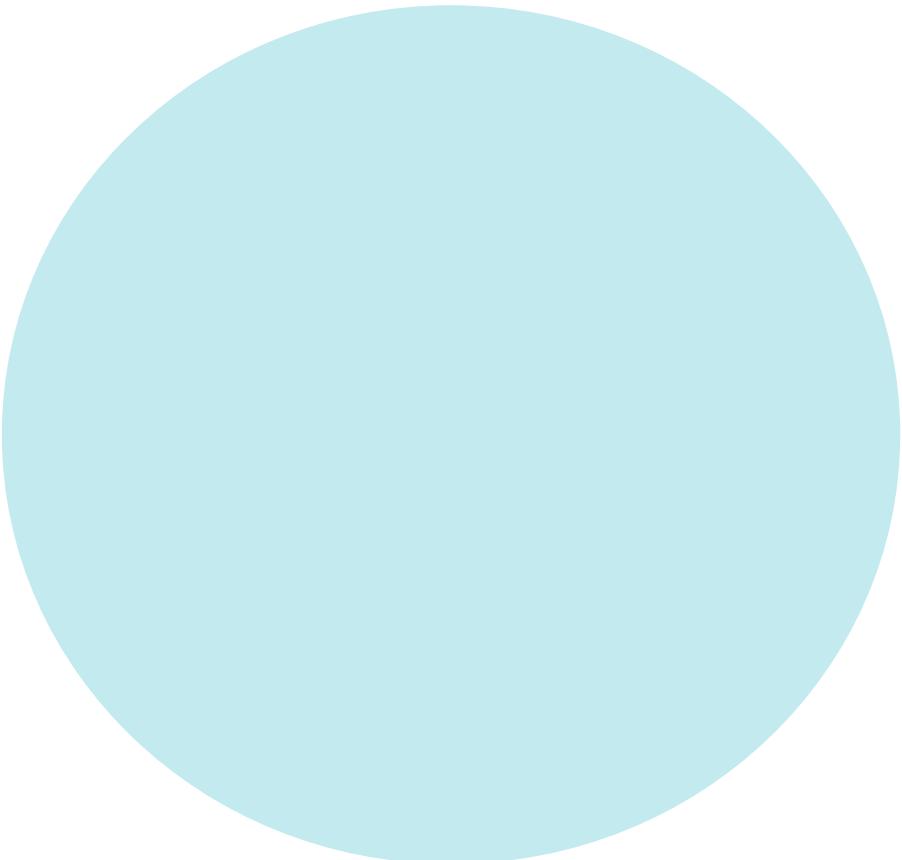


Mental health disorders choropleth maps



In order to have an interactive experience with the choropleth maps visit this:

CONCLUSIONS



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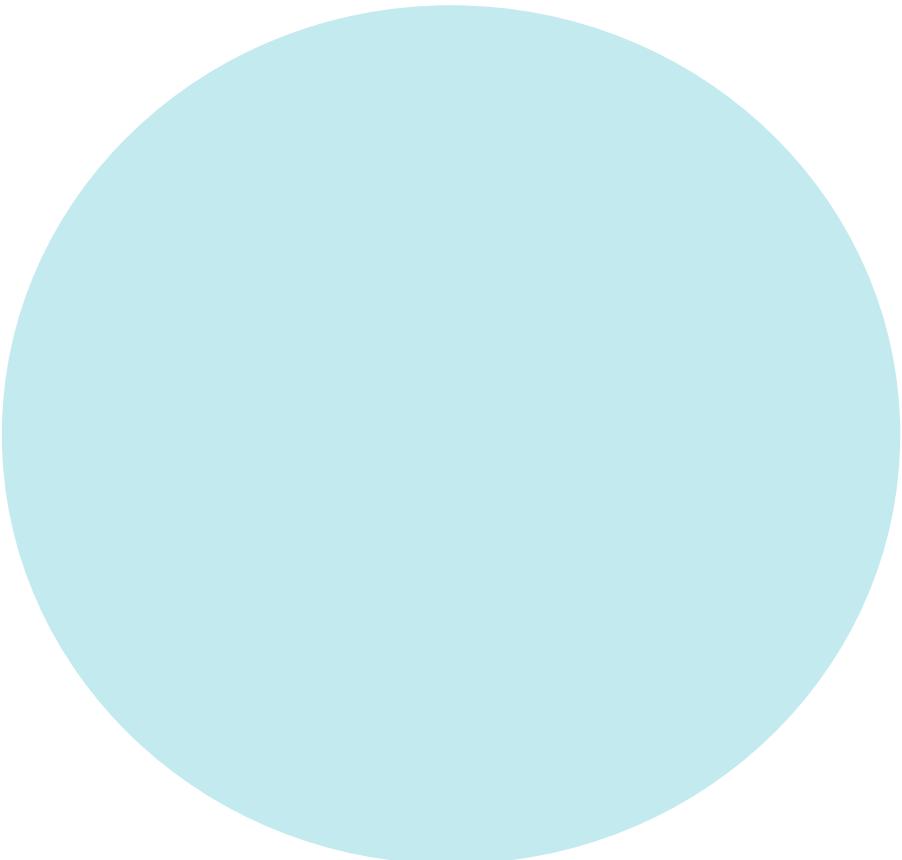


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Region of the **Americas and Europe** consistently show the **highest prevalence and DALY rates** across most disorders, reflecting **lifestyle-related stressors**, **more years lived with disability** and **greater detection**. **Africa and South-East Asia/Asia** report **lower prevalence**, but **higher DALYs** in some disorders (e.g., schizophrenia), suggesting **underdiagnosis combined with limited treatment access**. Cultural factors, such as **societal attitudes toward mental health, stigma, lifestyle norms, and healthcare-seeking behavior**, likely **modulate** both reported **prevalence and disability**.

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- **Countries with lowest DALYs rates** (e.g., Vietnam, Myanmar, South Korea) have substantially **lower measured burden**, likely reflecting **underdiagnosis, healthcare limitations, or cultural barriers to detection**.



KEY TAKEAWAYS

- Mental health burden does not simply decrease with income; high-income contexts may amplify both prevalence and functional impact, especially for anxiety, depression, and eating disorders.
- Schizophrenia remains an exception: economic disadvantage correlates with greater disability, underscoring the critical need for global access to psychiatric care.
- Geographic and cultural context shapes both detection and disability, highlighting the need for locally tailored interventions alongside universal strategies.
- These patterns underscore the importance of targeted, disorder-specific, income- and region-aware public health policies to reduce the global burden of mental disorders.

Global mental health trends are heterogeneous, income-sensitive, geographically influenced, and disorder-specific, requiring strategic, context-aware public health policies to address both rising burdens in high-income nations and treatment gaps in low-income or underdiagnosed regions.



**THANKS FOR YOUR
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