

Topic: The Effect of COVID-19 on Mental Health

Data Source: [Indicators of Anxiety or Depression](#) (CDC)

What I want to show and why?

Rates of anxiety and depression among adults were increasing before the outbreak of COVID. Causes of depression are often listed as some combination of isolation, poor habits, substance dependency, financial worry, and/or stressful life events. Thus, it makes sense that COVID and its after-effects acted as a sort of accelerant to what was already a national mental health crisis.

To begin the healing process, and offer the types of help and service that hard hit communities need, we first need to identify these hard hit demographics. With this as the motivation, I'd like to explore and visualize the locations and demographics that were hardest hit with rising rates of anxiety and depression as a result of COVID-19.

Technologies: Python > Plotly > Dash

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References:

1. Mental Health America. (2020). **The State of Mental Health in America** [report]. Retrieved from: <https://www.mhanational.org/issues/state-mental-health-america>
2. National Institute of Mental Health. (2021). **Depression** [article]. Retrieved from: <https://www.nimh.nih.gov/health/publications/depression/index.shtml>