

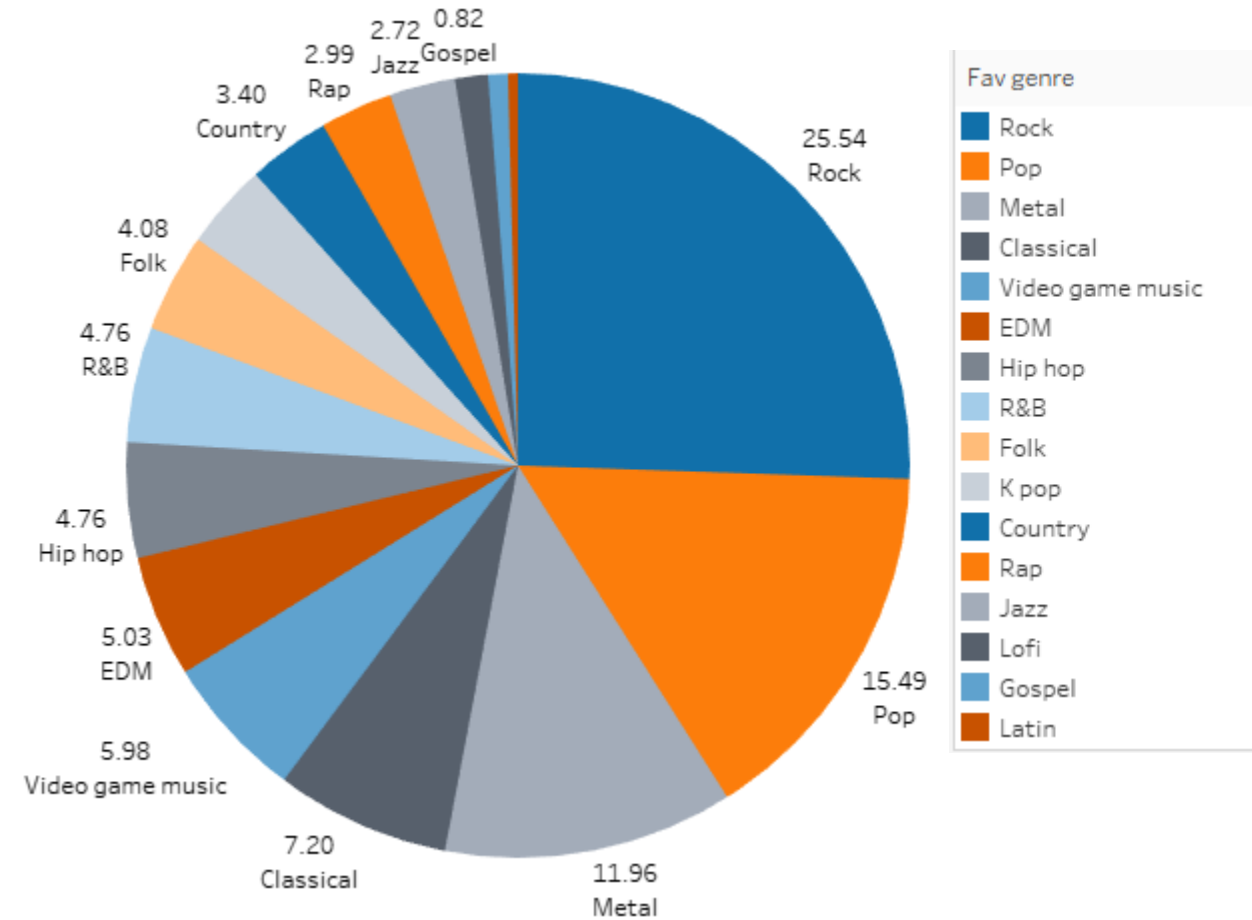
MUSIC AND MENTAL HEALTH SURVEY

Mostafa Fathy Eid

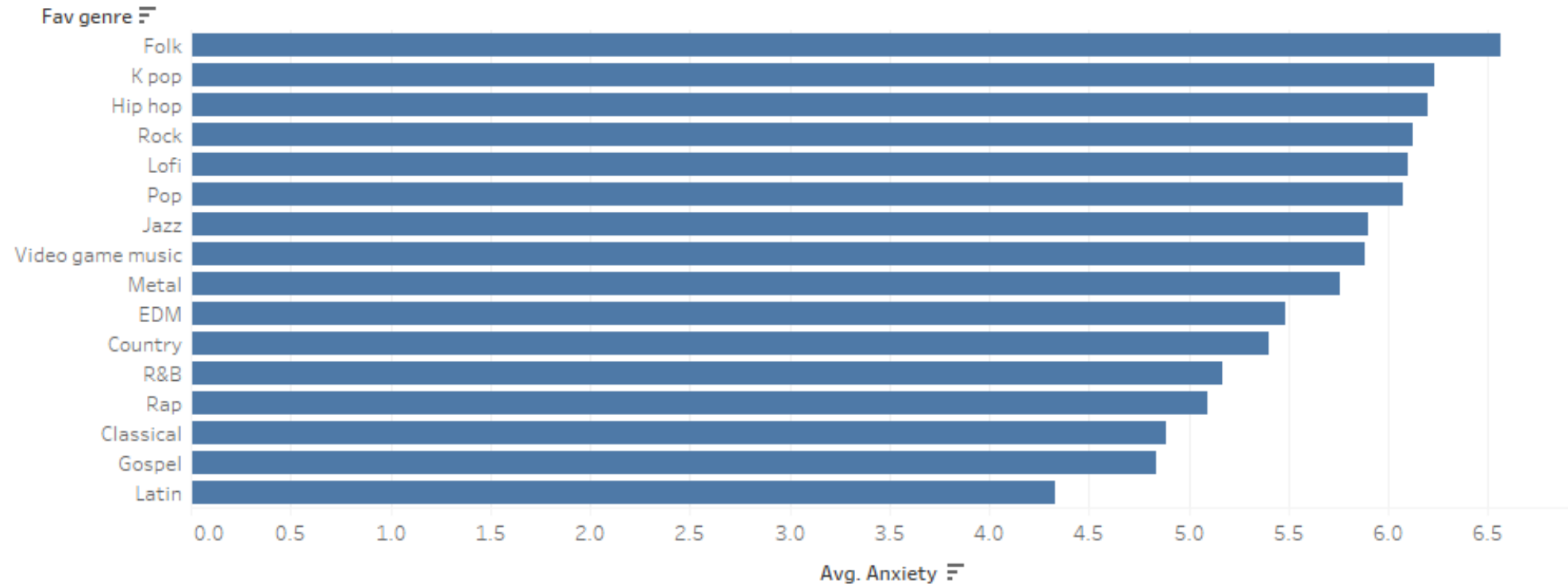


Music Genres

We can see "Rock" music is favor genre for the most Respondents.

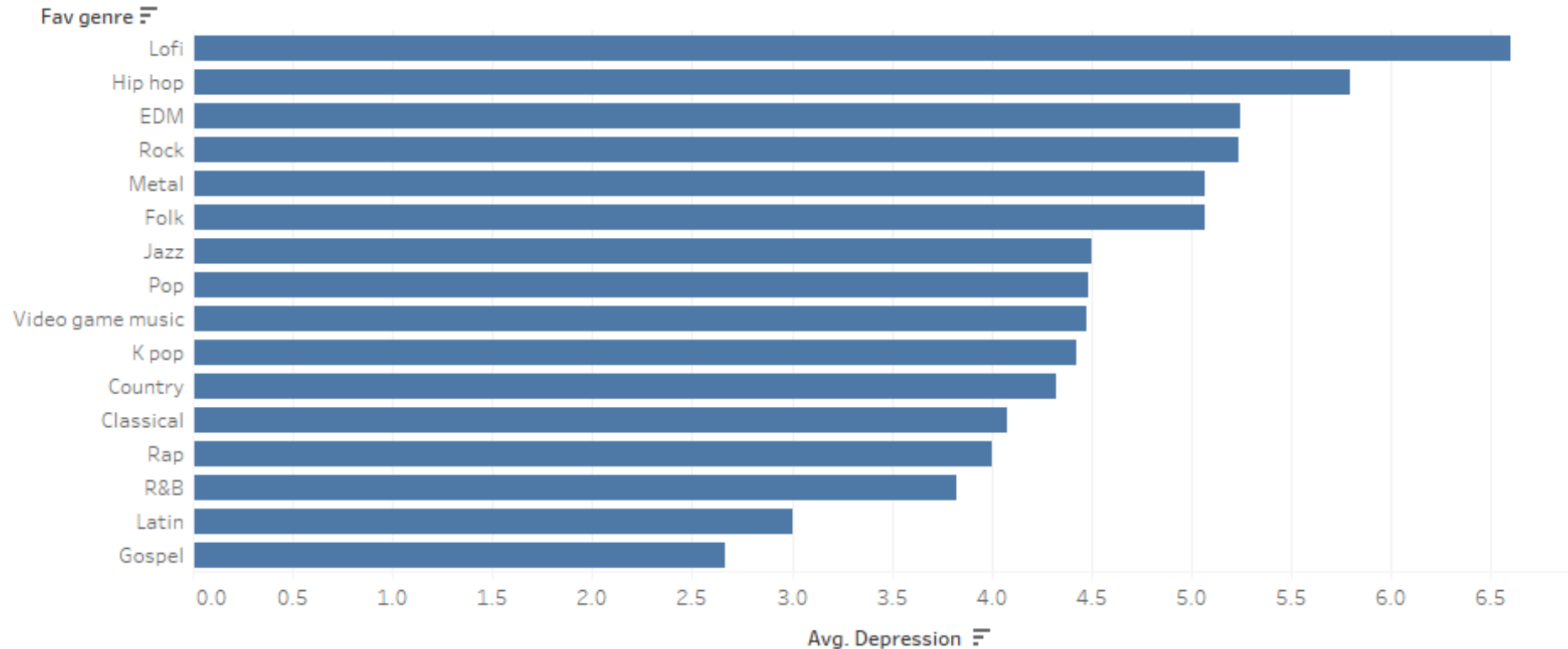


Music genres & Anxiety



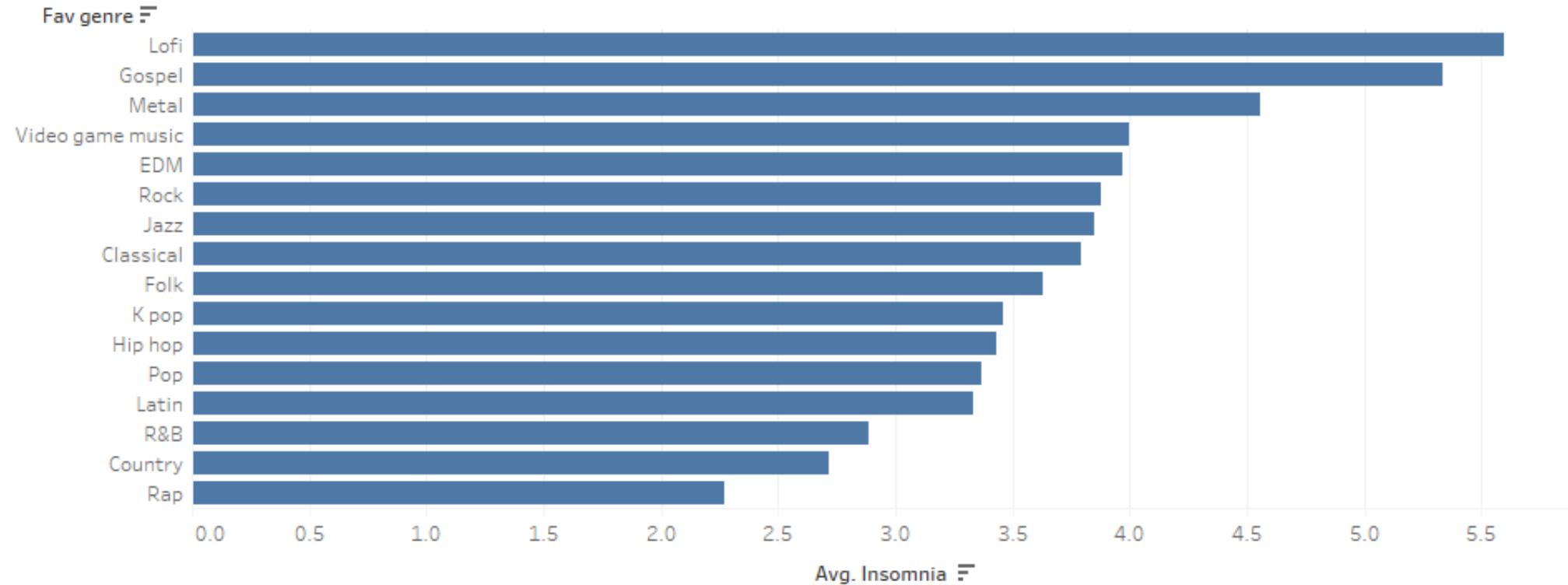
We can see Respondents that “Latin” or “Gospel” music is favor genre is less suffer from anxiety than others.

Music genres & Depression



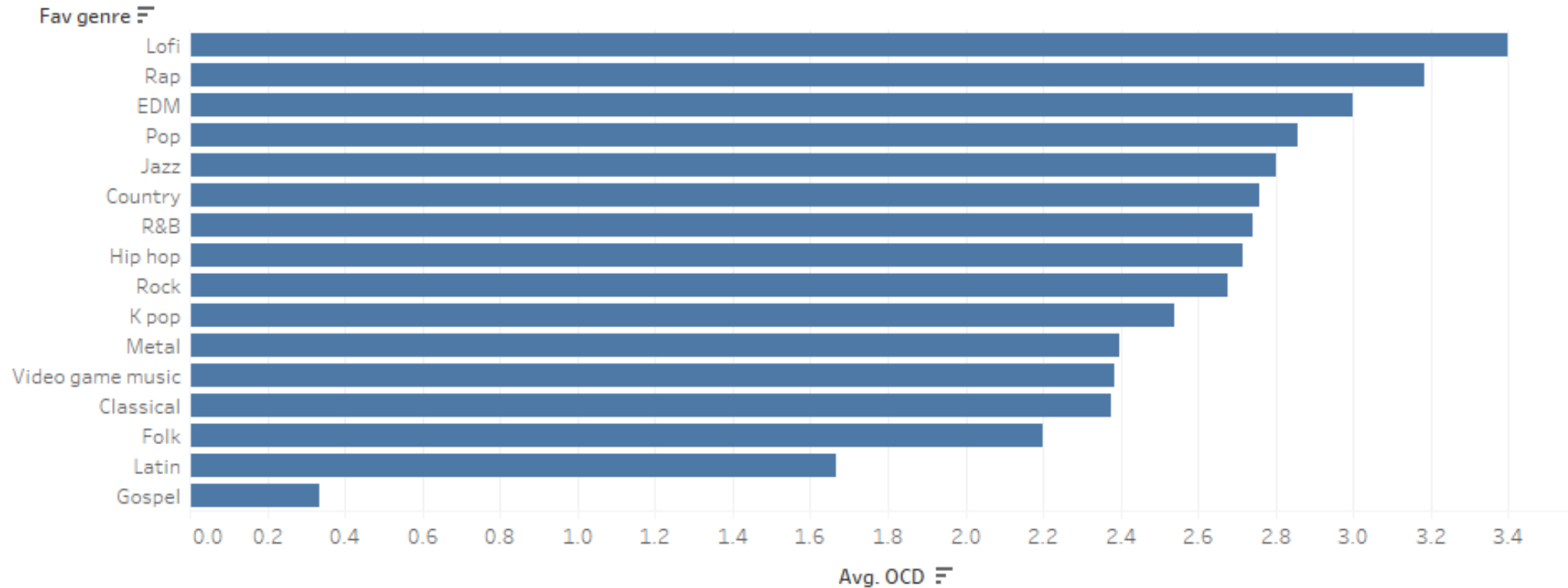
We can see Respondents that “Gospel” or “Latin” music is favor genre is less suffer from depression than others.

Music genres & Insomnia



We can see Respondents that “Rap” or “Country” music is favor genre is less suffer from insomnia than others.

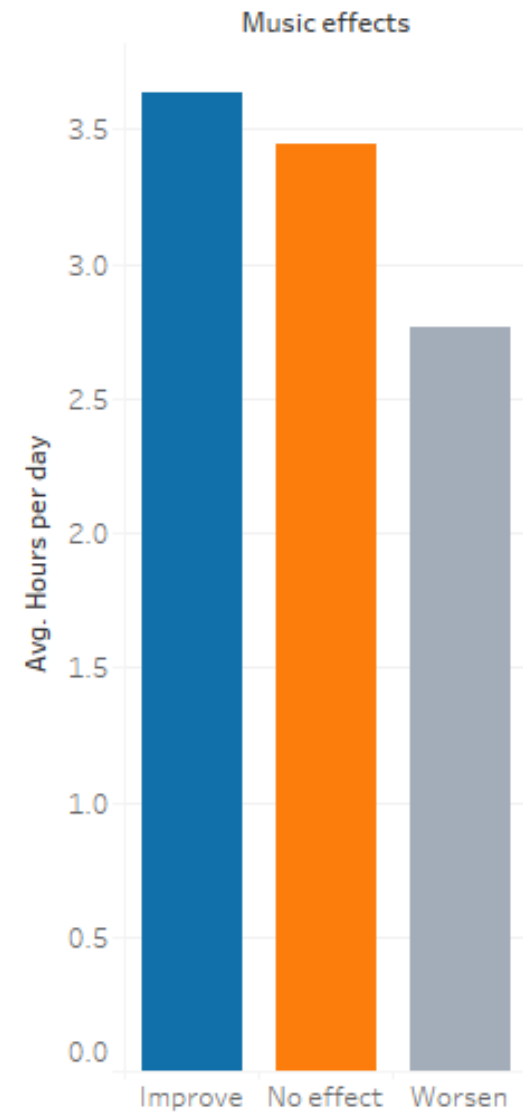
Music genres & OCD



We can see Respondents that “Gospel” or “Latin” music is favor genre is less suffer from OCD than others.

Hours of Listening per Day

We can see the Respondent whose average hours of listening music per day greater than 3.5, music improve his mental health .



Primary streaming service

We can Spotify is the most using.

-With the previous result we can make a playlist contains Latin and Gospel music on Spotify for people who suffer from Anxiety and Depression and OCD.

