MENTAL HEALTH

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MENTAL HEALTH ANALYSIS
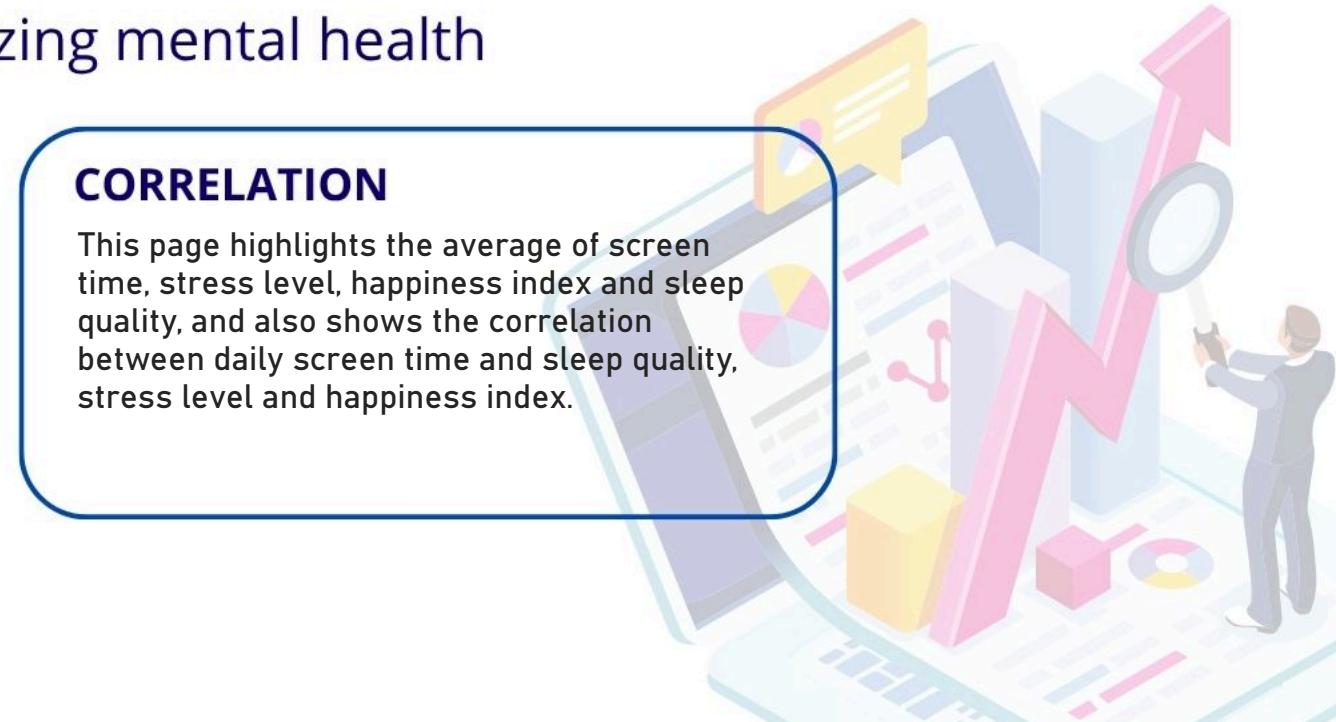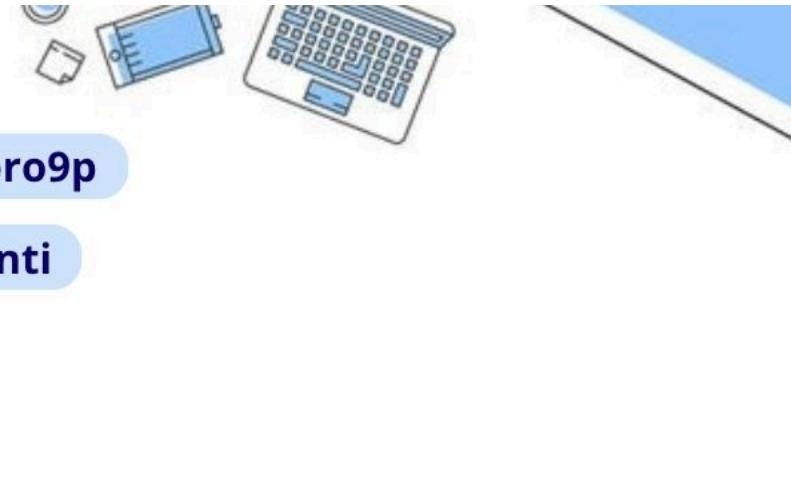
An interactive Power BI dashboard analyzing mental health

OVERVIEW

This page provides an overview of mental health and social media balance. showing total of social media, and respondens, also showing of average age, most used platform, and least used platform. and comparison of each aspect to understand things that affect mental health.

CORRELATION

This page highlights the average of screen time, stress level, happiness index and sleep quality, and also shows the correlation between daily screen time and sleep quality, stress level and happiness index.

OVERVIEW

Age

16   49

Gender
All

Social Media
All

TOTAL SOCIAL MEDIA
6

TOTAL RESPONDENTS
500

AVERAGE AGE
32.99

User Count by Platform

Platform	Number of Respondents
TikTok	95
X (Twitter)	88
LinkedIn	87
Facebook	81
YouTube	75
Instagram	74

Number of Respondents
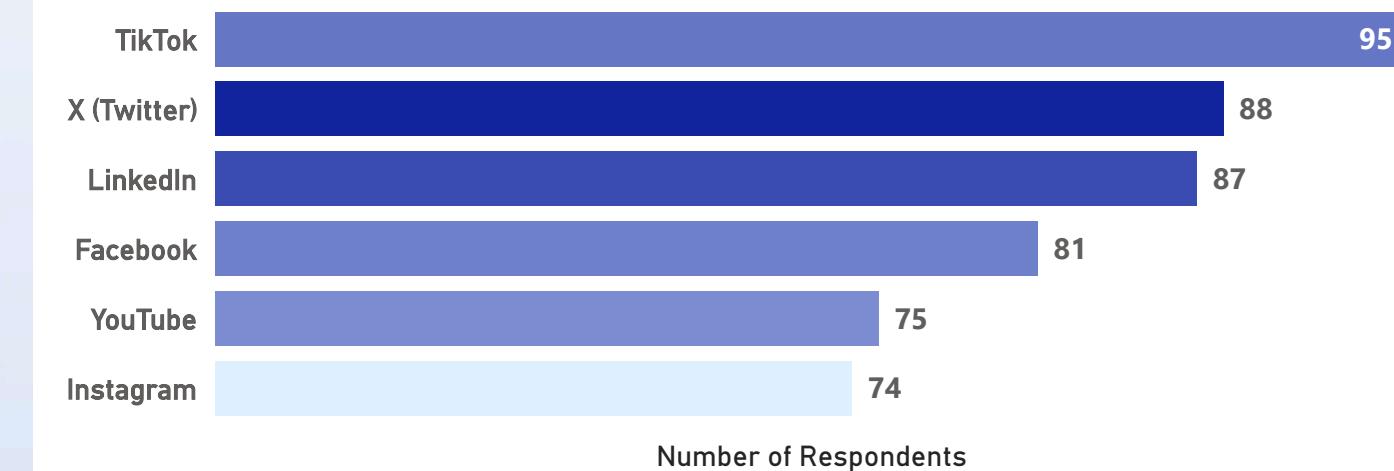
Highest Daily Screen Time
Instagram
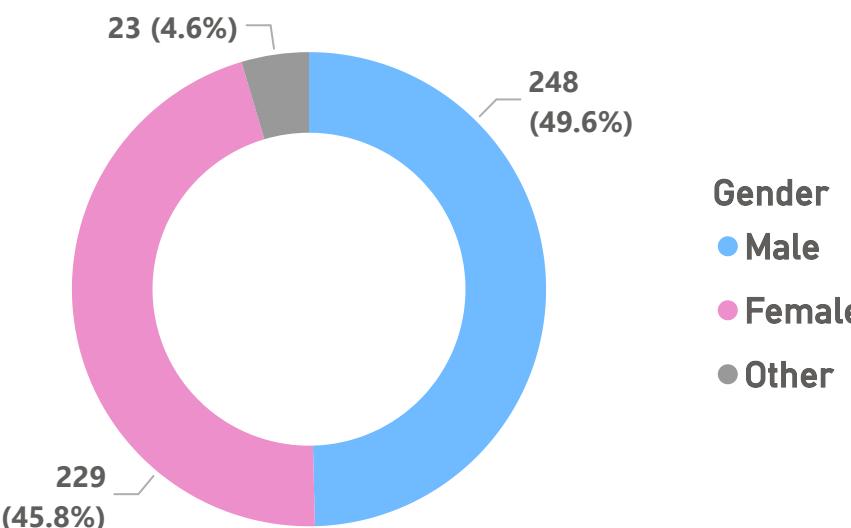
Lowest Daily Screen Time
LinkedIn
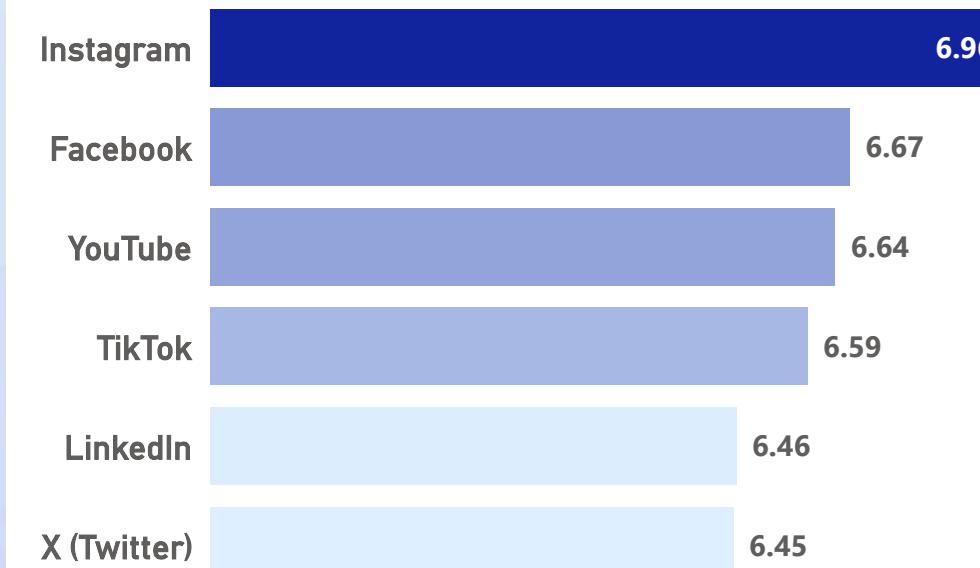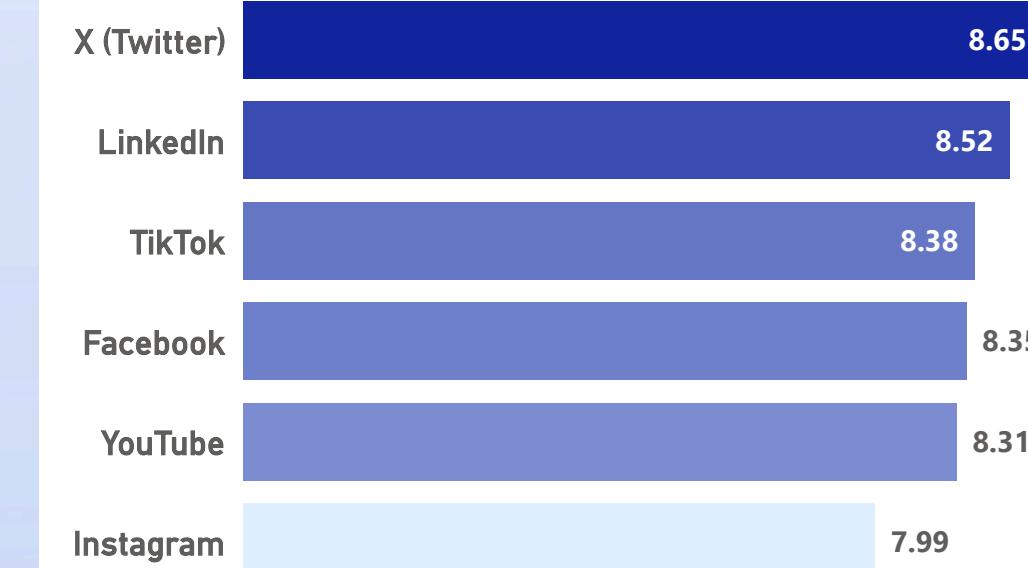
Respondent Gender Breakdown

23 (4.6%)
248 (49.6%)
229 (45.8%)

Gender
- Male
- Female
- Other

Average Stress Level by Social Media Platform

Platform	Average Stress Level (1–10)
Instagram	6.96
Facebook	6.67
YouTube	6.64
TikTok	6.59
LinkedIn	6.46
X (Twitter)	6.45

Average Stress Level (1–10)

Average Happiness Index by Social Media Platform

Platform	Average Happiness Index (1–10)
X (Twitter)	8.65
LinkedIn	8.52
TikTok	8.38
Facebook	8.35
YouTube	8.31
Instagram	7.99

Average Happiness Index (1–10)

CORRELATION

Gender All

Social Media All

| AVERAGE SCREEN TIME (hrs)	AVERAGE STRESS LEVEL	AVERAGE HAPPINESS INDEX	AVERAGE SLEEP QUALITY
5.53	6.62	8.38	6.30
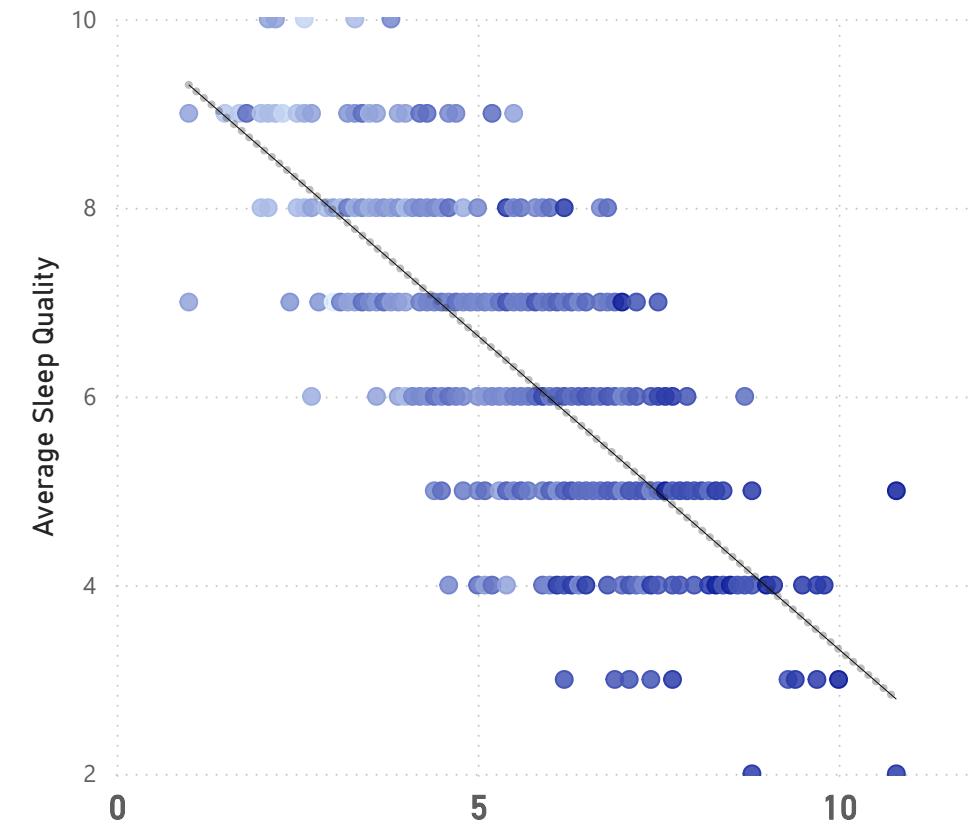
Correlation Between Daily Screen Time and Sleep Quality

Y-axis: Average Sleep Quality; X-axis: Daily_Screen_Time(hrs)
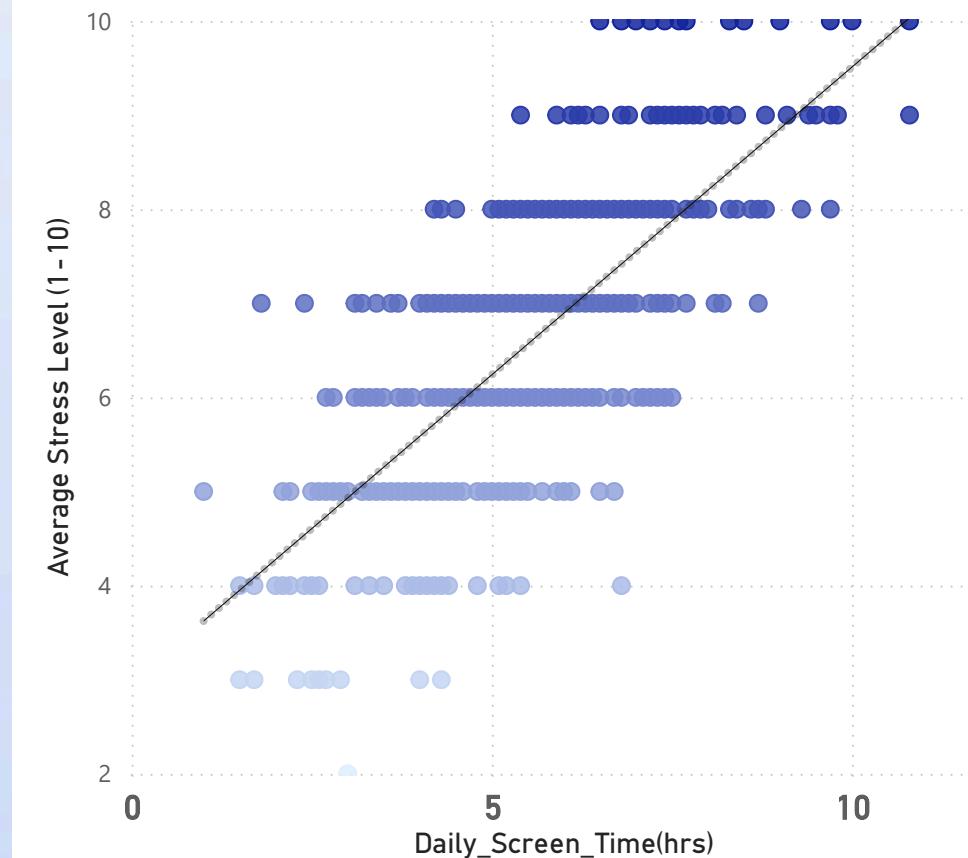
Correlation Between Daily Screen Time and Stress Levels

Y-axis: Average Stress Level (1 - 10); X-axis: Daily_Screen_Time(hrs)

Correlation Between Daily Screen Time and Happiness Index

Y-axis: Happiness Index (1 - 10); X-axis: Daily_Screen_Time(hrs)