

MUSIC & MENTAL HEALTH



WHO WE SURVEYED



Data gathered from a public dataset of music listeners with age, habits, and depression scores.

KEY FINDINGS

Depression Score and listening hours

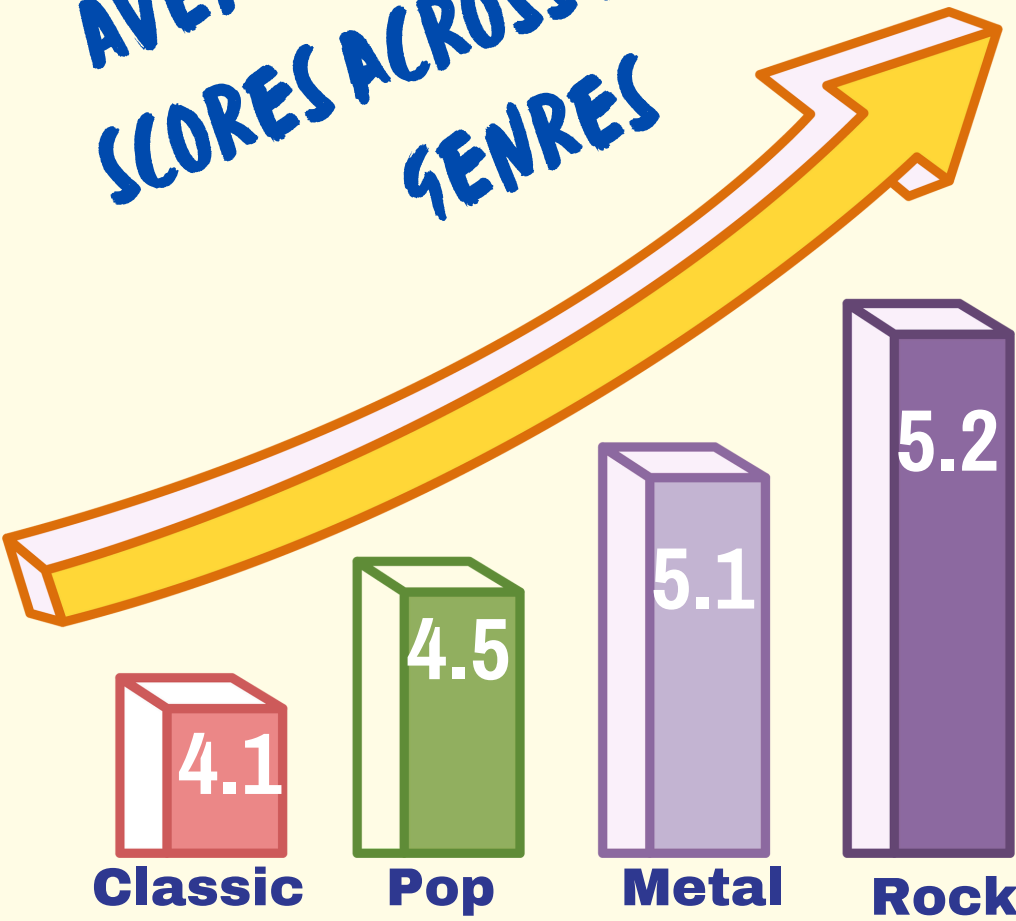
A positive relationship



MUSIC WHILE WORKING/STUDYING

No relationship between studying with/without music and depression

AVERAGE DEPRESSION SCORES ACROSS POPULAR GENRES



Average depression score out of 10



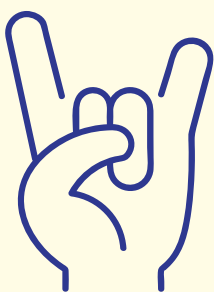
AGE & DEPRESSION

Adults reported higher depression than individuals under 21.



PLAYING AN INSTRUMENT

Instrument players and non-players showed no big difference in depression levels



Rock listeners reported slightly higher depression levels

Conclusion

Music reflects our emotions: sometimes easing depression, sometimes revealing it.