Project
Music and mental health

"**Music & Mental Health Survey Results**" dataset contains results on music taste and self-reported mental health. **732** respondents rank main MH issues on a scale of 0 to 10, where 0 - do not experience this; 10 - I experience this regulary.

Age Group

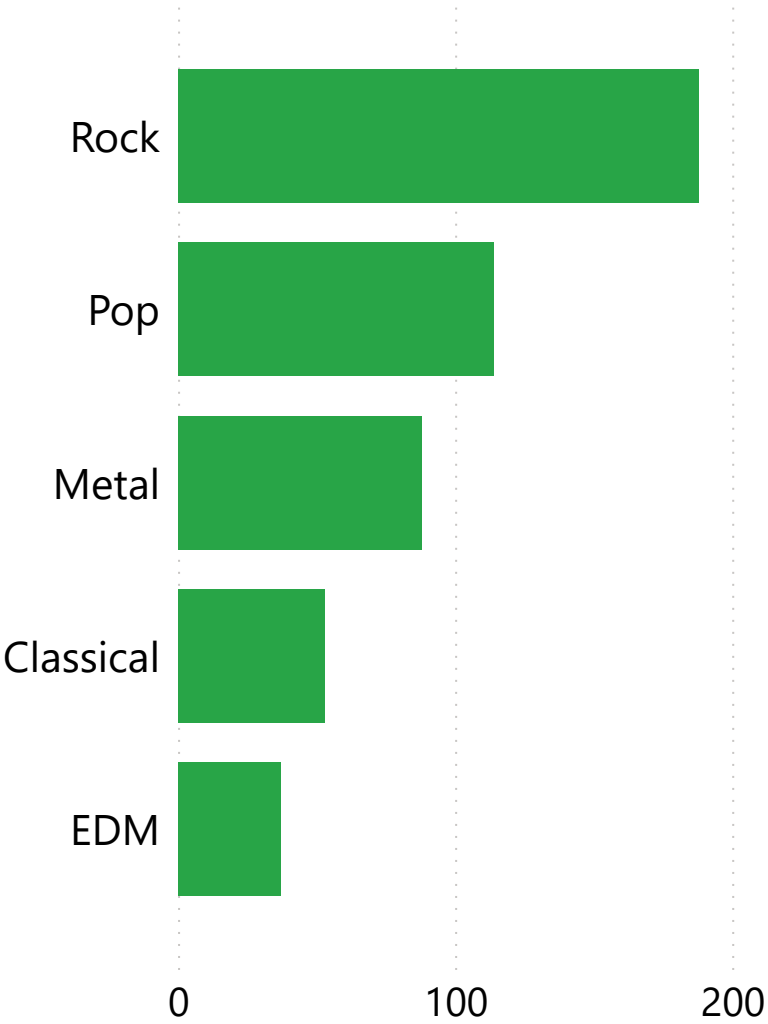- ☐ middle-aged
- ☐ senior
- ☐ teen
- ☐ young adult

Steaming Service
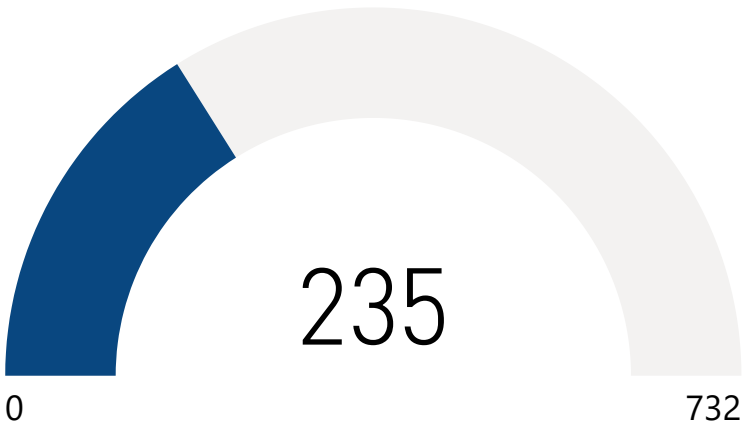
- ☐ Apple Music
- ☐ Do not use
- ☐ Other
- ☐ Spotify

Mental Health Problems (mean scores)

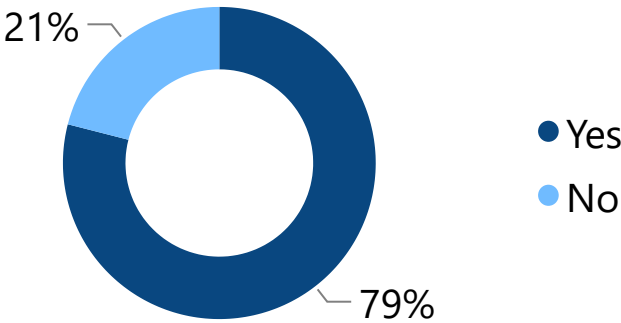| 4,79	3,74	2,63	5,84
Depression	Insomnia	OCD	Anxiety

Most Popular Genres

- Rock
- Pop
- Metal
- Classical
- EDM

(0, 100, 200)

Listening Instrumental Music

235

(0 — 732)

Listening while Working

21%
79%

- ● Yes
- ● No

Music Effects

(500, 400, 300, 200, 100, 0)

- Improve
- No effect
- Worsen