



# MENTAL HEALTH AWARENESS

Mental Health Disorders Data  
Analysis



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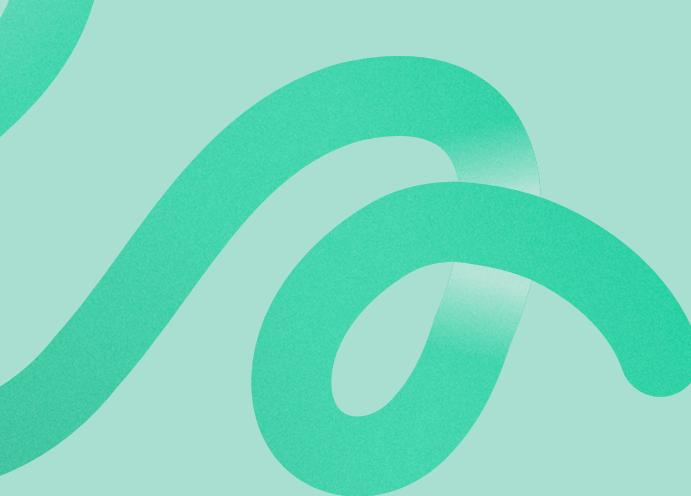




# Objective

This analytical report provides insights derived from a dataset on global mental health disorders. The analysis focuses on depressive disorders, anxiety disorders, and schizophrenia, examining trends, country-specific data, and categorizing mental health burdens globally.

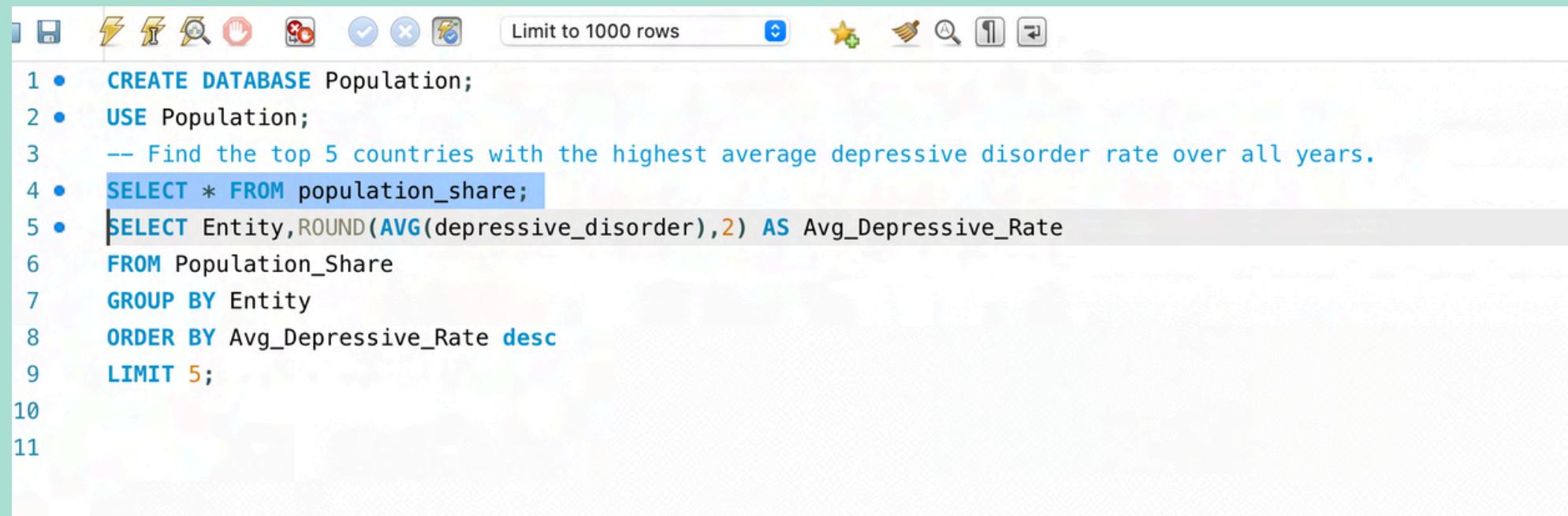




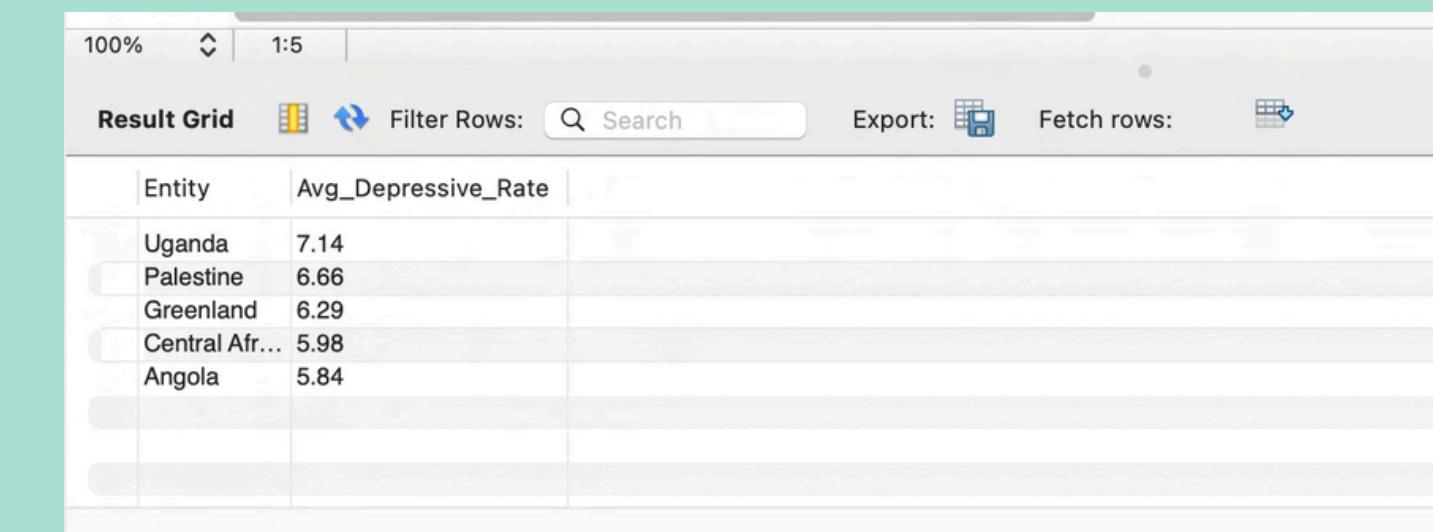
# Key Analysis & Findings



# Top 5 Countries with Highest Average Depressive Disorder Rate



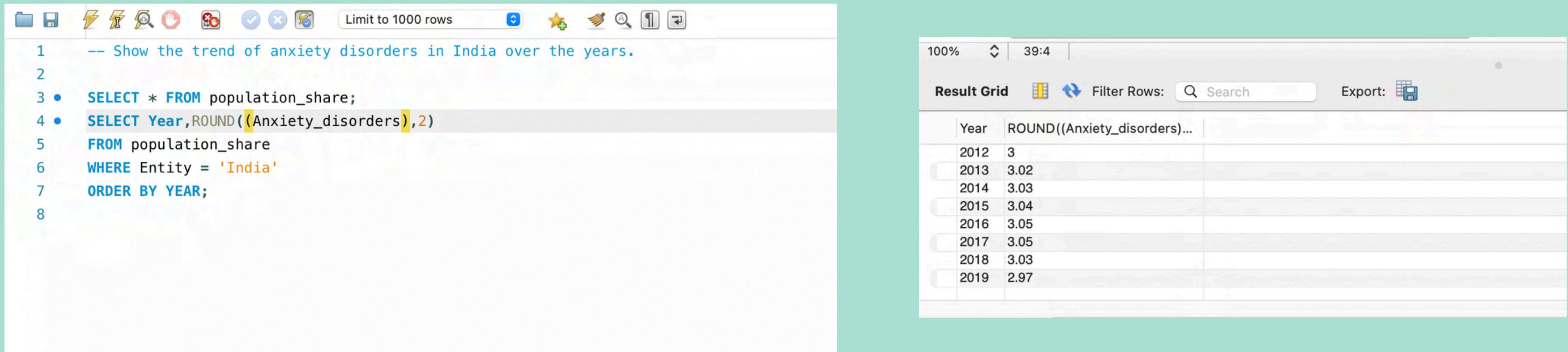
```
1 • CREATE DATABASE Population;
2 • USE Population;
3 -- Find the top 5 countries with the highest average depressive disorder rate over all years.
4 • SELECT * FROM population_share;
5 • |SELECT Entity,ROUND(AVG(depressive_disorder),2) AS Avg_Depressive_Rate
6 |FROM Population_Share
7 |GROUP BY Entity
8 |ORDER BY Avg_Depressive_Rate desc
9 |
10
11
```



Entity	Avg_Depressive_Rate
Uganda	7.14
Palestine	6.66
Greenland	6.29
Central Afr...	5.98
Angola	5.84

These countries demonstrate consistently high rates of depression, suggesting the need for targeted mental health interventions.

# Trend of Anxiety Disorders in India Over the Years



The screenshot shows a database query interface with the following details:

**SQL Query (Left Panel):**

```
1 -- Show the trend of anxiety disorders in India over the years.  
2  
3 • SELECT * FROM population_share;  
4 • SELECT Year,ROUND((Anxiety_disorders),2)  
  FROM population_share  
 WHERE Entity = 'India'  
 ORDER BY YEAR;  
8
```

**Result Grid (Right Panel):**

Year	ROUND((Anxiety_disorders),2)
2012	3
2013	3.02
2014	3.03
2015	3.04
2016	3.05
2017	3.05
2018	3.03
2019	2.97

The analysis highlights whether the anxiety disorder rate is increasing, decreasing, or stable, helping understand the mental health trajectory in India.

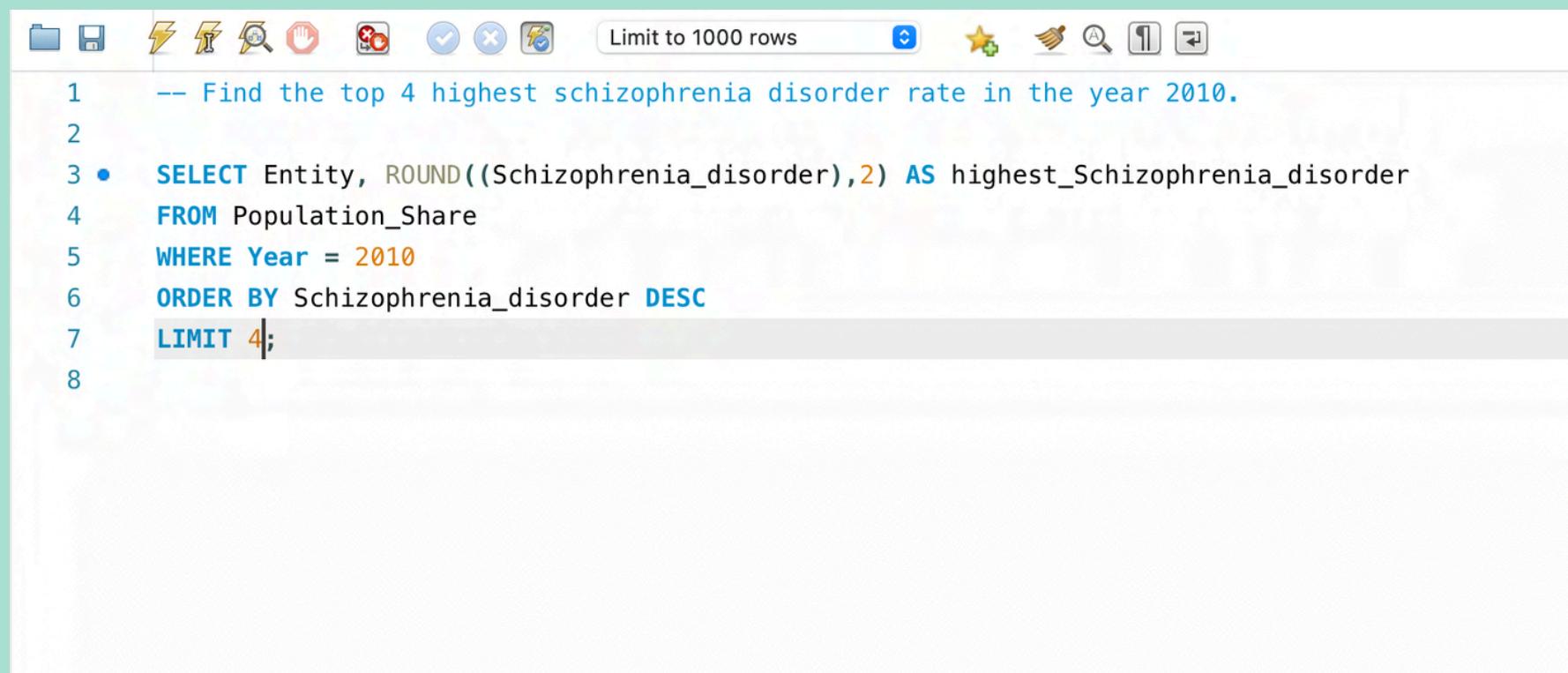
# Countries with Increased Depression Rate in 2019 Compared to 2000

```
1 -- Identify countries where the depression rate in 2019 is higher than in 2000.
2 • SELECT * FROM population_share;
3 • SELECT p1.Entity, ROUND((p1.Depressive_disorder),2) AS Depression_2000,
4     ROUND((p2.Depressive_disorder),2) AS Depression_2019
5 FROM Population_Share p1
6 JOIN Population_Share p2
7 ON p1.Entity = p2.Entity AND p1.Year = 2000 AND p2.Year = 2019
8 WHERE p2.Depressive_disorder > p1.Depressive_disorder;
9 • SELECT DISTINCT Year FROM Population_Share ORDER BY Year;
10
```

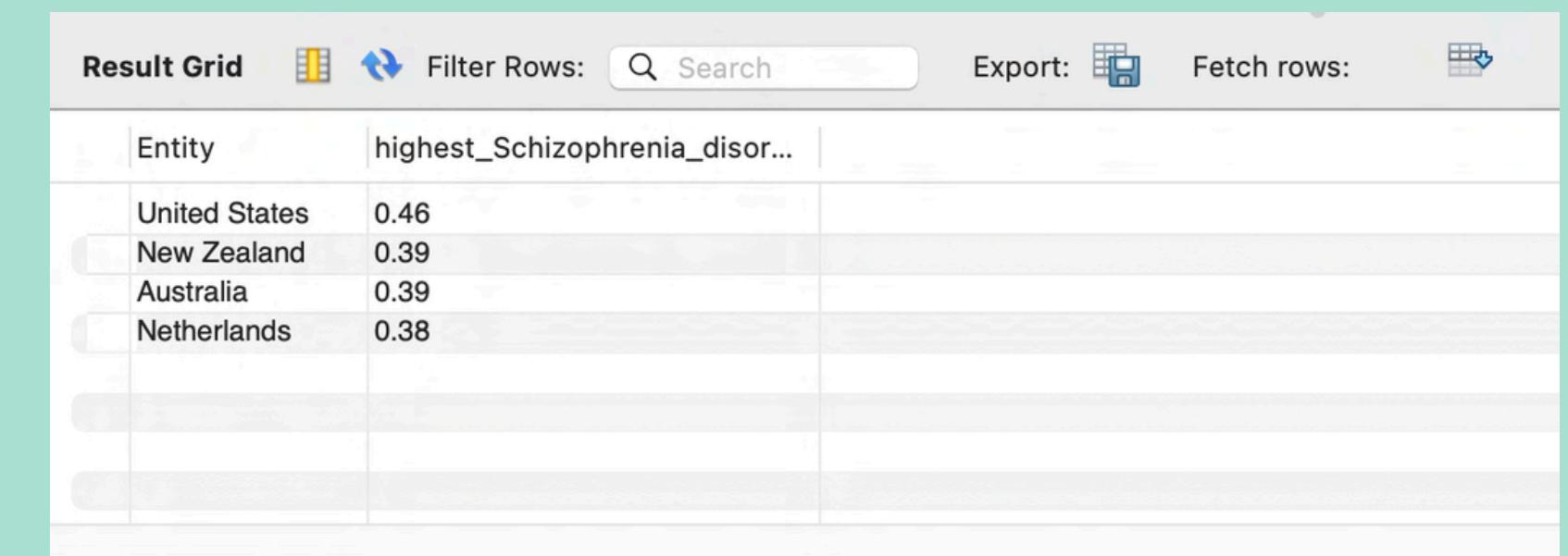
Entity	Depression_2000	Depression_2019
Syria	4	4.13
Taiwan	2.52	2.56
Togo	4.47	4.5
Tonga	2.68	2.69
United Sta...	3.23	3.36
Uruguay	2.61	2.84
Zambia	4.19	4.22
Zimbabwe	3.3	3.4

These countries may require investigation into socio-economic or cultural factors contributing to the rise in depression.

# Top 4 Countries with Highest Schizophrenia Disorder Rate in 2010



```
1 -- Find the top 4 highest schizophrenia disorder rate in the year 2010.  
2  
3 • SELECT Entity, ROUND((Schizophrenia_disorder),2) AS highest_Schizophrenia_disorder  
4 FROM Population_Share  
5 WHERE Year = 2010  
6 ORDER BY Schizophrenia_disorder DESC  
7 LIMIT 4;  
8
```

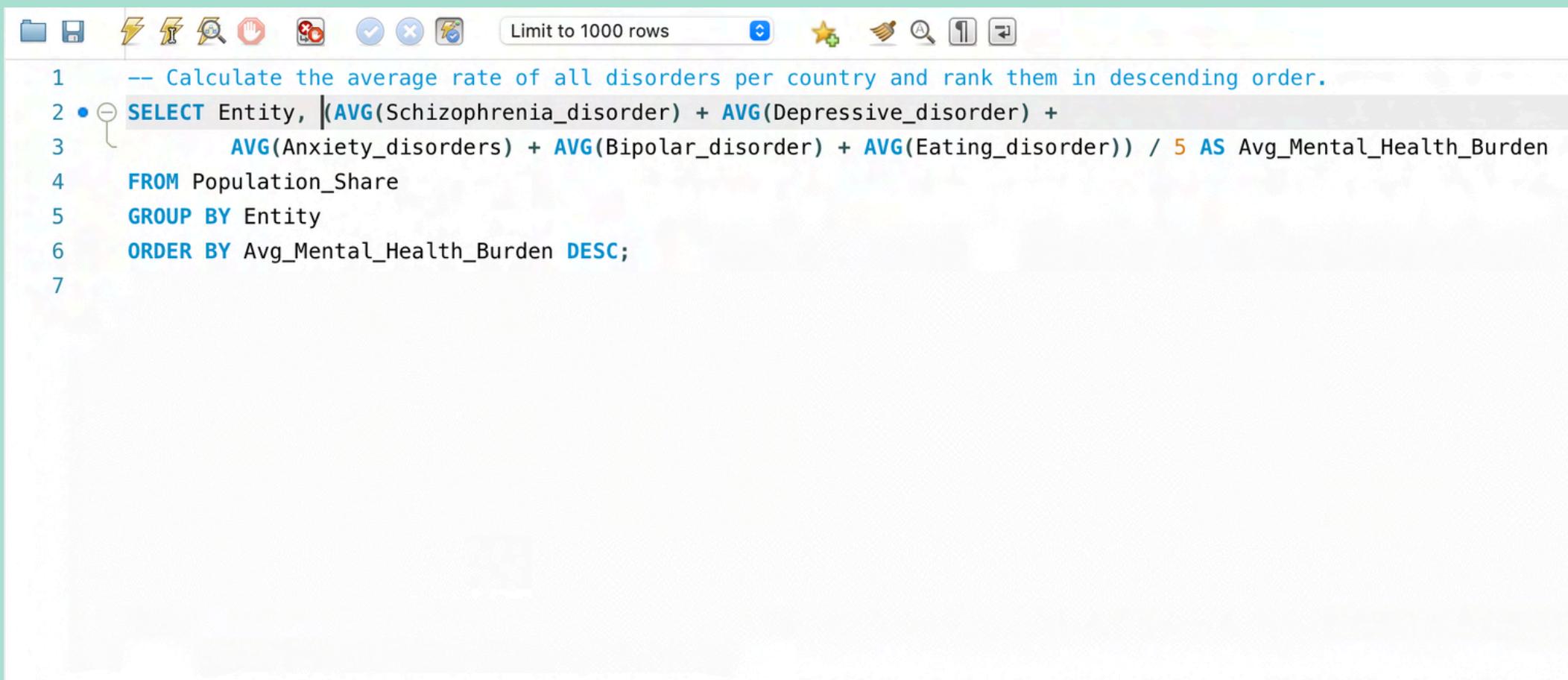


The results grid displays the following data:

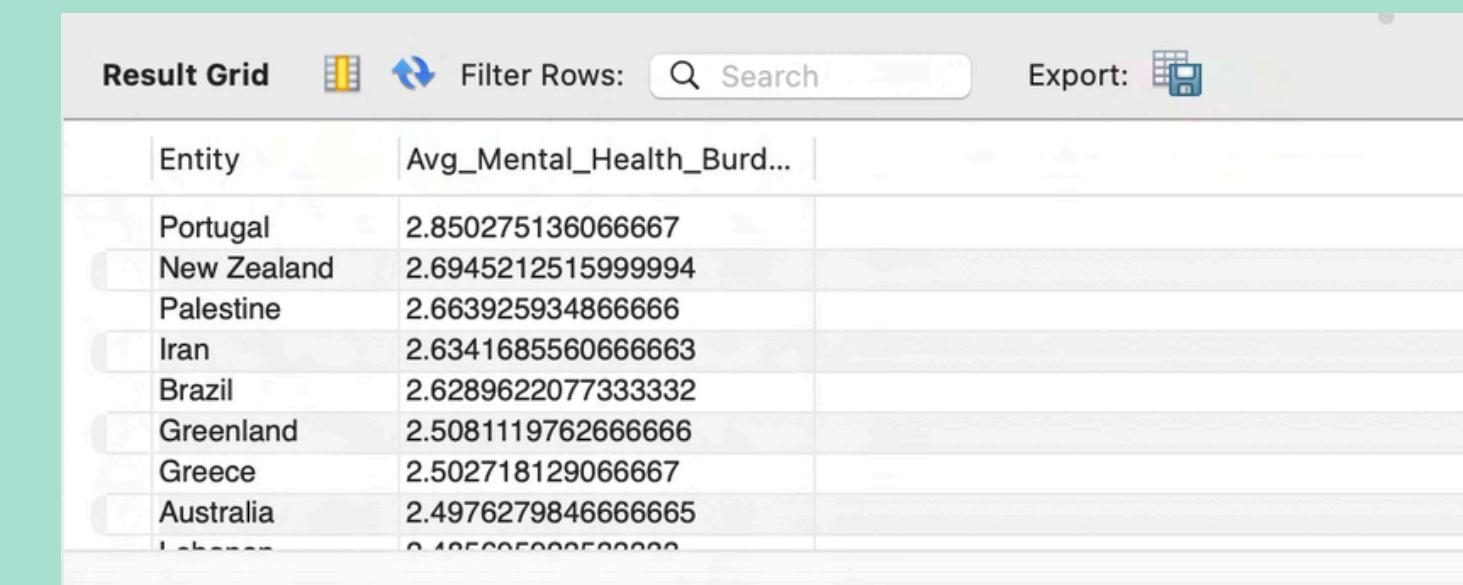
Entity	highest_Schizophrenia_disorder
United States	0.46
New Zealand	0.39
Australia	0.39
Netherlands	0.38

This helps identify regions with significant mental health challenges related to schizophrenia.

# Average Disorder Rate Per Country and Ranking



```
1 -- Calculate the average rate of all disorders per country and rank them in descending order.
2 • SELECT Entity, (AVG(Schizophrenia_disorder) + AVG(Depressive_disorder) +
3     AVG(Anxiety_disorders) + AVG(Bipolar_disorder) + AVG(Eating_disorder)) / 5 AS Avg_Mental_Health_Burden
4 FROM Population_Share
5 GROUP BY Entity
6 ORDER BY Avg_Mental_Health_Burden DESC;
7
```



Entity	Avg_Mental_Health_Burd...
Portugal	2.8502751360666667
New Zealand	2.6945212515999994
Palestine	2.663925934866666
Iran	2.6341685560666663
Brazil	2.6289622077333332
Greenland	2.508111976266666
Greece	2.502718129066667
Australia	2.4976279846666665
Lithuania	2.485665666666666

Ranked countries in descending order to identify those with the most significant mental health burden.

# Countries with Both Anxiety and Depressive Disorders Above 5% in the Most Recent Year

The screenshot shows a database interface with a toolbar at the top and a query editor below. The query editor contains the following SQL code:

```
1 -- List countries where both anxiety and depressive disorders are above 5% in the most recent year.
2
3 • SELECT Entity, Year, Anxiety_disorders, Depressive_disorder
4 FROM Population_Share
5 WHERE Year = (SELECT MAX(Year) FROM Population_Share)
6 AND Anxiety_disorders > 5 AND Depressive_disorder > 5;
7
```

The toolbar includes icons for file operations, search, and refresh. A dropdown menu says "Limit to 1000 rows". Below the toolbar is a results grid with columns: Entity, Year, Anxiety\_disorde..., and Depressive\_disord... The results show three countries: Greece, Palestine, and Tunisia, all from the year 2019.

Entity	Year	Anxiety_disorde...	Depressive_disord...
Greece	2019	5.7790413	5.0422506
Palestine	2019	5.5458045	6.1989517
Tunisia	2019	5.164141	5.049405

The screenshot shows a database interface with a toolbar at the top and a results grid below. The results grid is titled "Result Grid" and has columns: Entity, Year, Anxiety\_disorde..., and Depressive\_disord... The results show three countries: Greece, Palestine, and Tunisia, all from the year 2019.

Entity	Year	Anxiety_disorde...	Depressive_disord...
Greece	2019	5.7790413	5.0422506
Palestine	2019	5.5458045	6.1989517
Tunisia	2019	5.164141	5.049405

Such countries might benefit from dual-disorder treatment programs.

# Categorization of Countries by Mental Health Burden

```
1  'Categorize countries into "Low", "Moderate", and "High" mental health burden based on their average disorder rate
2
3
4 • SELECT
5   Entity,
6   CASE
7     WHEN (AVG(Schizophrenia_disorder) + AVG(Depressive_disorder) + AVG(Anxiety_disorders) +
8       AVG(Bipolar_disorder) + AVG(Eating_disorder)) / 5 > 5 THEN 'High'
9     WHEN (AVG(Schizophrenia_disorder) + AVG(Depressive_disorder) + AVG(Anxiety_disorders) +
10      AVG(Bipolar_disorder) + AVG(Eating_disorder)) / 5 BETWEEN 2 AND 5 THEN 'Moderate'
11    ELSE 'Low'
12  END AS Risk_Category
13 FROM
14   Population_Share
15 GROUP BY Entity;
16
```

Entity	Risk_Category
Afghanistan	Moderate
Africa (IHME G...	Low
Albania	Low
Algeria	Low
America (IHME...	Moderate
American Samoa	Low
Andorra	Moderate
Angola	Moderate
Antigua and Ba...	Low
Argentina	Low
Armenia	Low
Asia (IHME GBD)	Low
Australia	Moderate

This categorization aids in prioritizing healthcare resources and policies.

# Years with a Significant Increase in Global Schizophrenia Disorder Rate

```
1 -- Find years where the global average for Schizophrenia disorder increased by more than 2% compared to the previous year
2
3 • SELECT p1.Entity, p1.Year, p2.Year AS Previous_Year,
4     p1.Schizophrenia_disorder, p2.Schizophrenia_disorder AS Prev_Schizophrenia,
5     ((p1.Schizophrenia_disorder - p2.Schizophrenia_disorder) / p2.Schizophrenia_disorder) * 100 AS Increase_Percent
6 FROM Population_Share p1
7 JOIN Population_Share p2 ON p1.Year = p2.Year + 1 AND p1.Entity = p2.Entity
8 WHERE ((p1.Schizophrenia_disorder - p2.Schizophrenia_disorder) / p2.Schizophrenia_disorder) * 100 > 2
9 ORDER BY Increase_Percent desc;
10
11
12
```

100% 1:12

Result Grid Filter Rows: Search Export:

Entity	Year	Previous_Year	Schizophrenia_Disorder	Prev_Schizophrenia	Increase_Percent
Denmark	2008	2007	0.23168026	0.22392994	3.461046789902237
Denmark	2007	2006	0.22392994	0.21741113	2.9983791538179236
Denmark	2009	2008	0.23819053	0.23168026	2.810023607535667
United Kingdom	2013	2012	0.2666979	0.2612995	2.065981756566687

Understanding such trends is vital for global health monitoring and response planning.



# Conclusion

The analysis provided in this report offers valuable insights into global mental health disorder trends. By identifying high-burden countries, tracking trends, and categorizing mental health burdens, this report serves as a foundation for policymakers, healthcare providers, and researchers to develop targeted interventions and improve global mental health outcomes.





# Recommendations

- Implement mental health awareness programs in high-burden countries.
  - Increase funding for mental health services in regions with rising disorder rates.
  - Promote global collaboration to address mental health challenges effectively.
- 