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.
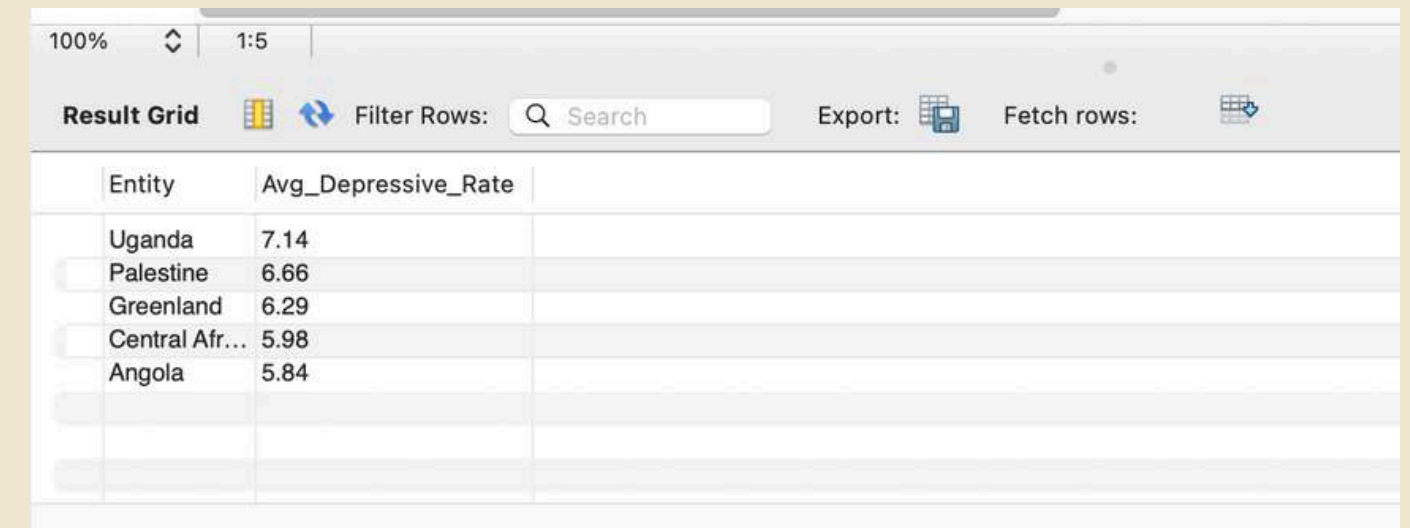
Key Analysis & Findings

Top 5 Countries with Highest Average Depressive Disorder Rate


```sql
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     LIMIT 5;
10
11
```

Limit to 1000 rows

100%   1:5

Result Grid   Filter Rows: Search   Export: Fetch rows:

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

```sql
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)
5    FROM population_share
6    WHERE Entity = 'India'
7    ORDER BY YEAR;
8
```
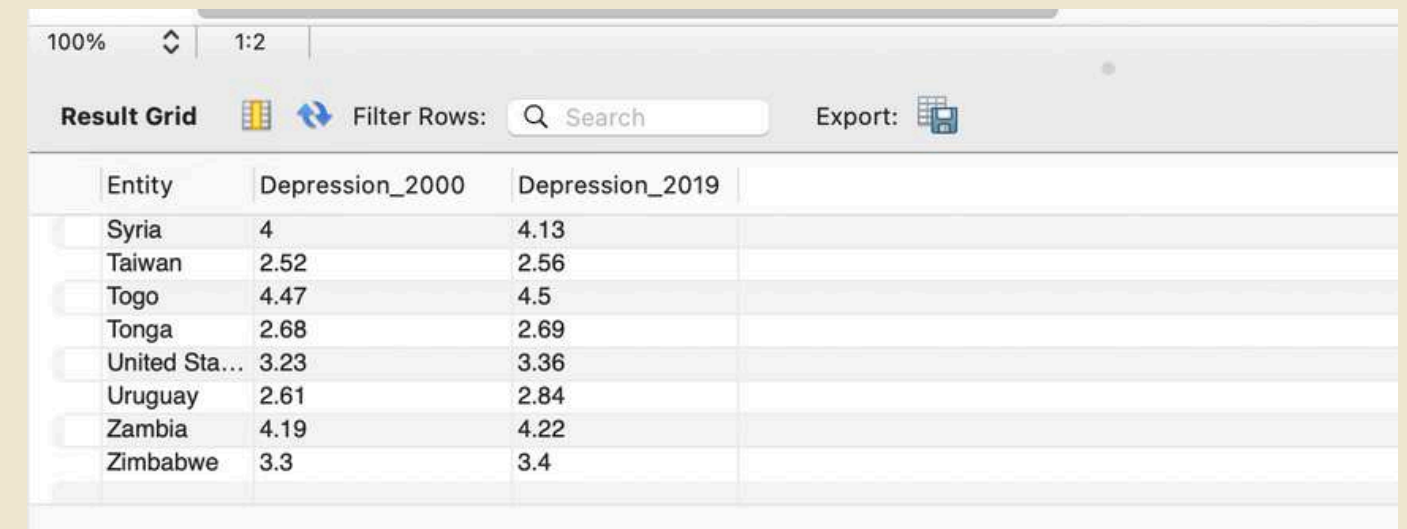
Limit to 1000 rows

100%   39:4

Result Grid   Filter Rows: Q Search   Export:

Year	ROUND((Anxiety_disorders)...
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

```sql
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.

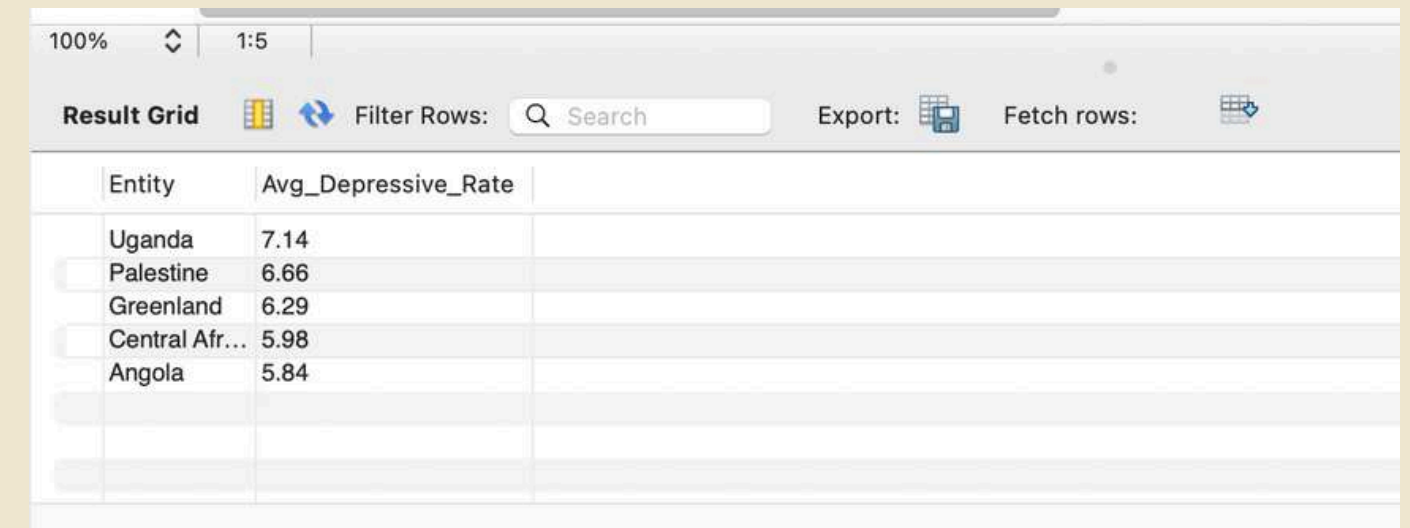# Top 4 Countries with Highest Schizophrenia Disorder Rate in 2010

```sql
-- Find the top 4 highest schizophrenia disorder rate in the year 2010.

SELECT Entity, ROUND((Schizophrenia_disorder),2) AS highest_Schizophrenia_disorder
FROM Population_Share
WHERE Year = 2010
ORDER BY Schizophrenia_disorder DESC
LIMIT 4;
```

Result Grid | Filter Rows: Search | Export: | Fetch rows:

Entity	highest_Schizophrenia_disor...
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

```sql
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    LIMIT 5;
10
11
```

Limit to 1000 rows

100%   1:5

Result Grid   Filter Rows: Q Search   Export: Fetch rows:

Entity	Avg_Depressive_Rate
Uganda	7.14
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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.

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

```
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
```

Result Grid   Filter Rows: Search   Export:

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

```sql
#Categorize countries into "Low", "Moderate", and "High" mental health burden based on their average disorder rat


SELECT
    Entity,
    CASE
        WHEN (AVG(Schizophrenia_disorder) + AVG(Depressive_disorder) + AVG(Anxiety_disorders) +
        AVG(Bipolar_disorder) + AVG(Eating_disorder)) / 5 > 5 THEN 'High'
        WHEN (AVG(Schizophrenia_disorder) + AVG(Depressive_disorder) + AVG(Anxiety_disorders) +
        AVG(Bipolar_disorder) + AVG(Eating_disorder)) / 5 BETWEEN 2 AND 5 THEN 'Moderate'
        ELSE 'Low'
    END AS Risk_Category
FROM
    Population_Share
GROUP BY Entity;
```

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

```sql
1   -- Find years where the global average for Schizophrenia disorder increased by more than 2% compared to the previ
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_Pe
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
```

Entity	Year	Previous_Year	Schizophrenia_disor...	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.