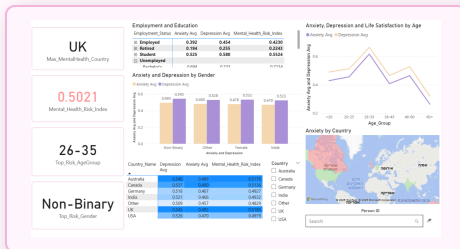
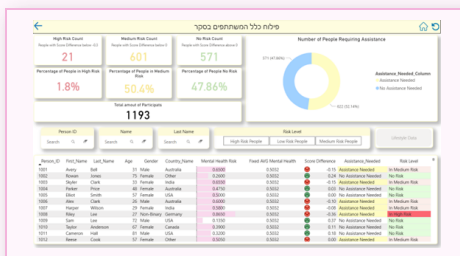


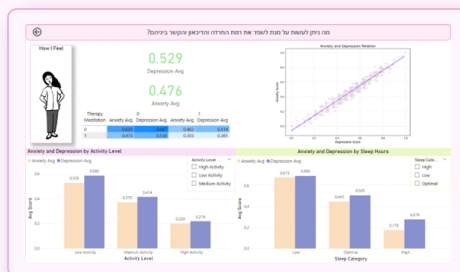
Demographic Analysis



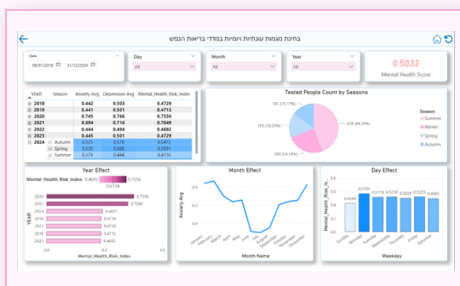
Participant Risk Overview



Lifestyle Impact



Time Trends



Mental Health - Power BI Project

פרויקט זה מציג נתוני בריאות הנפש, בהתבסס על ניתוח מקיף של משתתפי הסקר הבינלאומי. קיים שילוב בשימוש נתונים דמוגרפיים, התנהגות, נתונים רפואיים (לדוגמא מצב נפשי) ונתונים זמניים על מנת לאפשר למקבלי החלטות ולאנשי מקצוע לזהות מגמות, קבוצות סיכון ולגבש פתרונות לשיפור המצב הנפשי בקר האוכלוסייה.

שאלות מחקריות:

כיצד נתונים דמוגרפיים משפיעים על רמות חרדה ודיכאון?

אילו גורמים עשויים לשפר את המצב הנפשי?

האם קיימות מגמות עונתיות או יומיות במדדי החרדה והדיכאון?

מהו שיעור האנשים הזקוקים לסיוע נפשי בקרב אוכלוסיית הסקר וכיצד הם מתפלגים על פי רמות חרדה ודיכאון?



0.5032

Mental Health Score

UK

Max Score Country

26-35

Top Risk Age Group

Non-Binary

Top Risk Gender

Gender

All

Country

All

Employment, Education

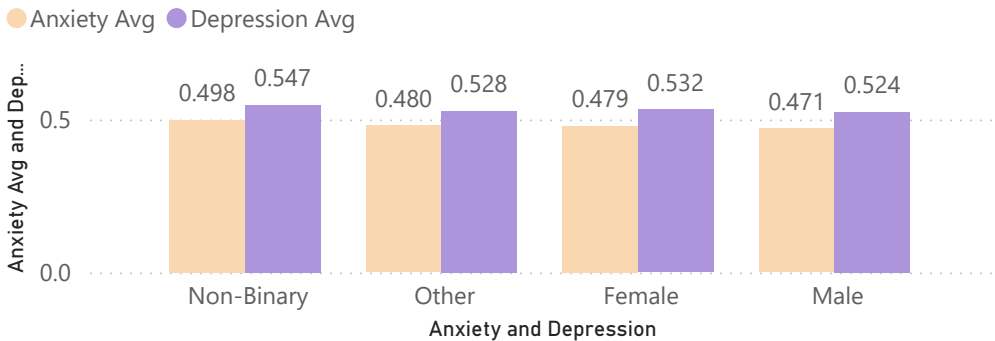
All

Participants Overview

Employment and Education

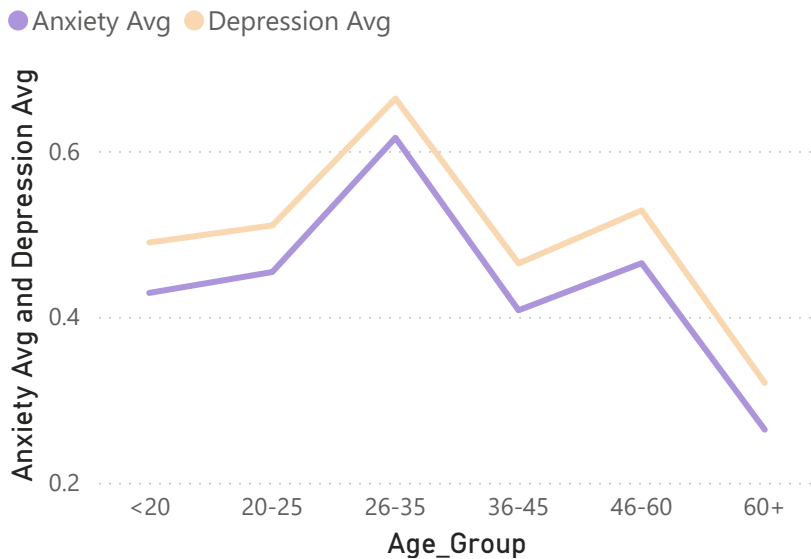
Employment	AVG Depression	AVG Anxiety	Mental Health Average
Unemployed	0.73	0.69	0.71
Student	0.58	0.53	0.55
Employed	0.45	0.39	0.42
Retired	0.25	0.19	0.22

Anxiety and Depression by Gender



Country_Name	Depression Avg	Anxiety Avg	Mental_Health_Risk_Index
Australia	0.548	0.491	0.5192
Canada	0.538	0.491	0.5142
Germany	0.522	0.470	0.4957
India	0.522	0.467	0.4947
Other	0.509	0.457	0.4829
UK	0.516	0.493	0.5196

Anxiety, Depression and Life Satisfaction by Age



Anxiety by Country



High Risk Count

People with Score Difference below -0.3

21

Percentage of People in High Risk

1.8%

Medium Risk Count

People with Score Difference below 0

601

Percentage of People in Medium Risk

50.4%

No Risk Count

People with Score Difference above 0

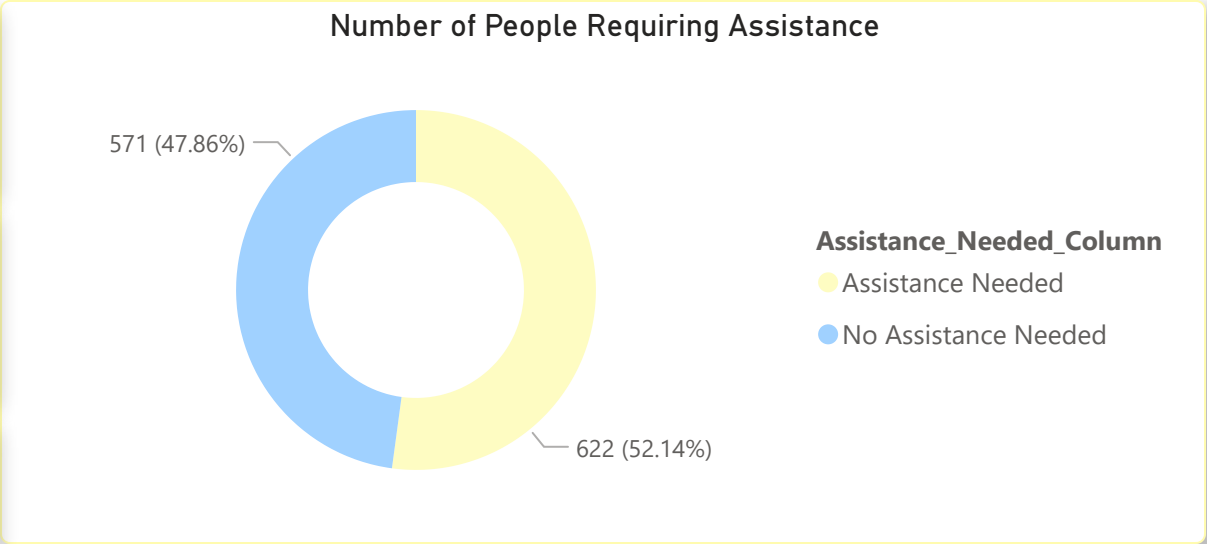
571

Percentage of People No Risk

47.86%

Total amount of Participats

1193



Person ID

Search

Name

Search

Last Name

Search

Risk Level

High Risk People

Low Risk People

Medium Risk People

Lifestyle Data

Person_ID	First_Name	Last_Name	Age	Gender	Country_Name	Mental Health Risk	Fixed AVG Mental Health	Score Difference	Assistance_Needed	Risk Level	
1001	Avery	Bell	31	Male	Australia	0.6500	0.5032	⬇️	-0.15	Assistance Needed	In Medium Risk
1002	Rowan	Jones	75	Female	Other	0.2600	0.5032	⬆️	0.24	No Assistance Needed	No Risk
1003	Skyler	Clark	33	Female	India	0.6550	0.5032	⬇️	-0.15	Assistance Needed	In Medium Risk
1004	Parker	Price	48	Female	Australia	0.4750	0.5032	⬆️	0.03	No Assistance Needed	No Risk
1005	Elliot	Smith	57	Female	USA	0.5000	0.5032	⬆️	0.00	No Assistance Needed	No Risk
1006	Alex	Clark	26	Male	Australia	0.6000	0.5032	⬇️	-0.10	Assistance Needed	In Medium Risk
1007	Harper	Wilson	29	Female	India	0.5800	0.5032	⬇️	-0.08	Assistance Needed	In Medium Risk
1008	Riley	Lee	27	Non-Binary	Germany	0.8650	0.5032	⬇️	-0.36	Assistance Needed	In High Risk
1009	Sam	Lee	72	Male	USA	0.1350	0.5032	⬆️	0.37	No Assistance Needed	No Risk
1010	Taylor	Anderson	67	Female	Canada	0.3900	0.5032	⬆️	0.11	No Assistance Needed	No Risk
1011	Cameron	Hall	81	Male	USA	0.3200	0.5032	⬆️	0.18	No Assistance Needed	No Risk



How I Feel



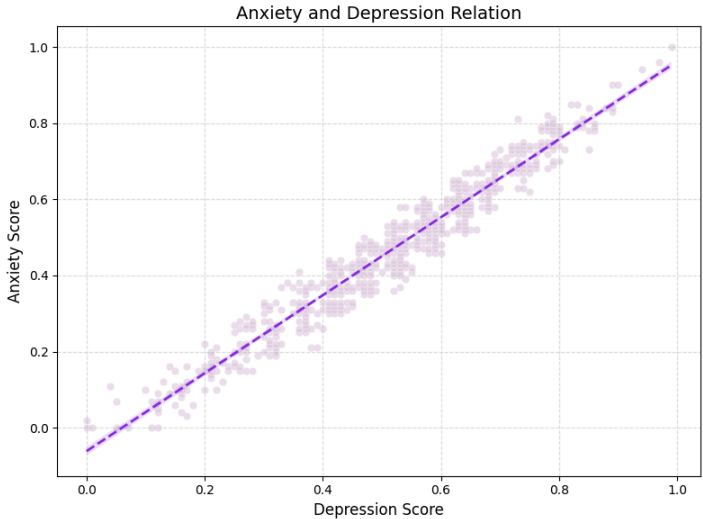
0.477

AVG Anxiety Behavior

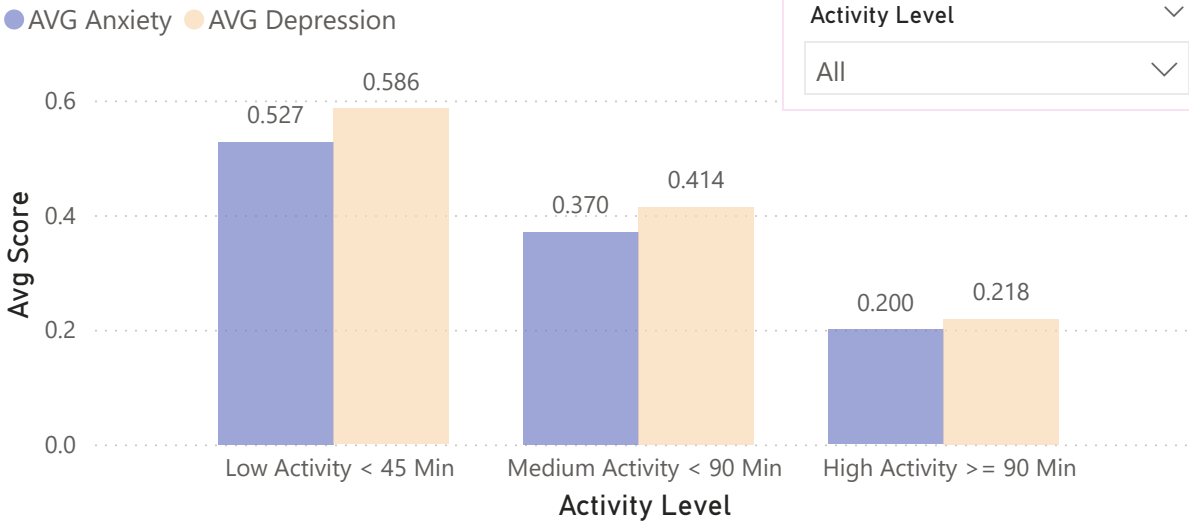
0.530

AVG Depression Behavior

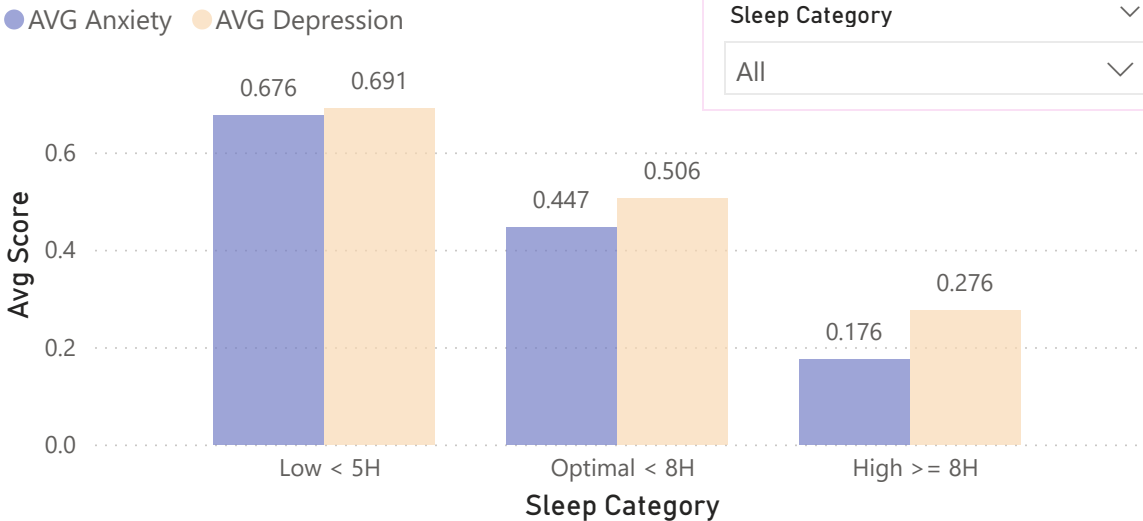
Therapy	0		1	
Meditation	AVG Anxiety	AVG Depression	AVG Anxiety	AVG Depression
0	0.620	0.667	0.462	0.514
1	0.473	0.538	0.303	0.361



Anxiety and Depression by Activity Level



Anxiety and Depression by Sleep Hours





בחינת מגמות עונתיות ויומיות במדדי בריאות הנפש



Date

08/01/2018



31/12/2024



Day

All

Month

All

Year

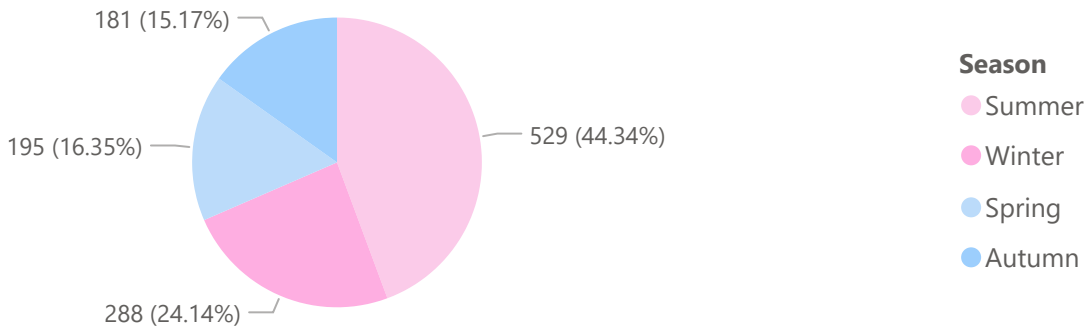
All

0.5032

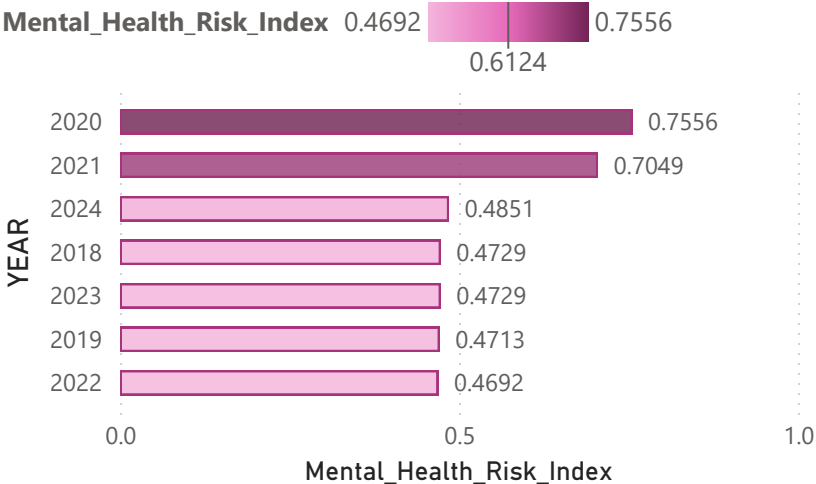
Mental Health Score

YEAR	Season	Anxiety Avg	Depression Avg	Mental_Health_Risk_Index
2018		0.442	0.503	0.4729
2019		0.441	0.501	0.4713
2020		0.745	0.766	0.7556
2021		0.694	0.716	0.7049
2022		0.444	0.494	0.4692
2023		0.445	0.501	0.4729
2024	Autumn	0.525	0.570	0.5472
	Spring	0.530	0.588	0.5591
	Summer	0.379	0.444	0.4116

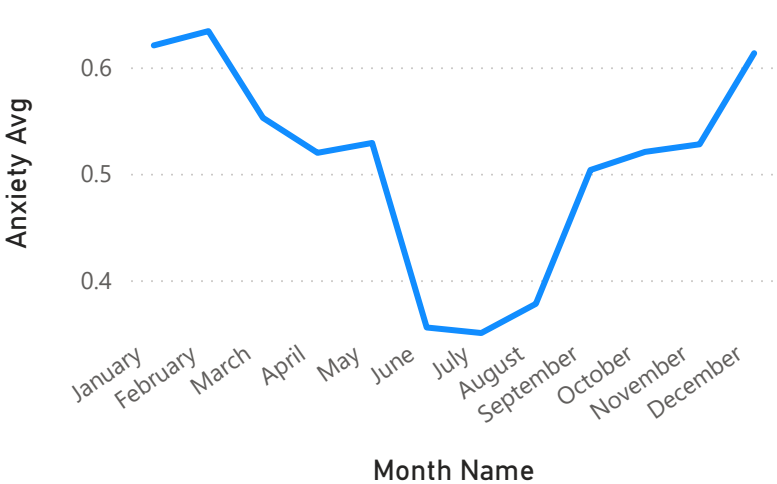
Tested People Count by Seasons



Year Effect



Month Effect



Day Effect

