

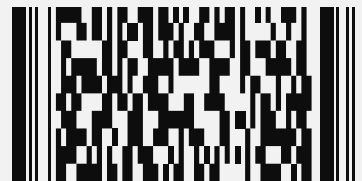
MENTAL HEALTH & INTERNET USAGE

IH



w37b12tsrq64nptm12

Rheine Nicole Balingit
DAFT 09 2022



04

CONTENTS

This presentation contains topic about suicide and mental health
It may be uncomfortable for some viewers/audiences.

Objective	Why did I chose this topic? What's the objective of this project
Internet access	The % of people with internet access in the population
Suicide rate per country	Information about the suicide rates per country
Eating disorder	Information about the rates of people with eating disorder in each country
Depressive Disorder	Information about the rates of people with depressive disorder in each country
Research Questions	They are sorted by theme so you can use them in all kinds of presentations

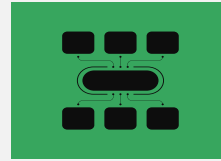
For more info:
<https://ourworldindata.org/suicide>

GitHub
<https://github.com/RheineB/Final-Project>

THE PROCESS



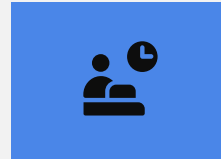
Research



**Data
Gathering**



**Exploratory
Data
Analysis**

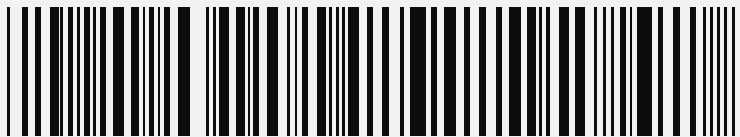


**Data
Cleaning**

INTRODUCTION

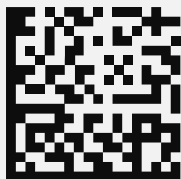
Does internet really causes harm? Does it really shows the reality of one's life? How does it affects our perspective?

Here in my project, we're about to discover how internet really affects our society.



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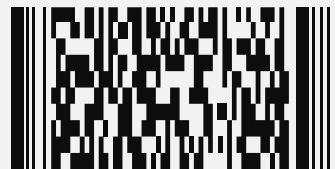
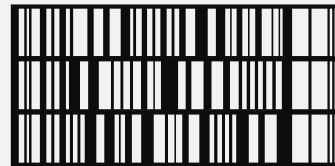
01



IA

Internet Access

Fact: As of April 2022, there were +5 billion internet users worldwide (63.1 % of the global population.)



01

Internet Access

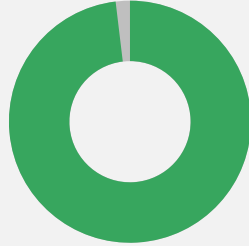
99.70%



BAHRAIN

Holds the highest
internet access - urban
population rate

99.65%



QATAR

99.54%



KUWAIT

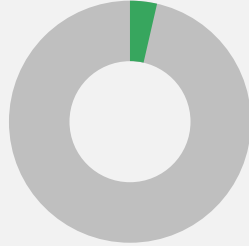
Internet Access

8.30%



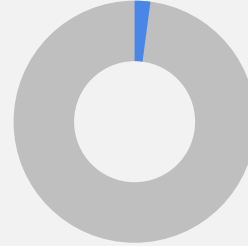
**CENTRAL AFRICAN
REPUBLIC**

6.20%



BURUNDI

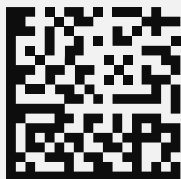
5.60%



SOUTH SUDAN

Holds the lowest
internet access - urban
population rate

02



SR

Suicide Rate

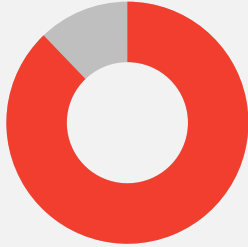
Fact: It is estimated that close to 1,000,000 people make a suicide attempt each year



02

Suicide Rate

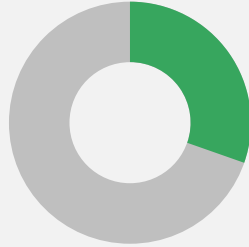
87.48%



LESOTHO

Holds the highest
suicide rate in the world

30.56%



KIRIBATI

25.89%



SURINAME

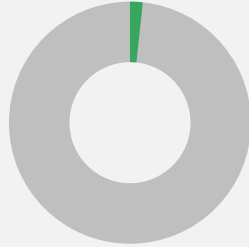
Suicide Rate

2.20%



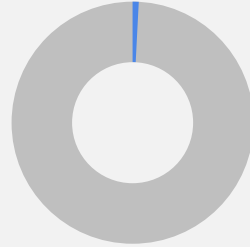
**SAO TOME AND
PRINCIPE**

2.11%



SYRIA

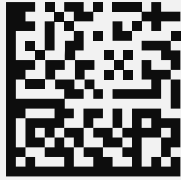
0.64%



GRENADA

Holds the lowest
suicide rate

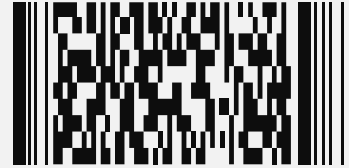
03



ED

Eating Disorder

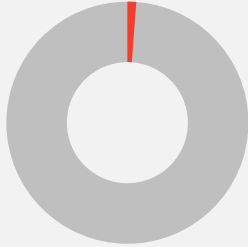
Fact: Eating disorders have the highest mortality rate of any mental illness.



03

Eating Disorder

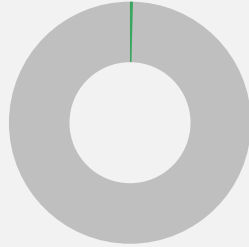
1.14%



AUSTRALIA

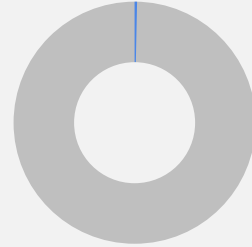
Holds the highest rate
of people with eating
disorder in the world

0.67%



NEW ZEALAND

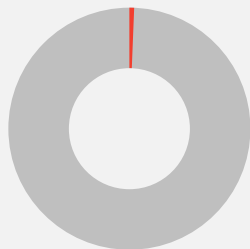
0.65%



SPAIN

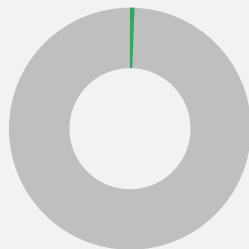
Eating Disorder

0.07%



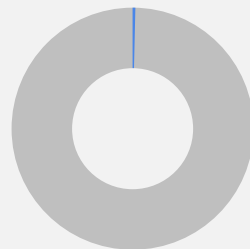
KIRIBATI

0.07%



**CENTRAL
AFRICAN
REPUBLIC**

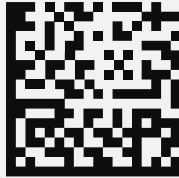
0.07%



BURUNDI

Holds the lowest rate of
people with eating
disorder in the world

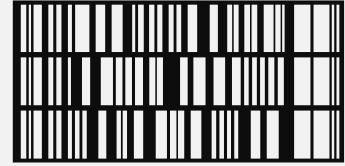
04



DD

Depressive Disorder

.....
Fact: Depression is a common mental disorder. Globally, it is estimated that 5% of adults suffer from depression.



04

Depressive Disorder

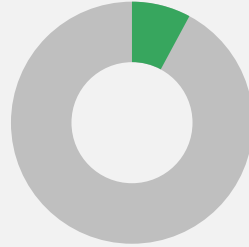
6.69%



UGANDA

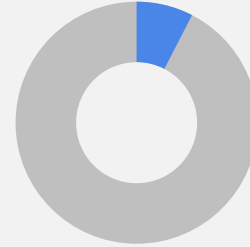
Holds the highest rate
of people with
depressive disorder in
the world

5.99%



**CENTRAL
AFRICAN
REPUBLIC**

5.86%



ANGOLA

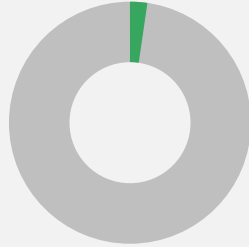
Depressive Disorder

2.30%



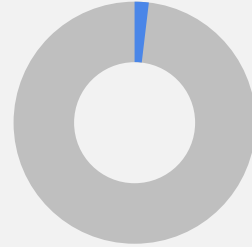
JAPAN

2.26%



MYANMAR

1.74%

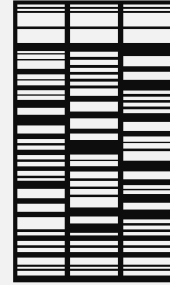


BRUNEI

Holds the lowest rate of
people with depressive
disorder in the world

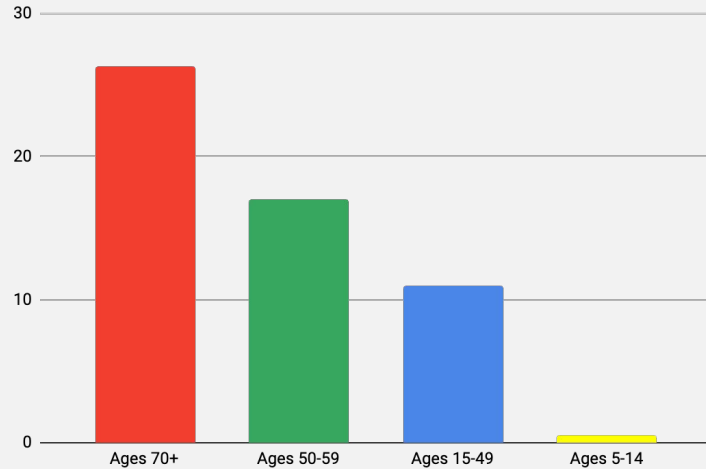
“When we get on social media, we are looking for affirmation, and consciously or not, we are comparing our life to the lives of others”

— Saju Mathew, M.D.



381269754

Suicide Rates by Age



Ages 70+

There are many factors that might contribute to an elderly individual deciding to suicide. One of the primary factors is loneliness.

Suicide Rates by Gender



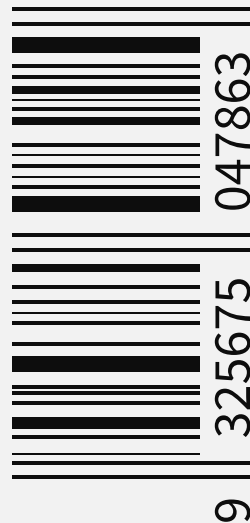
MALE

The average male
suicide worldwide is
15.63%



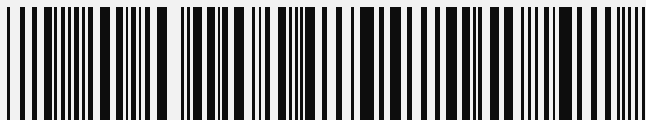
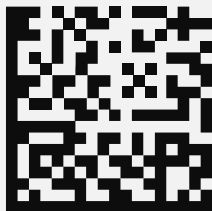
FEMALE

The average female
suicide worldwide is
4.31%



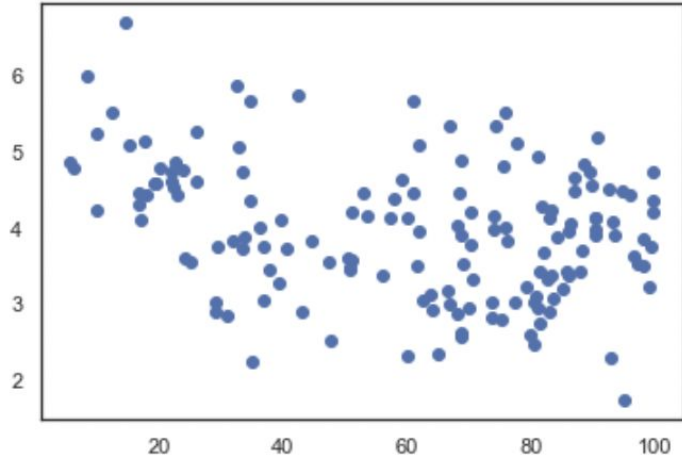


So, knowing some details..
Does internet really affect
our mental health issues?

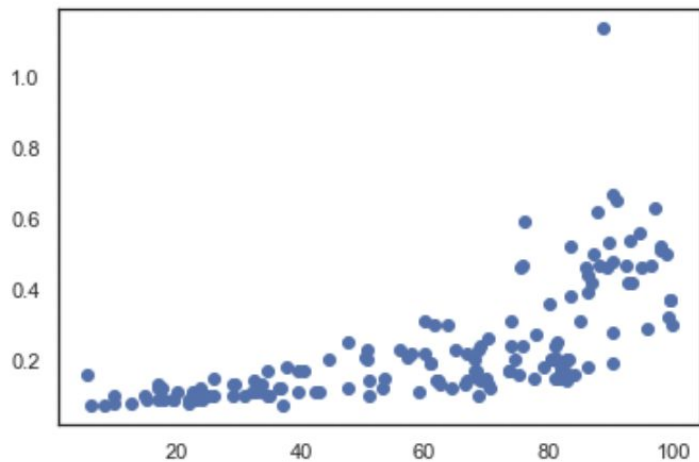


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Depressive disorder & Internet access



Eating disorder & Internet access



Score: 8/9

Treatment: online therapy,
in 8 sessions at first stage

CONCLUSION

PSYCHOLOGICAL THERAPY

ONLINE MODALITY

REVIEW OF PREVIOUS SESSIONS

- Homework: *Wary of emotions and feelings until next session. Write every morning before start the day and also when feelings are very intense during the day.*
- Evaluation of previous sessions: *patient looks tired and feeling emotional, and have feelings of hopelessness but want to get better*



WHAT DID WE FOUND OUT?

1



Suicide rate in males are almost 4x higher than the females

2



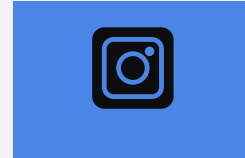
The country that has the highest suicide rate is Lesotho. Mainly because of poverty and low quality of life

3



Our elders are more susceptible in suicides.

4

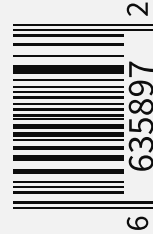


People having internet access are prone to having eating disorders.

IMPROVEMENT MEASURES



**Social Media
Detox**



**Check on
the people
around you**

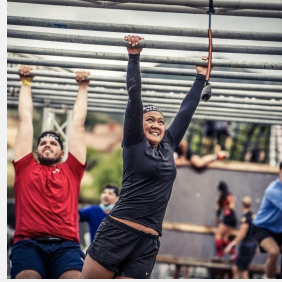


OUR TEAM



RHEINE

Made research to get
more knowledge about
the topic



RHEINE

Gathered and cleaned the
data to prepare it for the
presentation



RHEINE

Group's spokesperson
a.k.a Miss Presenter

THANKS!

DO YOU HAVE ANY QUESTIONS?

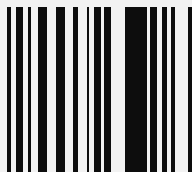
rheinebalingit@gmail.com

www.linkedin.com/in/rheine-balingit/

github.com/RheineB/

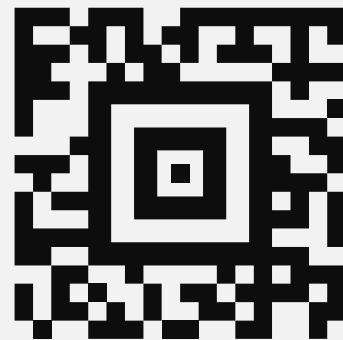


99



DAFT 092022 Signing out...

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IH

