GROUP PATTERNSCAPE
TOPIC 5-What if one incident in history did not take place? How does it change today's world?

From Pre-Internet to Post-Internet: A Dashboard on Global Mental Health and Suicide Rates

GROUP MEMBER NAME- ESHA PANDEY, SHRUTI VANPARIA,Riddhima Reddy

➢ **Dashboard Theme and Hypothetical Scenario:**
This dashboard explores a "What If" scenario, imagining a world where the internet was never invented and examining its potential impact on mental health and suicide rates globally. In today's hyper-connected world, the internet profoundly shapes mental health trends, social interactions, educational demands, and the prevalence of mental health conditions across genders and countries. This visualization contrasts the mental health landscape with and without internet influence, hypothesizing how well-being, societal pressures, and suicide rates might differ between pre- and post-internet eras.

➢ **Key Visualizations:**

1. Country vs. Mental Health Score:
   - This bar chart visualizes average mental health scores across various countries, highlighting potential national rankings in mental well-being in a world without the internet. A year filter enables historical comparisons, suggesting how mental health trends might have evolved in a society unshaped by digital technology.

2. Self-Reported Mental Health Challenges by Education Level:
   - Pie charts segmented by education level (High School, Bachelor's, Master's, PhD) showcase self-reported mental health challenges, including anxiety, burnout, and loneliness. This visualization explores how certain stressors—often heightened by digital demands—might vary or decrease in a world without internet-related pressures.

3. Country-wise Suicide Rates:
   - A geographic map displays annual suicide rates by country, highlighting regions experiencing significant mental health crises. This map hypothesizes a potential reduction in suicide rates in the absence of social pressures linked to social media, online interaction, and cyberbullying.

4. Gender vs. Depression Prevalence:
   - Gender-based charts examine depression prevalence across female, male, and non-binary individuals. In a world without the internet, gender-based mental health

trends may shift, potentially alleviating pressures from online presence, social media comparisons, and cyberbullying.

➢ **Overall Insights:**

This hypothetical dashboard provides a glimpse into how today's mental health landscape might look if the internet had never existed. It suggests that a world free from internet-driven pressures could experience reduced social pressures, potentially altering global rates of depression, stress, and anxiety across different demographics and education levels. Through this lens, the dashboard underscores the internet's influence on mental well-being, offering a unique exploration of the mental health impacts of an increasingly digital world.

➢ **Interactive Feature:**

This dashboard includes an animation slider to enhance user interaction, allowing viewers to explore changes over time smoothly. The slider enables dynamic visualization, making it easier to observe shifts in mental health metrics, suicide rates, and societal patterns across the pre- and post-internet eras. This feature helps bring historical trends to life, providing a more immersive experience for analyzing temporal data.

➢ **Future Work**:

We plan to extend this dashboard by analyzing how the internet influences **political beliefs**, **dating behaviors**, and the **job market**. By comparing these areas across pre- and post-internet eras, we hope to reveal shifts in political polarization, relationship-building, and employment trends, further highlighting the internet's impact on modern society.

➢ **TABLEAU DASHBOARD-**

Word Cloud of Self-Reported Challenges Before 1990

Word Cloud of Self-Reported Challenges After 1990