

## Data OverView:

The Post-Pandemic Remote Work Health Impact 2025 dataset presents a comprehensive, global snapshot of how remote, hybrid, and onsite work arrangements are influencing the mental and physical health of employees in the post-pandemic era. Collected in June 2025, this dataset aggregates responses from a diverse workforce spanning continents, industries, age groups, and job roles. It is designed to support research, data analysis, and policy-making around the evolving landscape of work and well-being.

This dataset enables in-depth exploration of:

- The prevalence of mental health conditions (e.g., anxiety, burnout, PTSD, depression) across different work setups.
- The relationship between work arrangements and physical health complaints (e.g., back pain, eye strain, neck pain).
- Variations in work-life balance, social isolation, and burnout levels segmented by demographic and occupational factors.
- Salary distributions and their correlation with health outcomes and job roles.

By providing granular, anonymized data on both subjective (self-reported) and objective (hours worked, salary range) factors, this resource empowers data scientists, health researchers, HR professionals, and business leaders to:

- Identify risk factors and protective factors for employee well-being.
- Benchmark health impacts across industries and regions.
- Inform organizational policy and future-of-work strategies.

## Dataset Link:

<https://www.kaggle.com/datasets/pratyushpuri/remote-work-health-impact-survey-2025/data>

# Data Structure:

Column Name	Description
Survey_Date	Date when the survey response was submitted (YYYY-MM-DD)
Age	Age of the respondent (in years)
Gender	Gender identity of the respondent
Region	Geographical region of employment
Industry	Industry sector of the respondent
Job_Role	Specific job title or function
Work_Arrangement	Primary work mode

Column Name	Description
Hours_Per_Week	Average number of hours worked per week
Mental_Health_Status	Primary self-reported mental health condition
Burnout_Level	Self-assessed burnout (categorical: Low, Medium, High)
Work_Life_Balance_Score	Self-rated work-life balance on a scale of 1 (poor) to 5 (excellent)
Physical_Health_Issues	Self-reported physical health complaints (semicolon-separated if multiple)
Social_Isolation_Score	Self-rated social isolation on a scale of 1 (none) to 5 (severe)
Salary_Range	Annual salary range in USD