

Submission Summary

Conference Name

3RD INTERNATIONAL CONFERENCE ON INTELLIGENT SYSTEMS, ADVANCED COMPUTING AND COMMUNICATION
(ISACC 2025)

Paper ID

675

Paper Title

Exploring Mental Health Patterns: A Survey Study on Stress, Anxiety, and Access to Resources

Abstract

Mental health issues, including depression, anxiety, low self-esteem, and stress, are common across different age groups and genders. Nonetheless, it is essential to be aware of mental health resources and to be seeking assistance in order to tackle these problems effectively. This paper presents the results of a survey analysing mental health conditions and barriers in accessing mental health support. We utilized Power BI's DAX formulas to highlight important indicators such as persistent stress, thoughts of self-harm, difficulties in decision-making, and inadequate access to mental health resources. The results indicate that, although many people are open to seeking help, there is a notable lack of awareness and access to the necessary mental health resources. This research emphasizes the necessity for enhanced education on mental health and improved availability of resources to bridge this gap and provide timely assistance to those in need

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Submission Files

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