

DataViz 2025

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Dataset Link - [Mental Health dataset](#)

Dataset Description:

The dataset used in this analysis provides insights into various demographic, lifestyle, and mental health factors. It includes data on:

- Age, gender, and employment status.
- Sleep hours and their variations across age groups.
- Mental health indicators such as anxiety and depression scores.
- The impact of family history and chronic illness on mental health.
- Social support, substance use, and their relation to mental well-being.

Key Insights Extracted:

1. Demographic Overview

- The average age of participants is **46** years.
- The gender distribution shows **47.42% Female, 43.33% Male**, with the remainder identifying as Non-Binary or Other.
- **31.83% of participants have a family history of mental illness.**
- Employment status varies significantly with age, showing trends of student life, employment, retirement, and unemployment.
- Sleep patterns fluctuate with age, with an average of **6.5 hours per night**.

2. Mental Health Insights

- The **average Anxiety Score is 10.47**, while the **average Depression Score is 10.67**.
- Mental health scores differ across gender, with noticeable variations.
- **Family history of mental illness correlates with higher anxiety and depression scores.**
- A radar chart highlights the impact of different mental health factors.

3. Lifestyle & Well-Being

- **Substance use is categorized into None, Occasional, and Frequent, showing a clear mental health impact.**
- **Higher social support scores are linked to lower anxiety levels.**
- Employment status impacts mental health, with unemployment correlating with higher stress and anxiety levels.

- Self-esteem, life satisfaction, and mental health show a clear interrelation in a comparative analysis.

Dashboard Screenshots:



Figure 1 – Main Page



Figure 2 – Page 2 Demographic Overview



Figure 3 – Page 3 Mental Health Insight

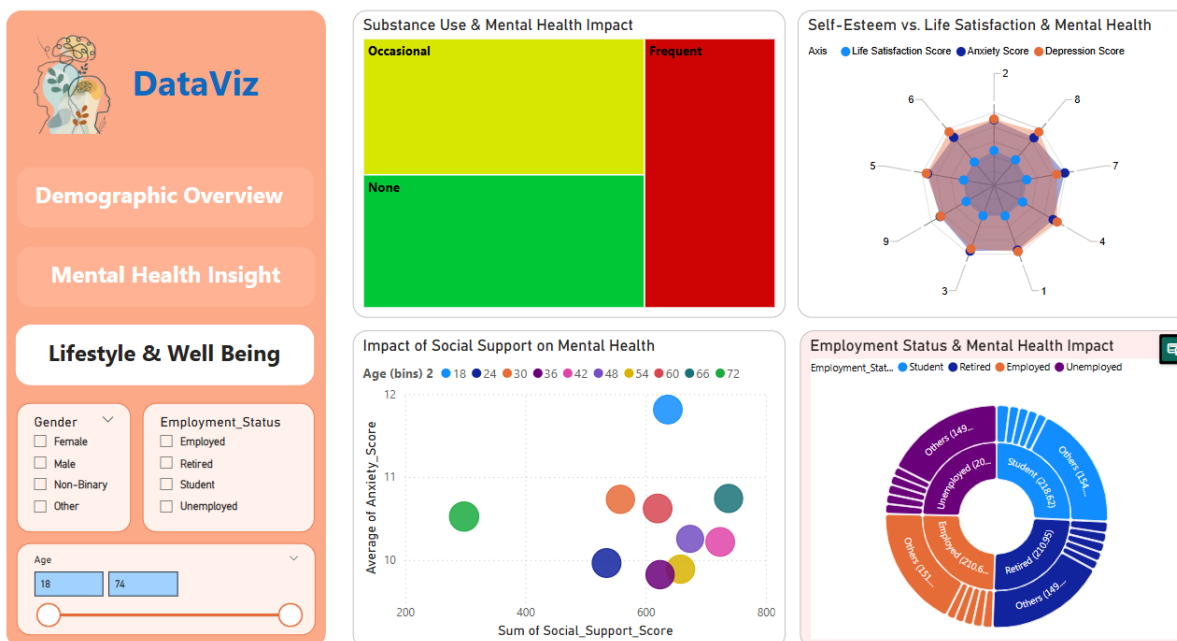


Figure 4 – Page 4 Lifestyle & Well Being