**This dataset consists of 50,000 entries with 17 fields. Below is a breakdown of each field, including its meaning, data type, and relevance to mental health analysis.**

**1. User\_ID**

📌 **Description**: Unique identifier for each individual in the dataset.  
📌 **Data Type**: Integer (int64)  
📌 **Example Values**: 1, 2, 3, 4, ...  
📌 **Relevance**: Used for indexing; not used in analysis.

**2. Age**

📌 **Description**: Age of the individual.  
📌 **Data Type**: Integer (int64)  
📌 **Example Values**: 18, 25, 36, 45, 60  
📌 **Relevance**:

* Helps analyze **mental health trends across age groups**.
* Can be used for **age-based predictions** in ML models.

**3. Gender**

📌 **Description**: Gender identity of the individual.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Male, Female, Non-binary, Prefer not to say  
  📌 **Relevance**:
* Gender plays a **key role in mental health studies**.
* Helps in **demographic-based sentiment analysis**.

**4. Occupation**

📌 **Description**: Employment sector of the individual.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* IT, Finance, Healthcare, Education, Engineering, Sales, Other  
  📌 **Relevance**:
* Certain professions may have **higher stress levels**.
* Helps **correlate mental health with job types**.

**5. Country**

📌 **Description**: The country where the individual resides.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* USA, India, UK, Canada, Australia, Germany, Other  
  📌 **Relevance**:
* Different countries have **varying mental health support systems**.
* Useful for **cross-cultural mental health analysis**.

**6. Mental\_Health\_Condition**

📌 **Description**: Indicates if the person has a mental health condition.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Yes, No  
  📌 **Relevance**:
* The **target variable** for mental health research.
* Helps in **predictive modeling**.

**7. Severity**

📌 **Description**: Severity level of mental health condition (if applicable).  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Low, Medium, High, None  
  📌 **Relevance**:
* Helps **classify mental health conditions**.
* Can be used for **risk prediction models**.

**8. Consultation\_History**

📌 **Description**: Indicates if the person has consulted a mental health professional.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Yes, No  
  📌 **Relevance**:
* Helps **analyze the accessibility of mental health services**.
* Important for **identifying trends in seeking mental health support**.

**9. Stress\_Level**

📌 **Description**: Self-reported stress level.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Low, Medium, High  
  📌 **Relevance**:
* High stress is a **major mental health risk factor**.
* Helps in **correlation studies with lifestyle factors**.

**10. Sleep\_Hours**

📌 **Description**: Average number of hours of sleep per day.  
📌 **Data Type**: Float (float64)  
📌 **Example Values**:

* 4.7, 6.8, 7.1, 8.2  
  📌 **Relevance**:
* Sleep is **directly linked to mental health**.
* Can be used in **predictive models for stress and anxiety detection**.

**11. Work\_Hours**

📌 **Description**: Number of hours worked per week.  
📌 **Data Type**: Integer (int64)  
📌 **Example Values**:

* 30, 45, 50, 60, 80  
  📌 **Relevance**:
* **Overworking** can lead to **burnout and mental health issues**.
* Important for **work-life balance studies**.

**12. Physical\_Activity\_Hours**

📌 **Description**: Number of hours spent on physical activity per week.  
📌 **Data Type**: Integer (int64)  
📌 **Example Values**:

* 0, 2, 5, 8, 10  
  📌 **Relevance**:
* Regular exercise **reduces stress and improves mental health**.
* Can be used in **mental health intervention strategies**.

**13. Social\_Media\_Usage**

📌 **Description**: Average time spent on social media per day (hours).  
📌 **Data Type**: Float (float64)  
📌 **Example Values**:

* 1.5, 3.0, 4.2, 6.0  
  📌 **Relevance**:
* High social media usage is **linked to anxiety and depression**.
* Important for **mental well-being studies**.

**14. Diet\_Quality**

📌 **Description**: Self-reported diet quality.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Healthy, Average, Unhealthy  
  📌 **Relevance**:
* Diet plays a **key role in mental health**.
* Helps in **nutritional psychiatry research**.

**15. Smoking\_Habit**

📌 **Description**: Smoking frequency classification.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Non-Smoker, Occasional Smoker, Regular Smoker, Heavy Smoker  
  📌 **Relevance**:
* Smoking is associated with **stress and depression**.
* Important for **public health research**.

**16. Alcohol\_Consumption**

📌 **Description**: Alcohol drinking frequency classification.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Non-Drinker, Social Drinker, Regular Drinker, Heavy Drinker  
  📌 **Relevance**:
* High alcohol consumption is linked to **mental health disorders**.
* Useful for **addiction studies**.

**17. Medication\_Usage**

📌 **Description**: Whether the individual takes mental health-related medications.  
📌 **Data Type**: Categorical (object)  
📌 **Example Values**:

* Yes, No  
  📌 **Relevance**:
* Helps track **medication trends for mental health treatment**.
* Useful for **medical research and intervention studies**.