Data collection was managed by @catherinerasgaitis via a Google Form. Respondents were not restricted by age or location.

The form was posted in various Reddit forums, Discord servers, and social media platforms. Posters and "business cards" were also used to advertise the form in libraries, parks, and other public locations.

Project purpose: To identify the relationships between Anxiety, depression and insomnia versus certain genres of music. Questions to answer: Do any of the given mental health categories have a high relationship between any musical genres?

Do any genres seem to improve the person listening's mood more than others?
Do any genres make the user feel worse?
Are any of these relationships more prevalent in certain age ranges?

Mean Age: 25.2
Mean hours of music listened to: 3.57
Mean Anxiety: 5.84
Mean depression: 4.8
Mean OCD: 2.64
Mean Insomnia: 3.74

Number of entries: 737

Number of variables present within the data set: 33

- 4 are mental health (Insomnia, Depression, Anxiety, and OCD)
    - Rated on a scale of 1-10 based on severity
- Whether it affected mood
    - 3 values: Improve, worsen or no effect
- 16 are genres of music
    - 4 values: Never, Rarely, Sometimes, Very Frequently
- BPM(Beats per minutes)
    - Value: An integer based on the beats per minute of favorite genre
- Whether or not they listen to music in a language they are not fluent in:
    - Binary: yes or no
- Whether or not they actively seek out new music:
    - Binary: Yes or no
- What their favorite genre is:
    - Same as the 16 genres of music variable based on frequency
- Does the respondent compose music:
    - Binary: yes or no
- Does the respondent play an instrument:
    - Binary: Yes or no
- Listen to music while working:

    - Binary; Yes or no
- How many hours a day:
    - Number value, increments of .5
- Primary streaming service:
    - Pandora, Youtube, Spotify, apple music, I do not use a streaming service, other streaming service
- Age:
    - Integer value
- Timestamp:
    - The time at which the data was submitted(MM/DD/YYYY HH:MM:SS)