

Insights Report: Global Mental Health Trends

Project Summary

This project explores global mental health data using the WHO API. The focus is to analyze trends in mental health metrics over time and across countries. The data pipeline includes Python for data ingestion and processing, R for advanced visualizations, SQL for querying, and a Streamlit dashboard for interaction.

Key Insights

1. Top Countries with Highest Average Mental Health Scores:

- Sweden, Norway, Canada, Australia, and Finland showed the highest average values.
- These countries consistently invest in mental health resources and awareness.

2. Downward Trends in Low-Income Countries:

- Nations with lower GDP per capita showed fluctuating or declining scores.
- Suggests a correlation between healthcare funding and mental health outcomes.

3. India & South Asia Trends:

- India showed gradual improvement from 2005 to 2020.
- Notable policy initiatives introduced post-2010 may be contributing factors.

4. Global Trend Over Time:

- A general upward trend was observed from 2000 to 2020, indicating global improvement in mental health focus.
- However, a dip around 2008-2010 aligns with global economic crises.

Technical Highlights

- API Integration: Fetched live data from WHO API.
- Python Scripts: Automated ETL process with modular structure.
- SQL Queries: Extracted aggregate insights for reporting.
- R Visualizations: Created clean, compelling plots using ggplot2.
- Interactive Dashboard: Streamlit interface for dynamic exploration.

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Recommendations

- Countries with poor scores should benchmark policies of top-performing nations.
- A deeper dive into per-capita healthcare spending and mental health legislation could provide further clarity.