

# One Year At A Time: Analyzing Mental Health Trends by Academic Year in University Students

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**Background:** University students often face considerable mental health challenges, which might intensify or change over the course of their academic journey. Understanding how mental health concerns vary by year of study can help institutions improve services to address student needs proactively. The University of Victoria's Department of Psychology has curated a dataset which can answer this question. It recorded the mental health status and related lifestyle factors of Canadian undergraduate students during the COVID-19 pandemic. The data was collected between September 22, 2020 and October 30, 2020 via an online Qualtrics survey. The participants recorded consist of 1,192 undergraduate students who responded to the survey. **Objectives:** To provide universities with evidence-based insights into which years of study for students are most vulnerable to mental health challenges. The results from this dataset can support evidence for implementing tailored wellness initiatives, such as peer support programs, and preventative mental health campaigns. **Problem Statement:** Do undergraduate students in different academic years (e.g., first-year vs. fourth-year) report significantly different levels of depression, anxiety, and stress? Is there a relationship between employment status and these stress levels? Does working while studying create stress for undergraduate students? **Methodology:** Data Preparation: The data set consists of encoded columns. In order to understand the data, the columns need to be relabeled. Key Metrics: Relationships between year of undergraduate study and anxiety levels, Relationships between working, studying and anxiety levels. **Dashboarding:** The findings of this project will be presented using power BI dashboards. These dashboards will include visualizations of key metrics.

*Some of the focus areas we will be looking at to identify to deliver on our objective will be:*

- What is the relationship between anxiety levels and year of study?
- What is the relationship between employment, anxiety levels and year of study?
- Do those who rate the importance of games with friends have higher or lower anxiety levels over different years of study?
- Do students who report higher levels of physical activity report higher or lower levels of anxiety?

**Links:**

1. Source Data: [LINK](#)
2. Github: [LINK](#)
3. PPT: [LINK](#)