

Mental Health

YOUR MIND MATTERS JUST AS MUCH AS YOUR BODY

Presented by

**Avaritsioti Olympia
Zachos Panos
Zervos Theologos**

What Is Mental Health?

Mental health refers to a person's emotional, psychological and social well-being.

It affects how we think, act, handle stress, relate to others, and make decisions



About the Dataset

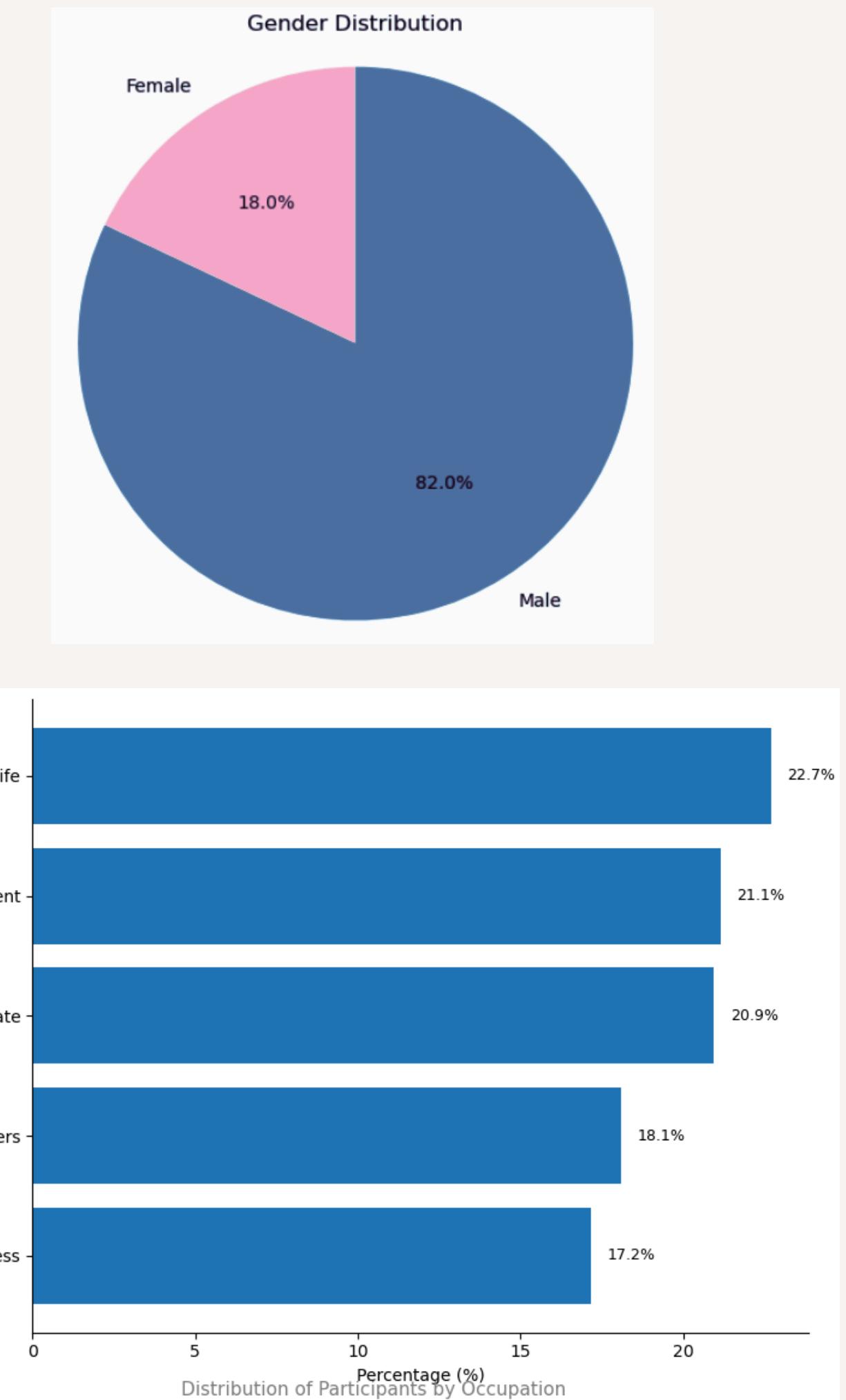
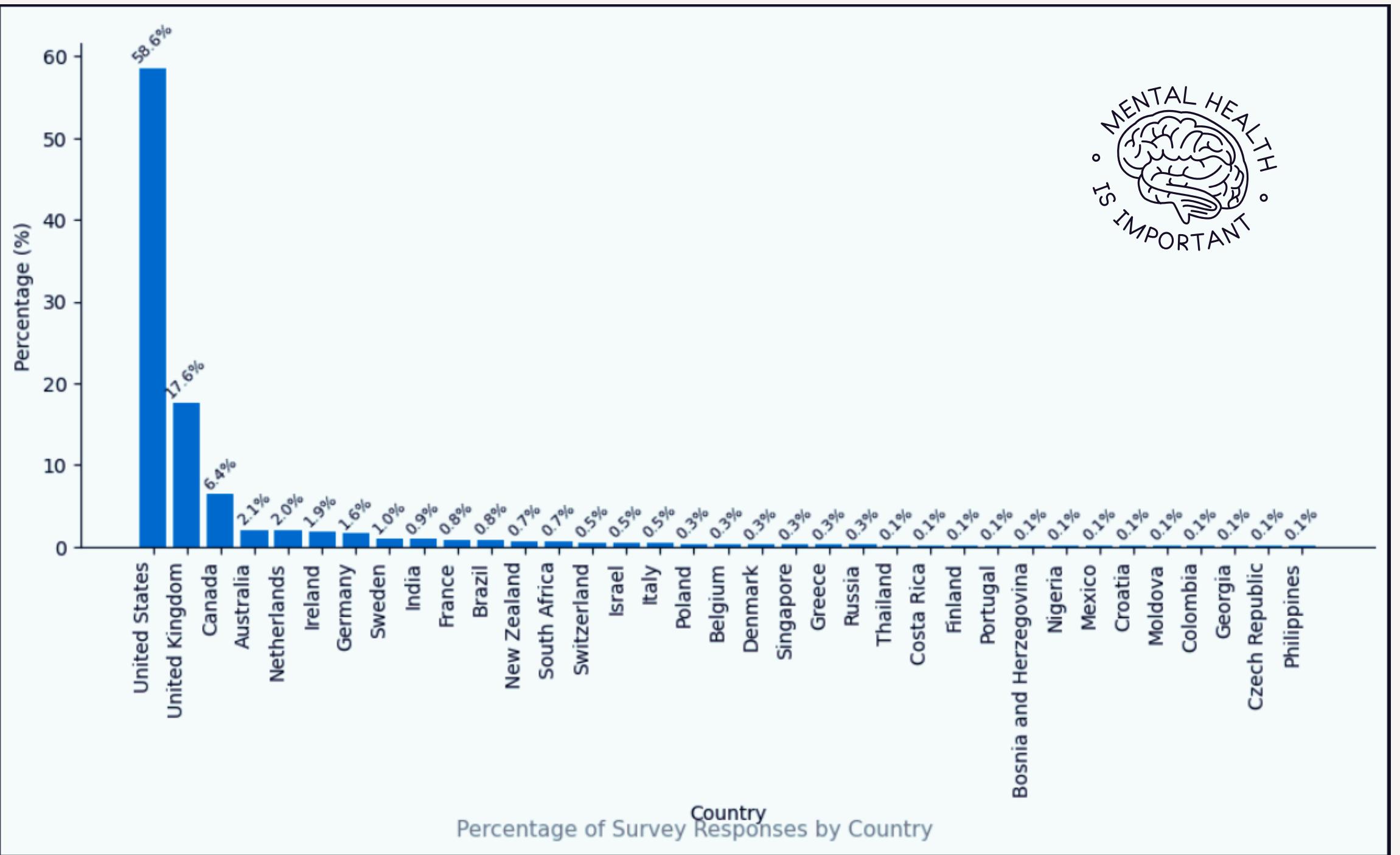
This dataset is based on a mental health questionnaire and **demographic information, work-related factors**, and self-reported **mental health indicators**.

- Period : **2014 - 2016**
- **35 countries**
- **292.364 replies**

Factors : Growing_Stress, Changes_Habits,
Mental_Health_History,Mood_Swings, Social_Weakness,
mental_health_interview, care_options

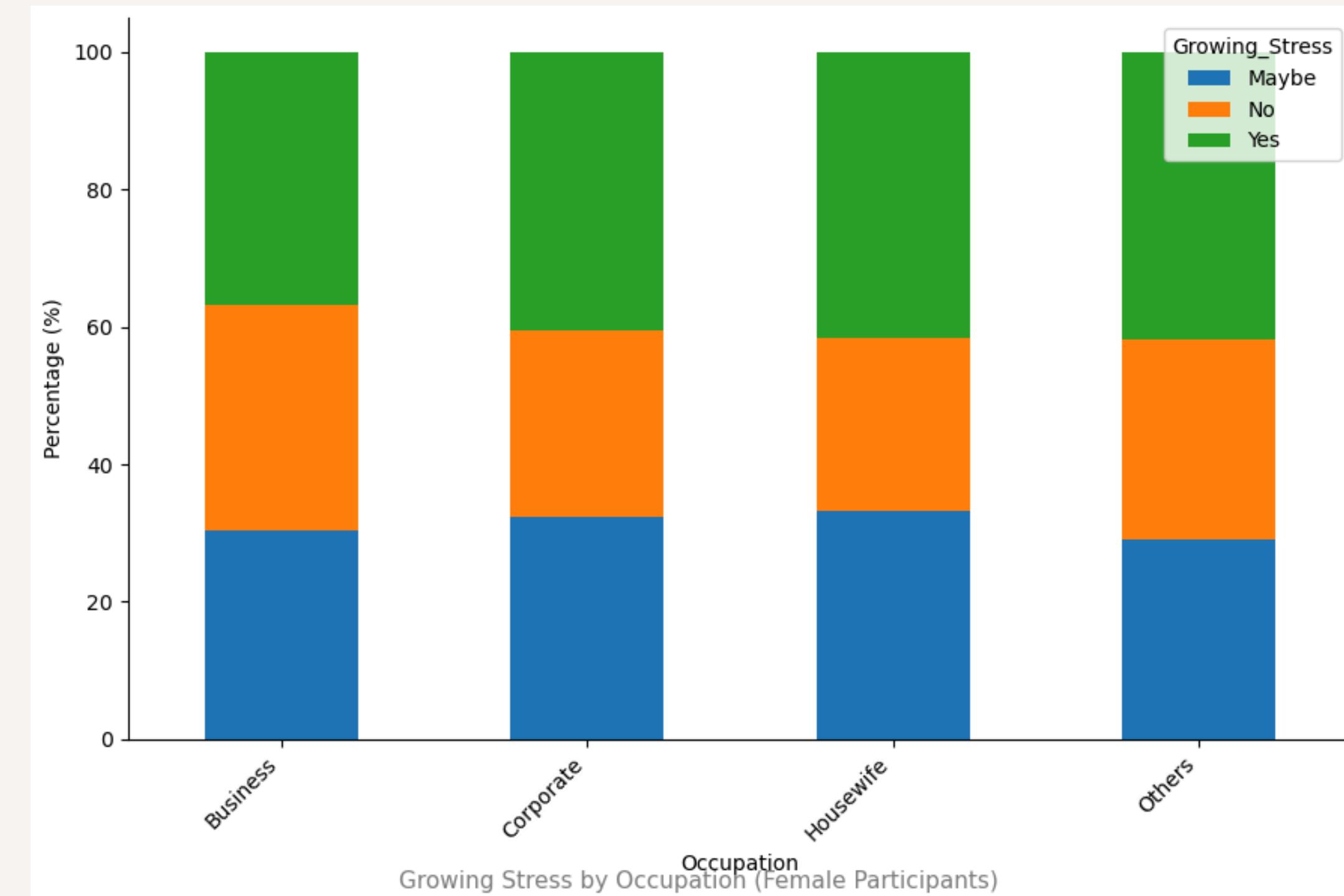


About the Dataset

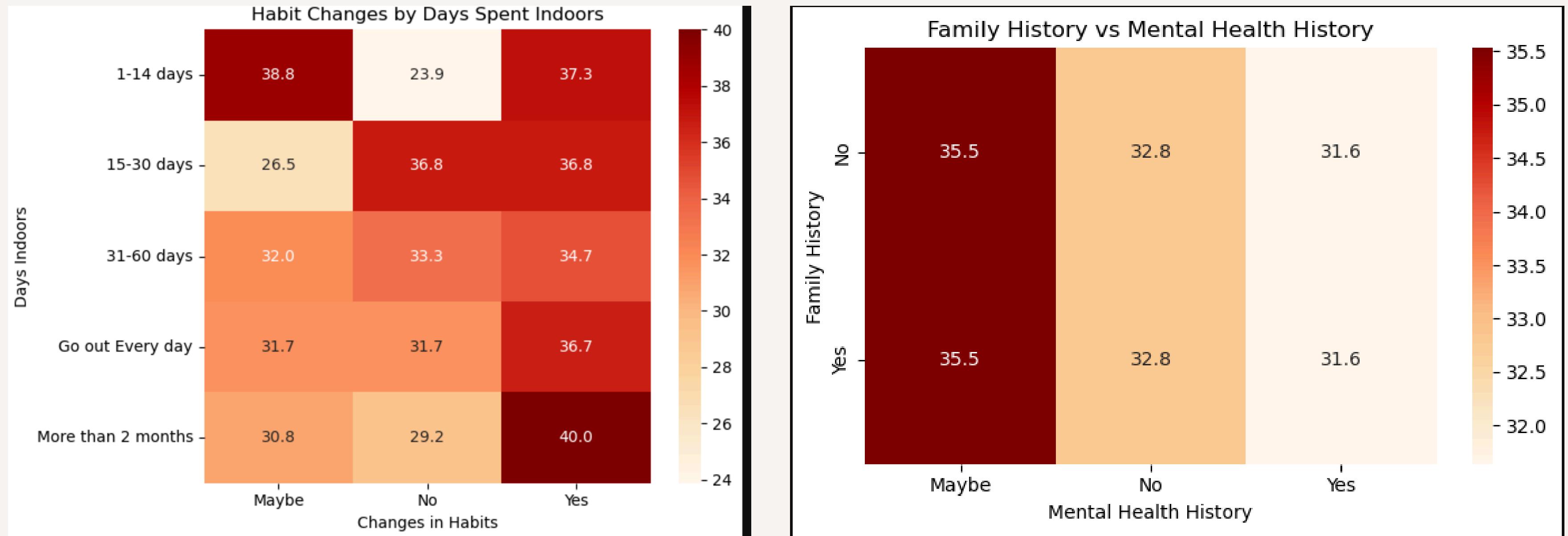


Females-no students

40.535 females

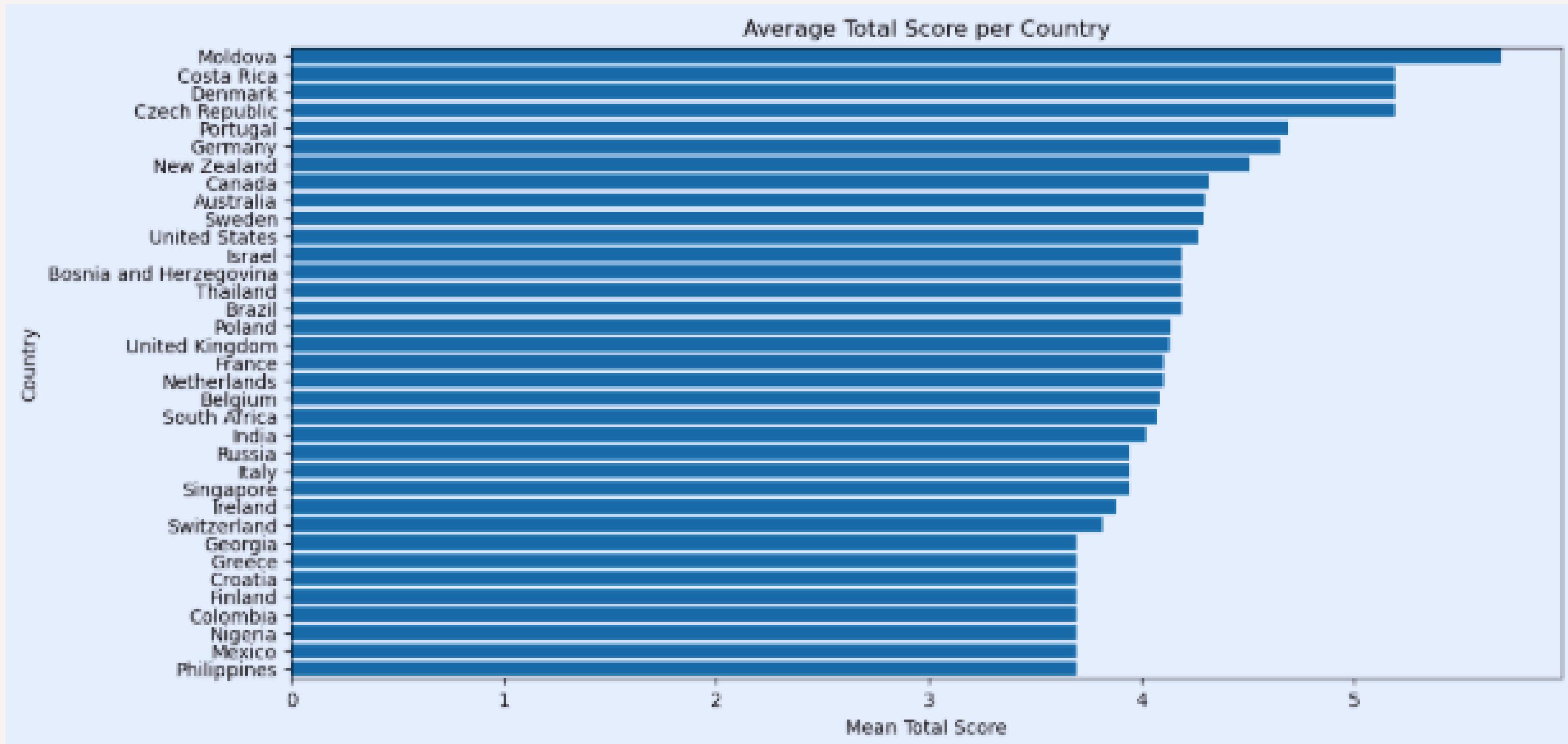


Females-no students



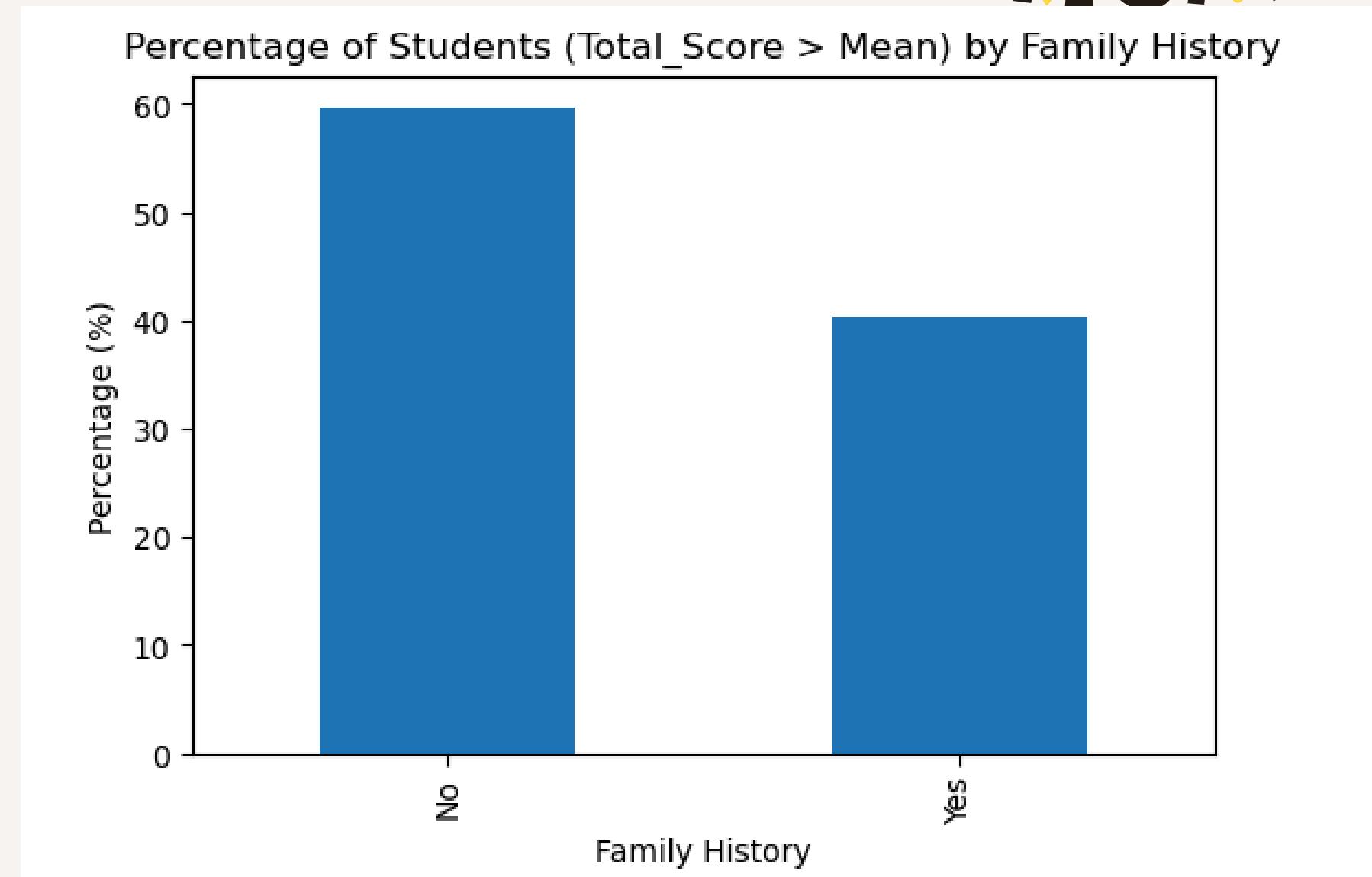
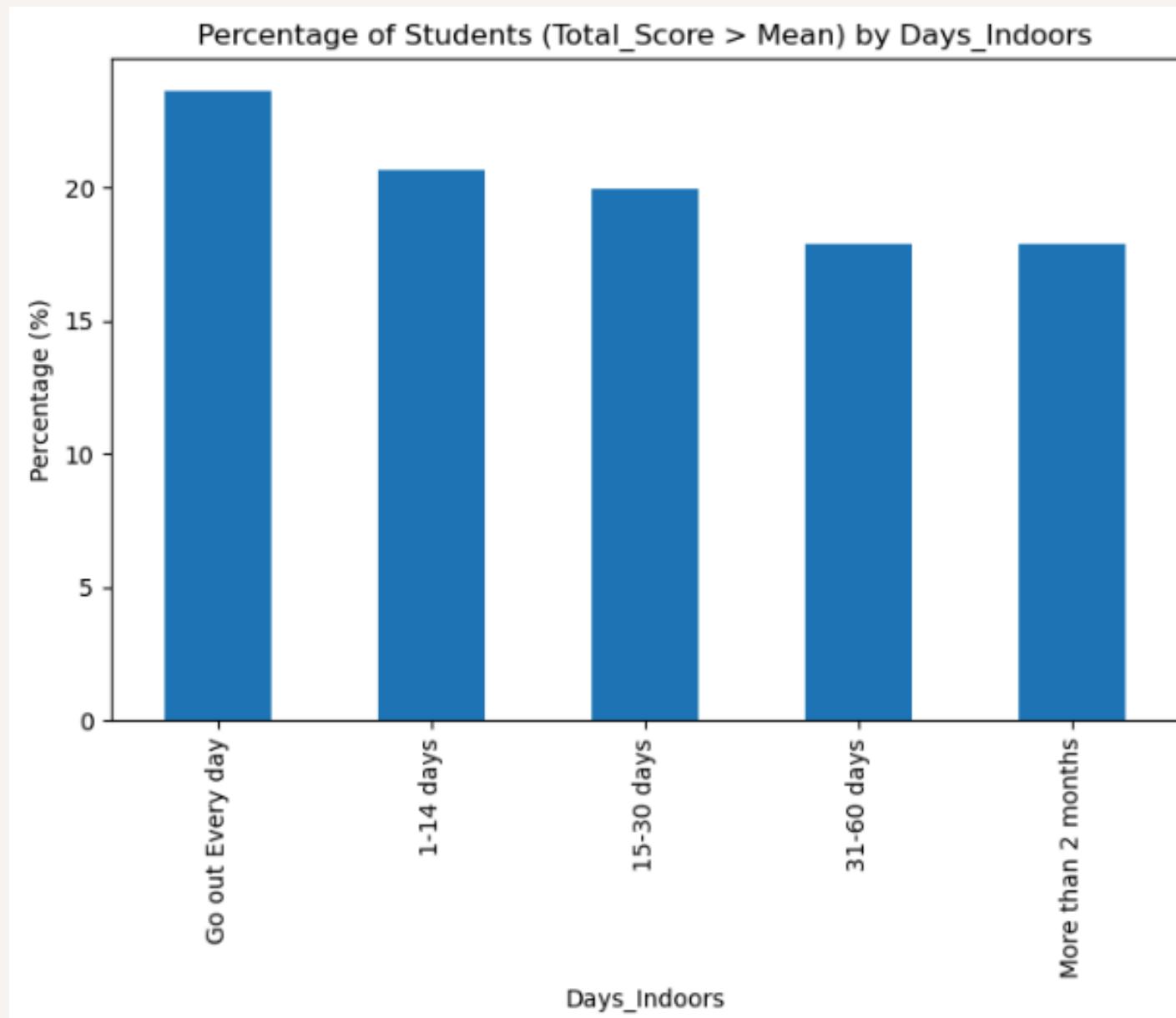
Students

BREAK
THE
STIGMA

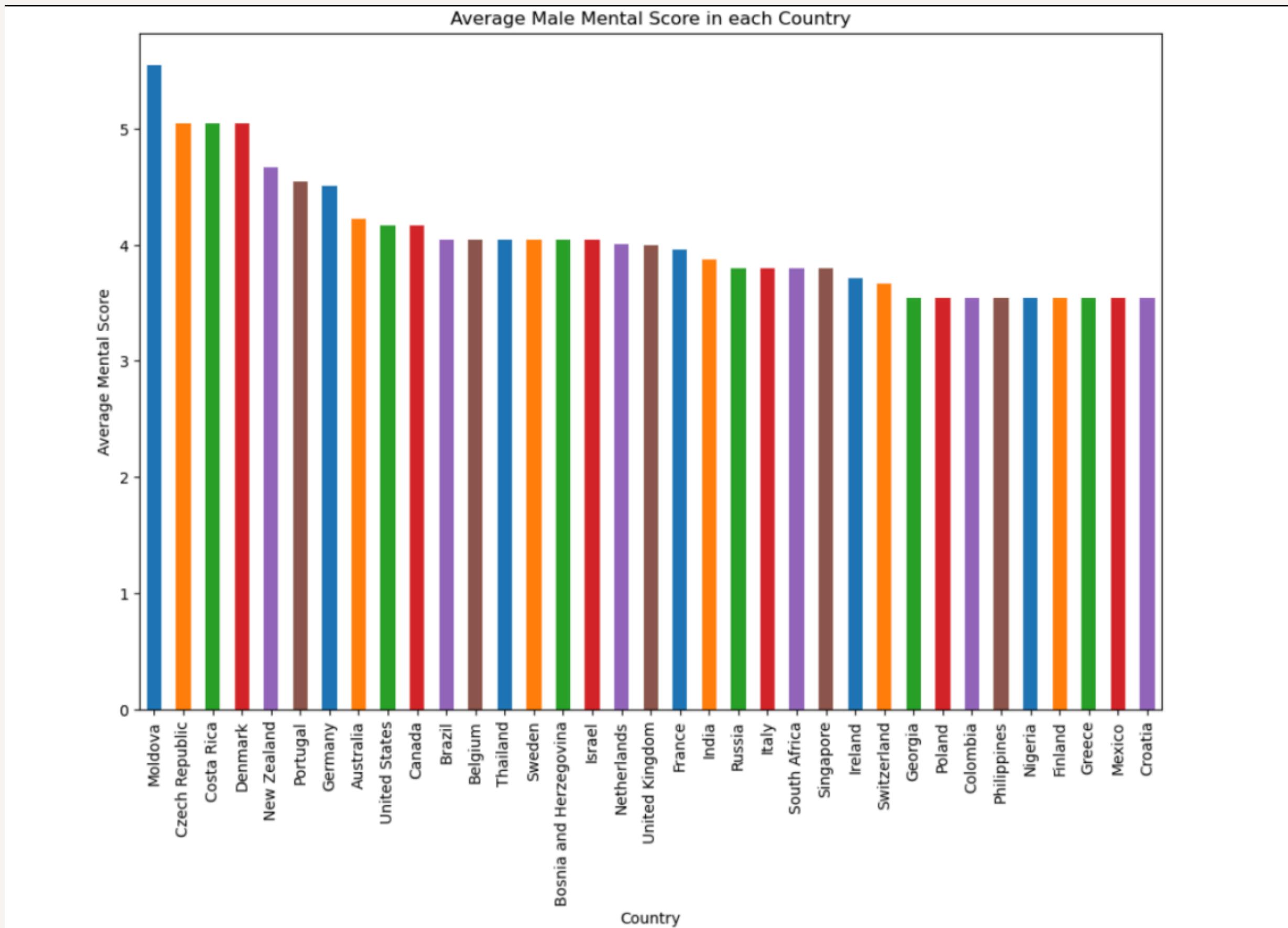


Students

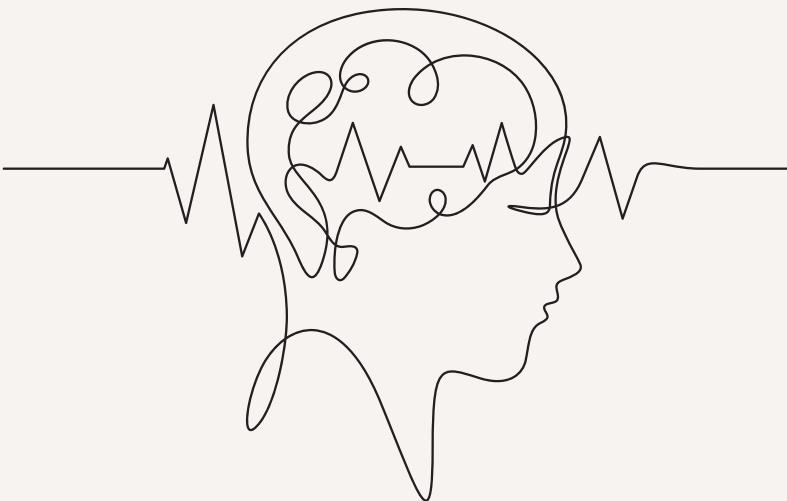
BREAK
THE
STIGMA



Males-no students

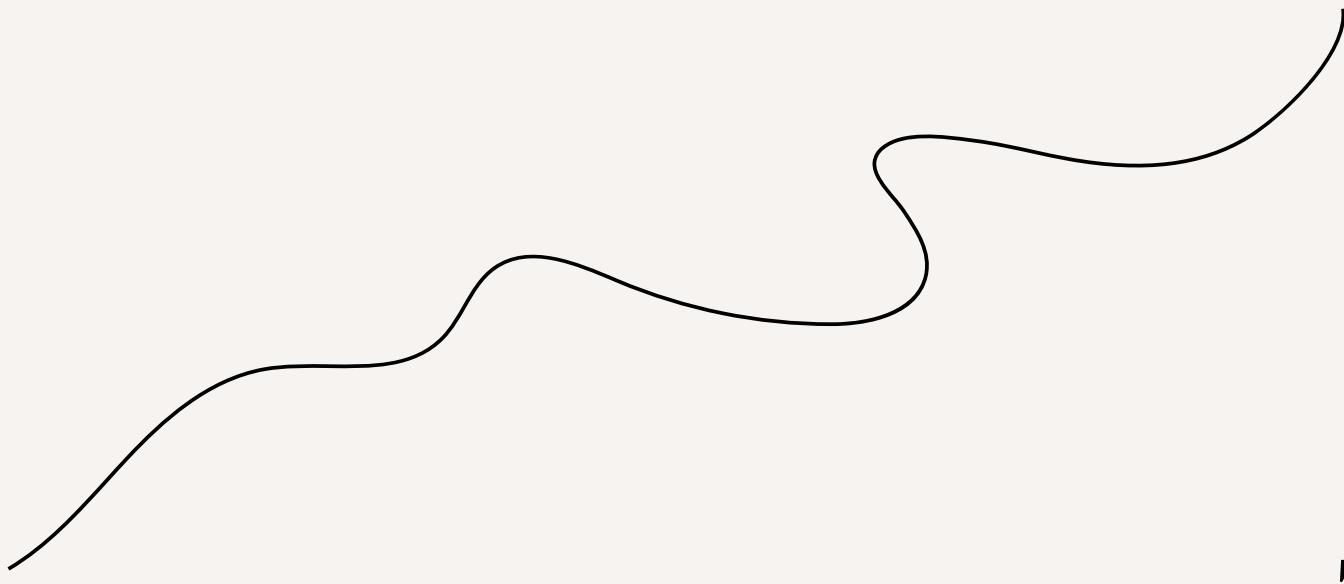


Conclusion



- Our Total Score indicates and sums a lot of different factors such as Growing_Stress, Changes_Habits, Mental_Health_History, Mood_Swings, Social_Weakness, mental_health_interview, care_options)
- For females time spend indoors correlates with the change in habits & the occupation
- For females there is not important correlation for family history and mental health history
- Regarding students, since the dataset did not include direct metrics, we estimated mental illness by assigning equal weights to the available categories and identified, in descending order, the countries most affected
- We found that the number of students with a mental health score above the average is not associated with family history, as there were more cases among those without a family mental health background.
- Additionally, for students with a score above the average, mental health outcomes do not appear to depend on the frequency of staying indoors
- Higher Score means greater impact in overall Mental Health per Male person.
- Lower Score means lesser impact in overall Mental Health.
- Moldova seems to be leading in Mental Health issues and on the other hand Croatia, Greece, Mexico etc. countries seem to have the best work-to-life balance and general mental illness state in correlation to our aforementioned factors.





Thank you

