**Data Analysis Report**: Mental health Dataset

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**Date**: 29th July, 2025

**Executive Summary**

This dataset presents an exploratory data analysis of a dataset containing information about mental health. The dataset has different variables been studied in order to draw out patterns that lead to mental illness. The key finding was that most of the youths are the most affected.

**Introduction**

Mental illness is a slow pandemic that is slowly affecting the populations in this digital health. With the majority of the affected being the individual aged 18 to 25, paints a grave picture about teenagers who are the bigger portion of our population.

**Dataset Overview**

The dataset is assumed to contain the following columns:

* **Age - Numeric**
* **Age group - Categorical**
* **Name - categorical**
* **Gender - Categorical**
* **City - Categorical**
* **Working / professional or student - Categorical**
* **Profession - Categorical**
* **Academic pressure - Categorical**
* **CGPA - Numerical**
* **Study satisfaction - Categorical**
* **Job satisfaction - Categorical**
* **Sleep duration - Categorical**
* **Dietary habits - Categorical**
* **Degree - Categorical**
* **Suicidal thoughts - Categorical**
* **Work / study hours - Numerical**
* **Financial stress - Categorical**
* **Family history of mental illness - Categorical**
* **Depression – Categorical**

For the purposes of this report, missing values are assumed to have been cleaned, and the data is aggregated where necessary.

**Methodology**

This analysis employs descriptive statistics, distribution statistics and relationship analysis and correlational analysis.

The main question asked was: which factors contributed to mental illness?

**Analysis and Findings**

1. **Descriptive statistics**

**Age:** Had a minimum age of 18 and maximum of 59, all of it averaging to 26 years.

**CGPA**: The average CGPA is 8, with a minimum and maximum of 5.03 and 10 respectivley.

**Work / Study Hours**: On average, most of the people work 7 hours a day, with others hitting highs of 12 hours a day.

1. **Relationship analysis**

**Gender:** Depression both in men and women is the same with 58.5% and 58.3% respectively.

**Working or Student**: Not much data was gotten was found from professionals who made only 5 individuals out of 23106 individuals. From the students, a staggering 58% reported to be depressed.

**Profession**: Most of the individuals here are students, with a huge chuck of them being depressed.

**Sleep durations**: Those who slept below 5 hours and those who slept over 10 hours, reported to be depressed.

**Suicidal thoughts**: Those who reported having suicidal thoughts were found to be more depressed than those who didn’t have suicidal thoughts. The percentage was 79%.

**Family history**: Apparently having family members who had mental illness can increase the probability of development.

**Academic pressure, financial stress**: Most of the participants who experienced these conditions intensely led reported to be depressed.

**Age**: The teens 18 – 25 were found to be most stressed than their older counterparts.

**Job satisfaction, study satisfactions**: Participants who experienced these conditions intensely were found to be more depressed.

**Work / study hours**: Those who spent more time studying or working were found to be more depressed.

1. **Correlational studies**

There a very strong correlation between age and the cumulative GPA someone got and given that it increased with age, showed that older people felt accomplished due to their GPA.

**Key Insights**

1. Enjoying the work or the field of study contributes largely to reducing depression in individuals
2. Most of the depressed are the Teenagers who are between the ages of 18 – 25.

**Recommendations**

1. Therapy should be recommended largely to those experiencing high levels of suicidal thoughts for they make up the highest turn-over at 79%.
2. Help should be given largely to the teenagers for they are the most affected.
3. Choosing work or a study that I enjoy plays a huge role in staying motivated.

**Conclusions**

Mental health is important for the survival of a community. For those who are most in need, in this case, the teenagers, should be supported in order to improve every quality of life for every stakeholder in a community.