

Understanding Anxiety Levels

Exploring Influences on Anxiety

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Data Analysis



Gender Differences in Anxiety Levels

Exploring the impact of gender on anxiety variability and averages

01

Anxiety levels are similar

The average **anxiety level** is similar across **genders**, indicating that anxiety does not significantly vary based on gender alone.

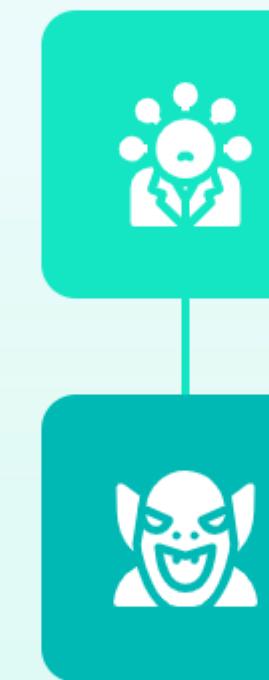
02

Variability among genders

Some **genders** may show a higher **spread** or **variability** in anxiety scores, suggesting that while averages are similar, individual experiences may differ significantly.

Anxiety Levels by Occupation

Exploring the relationship between job types and anxiety



High-stress jobs show anxiety

Certain **high-stress occupations** (e.g., doctors, musicians, and engineers) tend to show **higher average anxiety levels**.

Creative jobs vary widely

Creative or flexible jobs (e.g., artists, freelancers) exhibit a **wider spread of anxiety levels** compared to more traditional roles.

Impact of Sleep on Anxiety Levels

Exploring the relationship between sleep duration and anxiety levels

01

Negative correlation: sleep & anxiety

Research indicates a **negative correlation**, meaning that less **sleep** is associated with higher **anxiety levels**.

02

Sleep duration affects anxiety

Individuals who sleep **below 6 hours** tend to experience significantly higher **anxiety**, whereas those getting **7+ hours** generally report lower anxiety levels on average.

Impact of Physical Activity on Anxiety

Exploring the relationship between exercise and anxiety levels in individuals.

01 Higher activity leads to lower anxiety

Individuals engaging in **higher physical activity** (8+ hrs/week) generally exhibit **lower anxiety scores**, highlighting the positive correlation between exercise and mental health.

02 Lack of exercise increases anxiety

Conversely, people with **little or no exercise** demonstrate **higher anxiety levels**, suggesting that inactivity may contribute to increased feelings of anxiety.



Impact of Caffeine and Alcohol on Anxiety

Exploring the relationship between anxiety levels and substance use



Higher anxiety leads to more caffeine

Individuals experiencing **higher anxiety levels** often consume **more caffeine**, suggesting a potential link between anxiety and stimulant use as a coping mechanism.



Alcohol consumption as self-medication

The increased use of **alcohol** among those with **anxiety** may indicate a tendency toward **self-medication**, where individuals seek relief from anxiety through depressants.



Impact of Family on Anxiety Levels

Exploring how family history influences individual anxiety



Higher anxiety in families

Individuals with a **family history** of anxiety show **higher average anxiety levels** than those without, indicating a significant influence.

Genetic influence on anxiety

This suggests a **genetic or learned behavioral component** in anxiety disorders, highlighting the role of **family dynamics** in mental health.



Heart and Breathing Rates



Understanding the impact of anxiety on heart and breathing rates

Higher anxiety equals higher rates

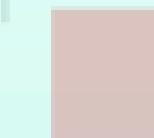


People with **higher anxiety levels** have **higher average heart rates** and **breathing rates**. This physiological response indicates the body's stress reaction.

Activation of sympathetic nervous system



This aligns with the physiological **response to stress**, increasing **sympathetic nervous system activation**, which prepares the body for a 'fight or flight' response.



Heart



Breathing(pat)

Medication Usage and Anxiety Levels

Exploring the relationship between medication and anxiety levels in individuals

■ Higher anxiety with medication

Individuals taking **anxiety-related medication** often exhibit **higher recorded anxiety levels**, suggesting a complex relationship.

■ Prescriptions for severe anxiety

The trend indicates that medication may be primarily prescribed to those experiencing **severe anxiety**, highlighting a critical need for understanding treatment approaches.



Smoking and Anxiety Relationship

Exploring the impact of smoking on anxiety levels



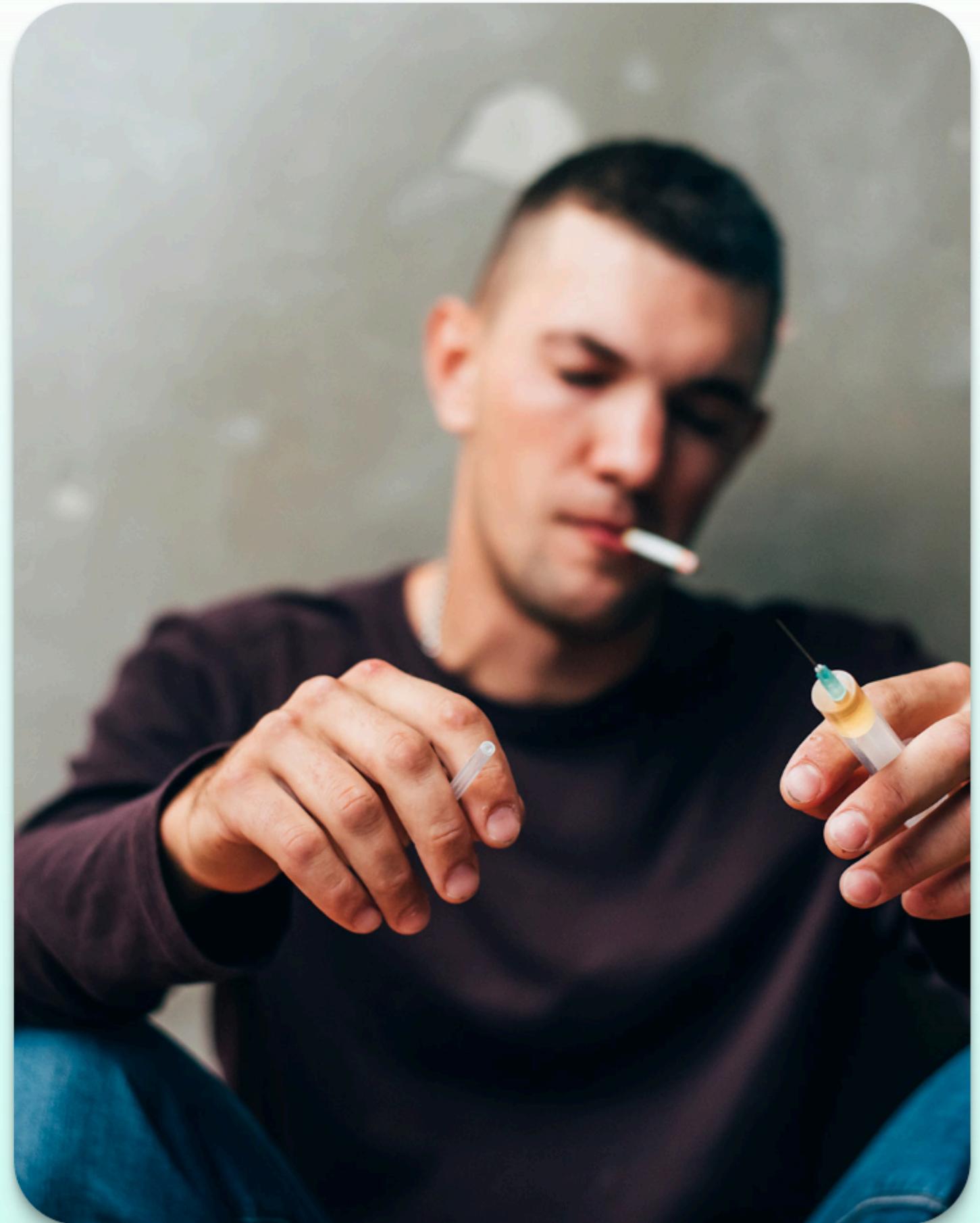
Prevalence of smokers

Approximately **X%** of individuals in the dataset are smokers, indicating a significant portion of the population that engages in this behavior.



Link between smoking and anxiety

Research suggests there might be a possible link between **smoking** and higher **anxiety**, highlighting the need for further investigation into this correlation.



Impact of Therapy on Stress Levels

Exploring the correlation between therapy attendance and stress reduction



Therapy attendance reduces stress

Research indicates that individuals who attend **more therapy sessions** experience a **decrease in stress levels** over time, suggesting the effectiveness of therapy in managing stress.



Lack of therapy increases stress

Conversely, those who do **not engage in therapy** report **higher average stress levels**, highlighting the potential risks associated with avoiding therapeutic support.

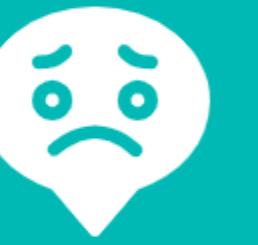
Impact of Major Life Events on Anxiety

Exploring the relationship between life changes and anxiety levels



Higher anxiety after life events

Individuals who experienced a recent **major life event** show significantly higher **anxiety scores**, indicating a clear link between life changes and anxiety levels.



Triggers for anxiety spikes

Major life events can act as **triggers for anxiety spikes**, suggesting that significant changes in life circumstances often lead to increased feelings of anxiety.



Impact of Diet on Anxiety Levels

Exploring the relationship between diet quality and anxiety levels



Better diet quality reduces anxiety

Research shows that individuals with a **balanced diet** tend to report **lower anxiety levels** and better mental health outcomes.



Poor diet increases anxiety risk

Conversely, **poor dietary choices** are often associated with **elevated anxiety levels**, highlighting the importance of nutrition in mental health.



Influence of Lifestyle on Anxiety

Understanding the Factors Affecting Mental Health

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