Mental Health Analysis Report

**Data collection Method:**

This data is available on Kaggle via:

**Data preparation:**

We have explored data using python and checked for:

**-Duplicates:** No duplicates were found.

-**Null values:** No nulls were replaced or deleted.

**-Metadata:** All columns were named by data provider.

**Objectives:**

1. Are males more than females in IT?
2. What is the age distribution in this field?
3. Which university has more students?
4. Are on-campus students getting more grades?
5. Are on-campus students feeling more isolation?
6. Is there specific university with most depressed students?
7. Is there a social relationships /mental health relation?
8. Is there a Correlation between academic pressure and levels of depression, anxiety, and isolation?
9. How do the discrimination acts affect mental health outcomes?
10. Is there a significant relationship between sleep time and academic pressure?
11. What is the most common stress relief activities and their effectiveness on reducing mental health issues?

**Insights:**

We have noticed that **males** are more than females contributing more than 60%.

**Age distribution:** younger students represent great population, as there are more undergraduate students.

University with most students is PU.

There is no significant difference between on-campus and off-campus students.

More Off-campus students are feeling isolation.

KUST has the most percentage of depressed student.

Very bad social relation is strongly correlated with High Anxiety level. However, it seems to be a co-factor, not a key factor by itself.

Getting more CGPA, was related to having more stress.

Students who had Discrimination acts show greater stress levels.

There is significant relationship between sleep duration and academic pressure.

Religious activities are the most common stress relief activities, and they are most effective methods.

There is significant relationship between Stress levels mentioned above and Relationship status, we have noticed also, that females are influenced markedly more than males by mental status.