

ANALYZING STUDENT

# Mental Health

VIA DATACAMP

Because  
Your Mind  
Matters!



*a healthy mind is  
the heart of a  
happy life*



The studying  
of the student  
mind



# What is Mental Health?

Mental health is about how we think, feel, and handle life's ups and downs.

It affects our relationships, work, and overall well-being.

*Mental health isn't just about feeling good  
—it's about feeling whole.*





Does going to university in a different country affect your mental health? A Japanese international university surveyed its students in 2018 and published a study the following year that was approved by several ethical and regulatory boards.

The study found that international students have a higher risk of mental health difficulties than the general population, and that social connectedness (belonging to a social group) and acculturative stress (stress associated with joining a new culture) are predictive of depression.

Explore and analyze the students data using PostgreSQL to see how the length of stay impacts the average mental health diagnostic scores of the international students present in the study.

<https://www.datacamp.com/datalab/w/1ca26579-4475-42db-b178-b02dccd57397/edit>

# PROMPT



*a strong mind  
builds a strong  
life.*



# Data Transcription



Field Name	Description
inter_dom	Types of students (international or domestic)
japanese_cate	Japanese language proficiency
english_cate	English language proficiency
academic	Current academic level (undergraduate or graduate)
age	Current age of student
stay	Current length of stay in years
todep	Total score of depression (PHQ-9 test)
tosc	Total score of social connectedness (SCS test)
toas	Total score of acculturative stress (ASIIS test)

”

# Data Projection of used columns and Database

index	stay	inter_dom	todep	tosc	toas
0		5 Inter		0	34
1		1 Inter		2	48
2		6 Inter		2	41
3		1 Inter		3	37
4		1 Inter		3	37
5		6 Inter		6	38
6		1 Inter		3	46
7		2 Inter		9	41
8		4 Inter		7	36
9		2 Inter		3	48
10		1 Inter		5	32
11		1 Inter		8	47
12		1 Inter		1	48
13		1 Inter		3	32
14		1 Inter		9	31
15		1 Inter		6	40
16		1 Inter		3	48
17		1 Inter		3	48
18		1 Inter		7	44
19		3 Inter		1	36
20		1 Inter		4	26
21		1 Inter		3	26
22		1 Inter		13	25
23		3 Inter		1	34
24		1 Inter		8	39
25		8 Inter		10	44
26		2 Inter		13	42
27		1 Inter		9	38
28		2 Inter		6	46
29		1 Inter		7	40
30		1 Inter		10	38
31		2 Inter		9	43
32		2 Inter		9	40
33		2 Inter		2	48
34					
35					
36		1 Inter		9	41
37		4 Inter		14	35
38		3 Inter		4	44
39		1 Inter		14	31
40		10 Inter		13	32

FULL DATABASE:

<https://www.datacamp.com/datalab/w/1ca26579-4475-42db-b178-b02dced57397/edit>

# Finding Solution<sup>®</sup>



<https://www.datacamp.com/datalab/w/1ca26579-4475-42db-b178-b02dccd57397/edit>

Highlight the stay column and align with the average test scores to see if there is a correlation between the stays and all tests ran on students



```
--Used SELECT to select the stay colum from the old database (stay) and the averages of the mental health tests of students and rounding them by the neearest hundredth (todep, tosc, toas)
SELECT
    stay AS stay,
    COUNT(inter_dom) AS count_int, -- count function lets us count how many international students there are
    ROUND(AVG(todep), 2) AS average_phq,
    ROUND(AVG(tosc), 2) AS average_scs,
    ROUND(AVG(toas), 2) AS average_as
FROM students
WHERE inter_dom = 'Inter'
GROUP BY stay
ORDER BY stay DESC; -- descending order to see if the highest stay = better test scores or vice versa
```

	stay	count_int	average_phq	average_scs	average_as
0	10	1	13	32	
1	8	1	10	44	
2	7	1	4	48	
3	6	3	6	38	
4	5	1	0	34	
5	4	14	8.57	33.93	
6	3	46	9.09	37.13	
7	2	39	8.28	37.08	

# My Conclusion

For my SQL analysis, I focused on the international students and how their length of stay in Japan affects their mental health. I began by writing a query that filtered only the students labeled as “Inter” in the dataset. I then used the GROUP BY function to organize the data by the number of years students had stayed in Japan. To make my results meaningful, I applied aggregate functions: COUNT() to see how many international students were in each group, and AVG() wrapped in ROUND() to calculate the average scores for depression (PHQ), social connectedness (SCS), and acculturative stress (AS) to two decimal places. Finally, I used ORDER BY in descending order of stay so I could easily see how these scores changed as the length of stay increased.

The results showed some clear patterns. In the first few years, depression scores were very low, suggesting that students initially experience excitement or strong coping strategies. However, once students reached about five years of stay, depression scores increased sharply, with the highest levels appearing among those who stayed the longest. Social connectedness consistently decreased, showing that students felt less integrated over time. Acculturative stress peaked around four to five years, when students may feel the most cultural pressure, before easing slightly as they adapted.

These findings closely match the 2018 Japanese study, which concluded that international students face greater mental health risks, and that social connectedness and acculturative stress predict depression. Based on my code and analysis, I agree with this conclusion: studying abroad does impact mental health, and length of stay is a major factor.



*Your mind  
deserves  
kindness—be  
gentle with  
yourself.*

