

# **Mental Health Analysis**

## **Problem Description**

Mental health includes our emotional, psychological, and social well-being. The Center for Disease Control (CDC) reports that more than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime. Having crossed a population of 8 billion recently, that accounts for 4 billion people. Being faced with such a grave issue at a billion scale, it is our responsibility as data scientists to delve deeper into understanding the causes, repercussions, and treatment for mental illness.

Some of the questions I would like to find answers to are:

1. Which factors contribute most to mental health? (occupation, income, education, age, gender, etc)
2. What percentage of people have recovered / relapsed / succumbed to mental health issues over the years?
3. Is certain type of mental health issues more prevalent than the others?
4. Is internet access contributing to depression among children?
5. Does mental illness have (i) correlation, (ii) causation with the suicide rates among people across the world?

## **Datasets**

With mental health being a popular topic of research, there are a lot of open-source datasets on mental health. Some data sources I found interesting for analysis include (but are not limited to)

Adult Depression (LGHC Indicator)

CDC Pregnancy Risk Assessment Monitoring Stat Data 2011

Children Emotional Difficulty