

# Project Description

## Name

Assessing Drivers of Anxiety and Depression in Widows: A Data-Driven Analysis (by André Jardim)

## Overview

This project investigates the key drivers of anxiety, depression, and suicidal thoughts among widows, focusing on socioeconomic factors such as income sufficiency, food security, number of dependents, and ability to pay for basic needs. Utilizing survey data provided by the **Global Fund for Widows** (GFW) and based on the **World Health Organization** (WHO) methodology, the analysis seeks to uncover correlations between mental health outcomes and baseline socioeconomic conditions. By identifying these relationships, the project aims to inform interventions that promote mental health and financial stability among widows.

## Problem Statement

Widows face unique socioeconomic challenges that often result in heightened levels of anxiety, depression, and other mental health issues. Understanding the factors contributing to these mental health outcomes is critical for designing effective interventions. This project analyzes the connections between mental health indicators and socioeconomic conditions, providing actionable insights for GFW to develop targeted programs that address the root causes of anxiety, depression, and suicidal thoughts in widows.

## Relevance

Mental health and socioeconomic stability are closely intertwined. By identifying the factors driving anxiety and depression, this project provides valuable insights to GFW for improving their programs and initiatives. These insights will support widows in achieving financial independence and emotional well-being, helping GFW fulfill its mission of empowering widows through targeted, data-driven solutions. Furthermore, the project highlights the importance of integrating mental health support with economic empowerment programs, offering a model for addressing similar challenges in vulnerable populations.

## Dataset(s)

The dataset for this project, provided by the Global Fund for Widows (GFW), contains information about over 600 widows, organized into two key categories. The first captures mental health indicators, including anxiety and depression levels measured by the GAD-7 and PHQ-9 scales, as well as reports of suicidal thoughts. The second focuses on socioeconomic conditions, such as income sufficiency, food security, and household dependents. While the data provides valuable insights, potential duplicate entries may affect the exact count of unique individuals.