

## **Analysis of Survey**

### **1. What is your current employment status?**

- a. Percentage of each option:
  - i. Employed full-time: 47.8%
  - ii. Employed part-time: 17.4%
  - iii. Retired: 8.7%
  - iv. Student: 21.7%
  - v. Unemployed: 4.3%

### **2. What is your age?**

- a. Percentage of each option:
  - i. 18-25: 43.5%
  - ii. 26-35: 4.3%
  - iii. 36-45: 13.0%
  - iv. 46-55: 21.7%
  - v. 56 and older: 17.4%

### **3. What is your gender?**

- a. Percentage of each option:
  - i. Female: 78.3%
  - ii. Male: 21.7%

### **4. How familiar are you with mental health issues?**

- a. Percentage of familiarity with mental health issues 1-5. 2: 13.0%
- b. Percentage of familiarity with mental health issues 1-5. 3: 17.4%
- c. Percentage of familiarity with mental health issues 1-5. 4: 30.4%
- d. Percentage of familiarity with mental health issues 1-5. 5: 39.1%

### **5. Which of these is a mental health illness you have heard of?**

- a. Percentage of known mental illnesses. Anxiety Disorders: 95.7%
- b. Percentage of known mental illnesses. Depression: 100.0%
- c. Percentage of known mental illnesses. OCD: 100.0%
- d. Percentage of known mental illnesses. Bipolar Disorder: 100.0%
- e. Percentage of known mental illnesses. Schizophrenia: 100.0%
- f. Percentage of known mental illnesses. PTSD: 100.0%
- g. Percentage of known mental illnesses. Eating Disorder: 100.0%

### **6. Do you believe there is a stigma associated with mental health?**

- a. Percentage of each option:
  - i. Yes: 82.6%
  - ii. No: 13.0%
  - iii. Other: 4.3%

### **7. What role do you think social media has with the perceptions of mental health?**

- a. Percentage of each option:
  - i. Negative Impact: 65.2%

- ii. Neutral: 17.4%
- iii. Other: 4.3%
- iv. Unsure: 13.0%

**8. Which of these do you think is the most common misconception with mental health?**

- a. Percentage of each option:
  - i. Mental health is a sign of weakness: 43.5%
  - ii. Mental health problems cannot be treated: 13.0%
  - iii. Mental health disorders are a choice: 21.7%
  - iv. Mental health disorders are genetic: 4.3%
  - v. Mental health illnesses are rare: 13.0%
  - vi. Other: 4.3%

**9. In your opinion, are there specific life events that could trigger mental health concerns?**

- a. Percentage of each option:
  - i. Yes: 95.7%
  - ii. No: 4.3%

**10. Have you ever experienced a mental health disorder?**

- a. Percentage of each option:
  - i. Yes: 47.8%
  - ii. No: 26.1%
  - iii. Maybe: 21.7%
  - iv. Other: 4.3%

**11. Has someone you know ever experienced a mental health disorder?**

- a. Percentage of each option:
  - i. Yes: 91.3%
  - ii. No: 8.7%

**12. Where do you commonly see information about mental health?**

- a. Percentage of each option:
  - i. Social Media: 60.9%
  - ii. Healthcare Professionals: 30.4%
  - iii. Work/School: 8.7%

**13. Why do you think it is important to raise awareness for mental health?**

- a. Percentage of each option:
  - i. Other: 8.7%
  - ii. To encourage seeking help: 43.5%
  - iii. To help more people understand: 26.1%
  - iv. To normalize mental health difficulties: 17.4%
  - v. To reduce stigma: 4.3%

**14. Why do you think it is important to discuss mental health during significant life events?**

- a. Percentage of each option:
  - i. To provide support during challenging times: 39.1%
  - ii. To normalize the emotional aspects of major life events: 26.1%
  - iii. To raise awareness about the impact on mental health by life events: 34.8%

**15. Why do you think it is important for environments like work and school to raise awareness for mental health?**

- a. Percentage of each option:
  - i. To support the mental well-being of students/employees: 43.5%
  - ii. To educate students/employees about mental health: 17.4%
  - iii. To create a stigma-free environment: 8.7%
  - iv. To encourage open communication about mental health: 30.4%

When creating this survey, I envisioned learning more about people's perspectives on mental health. I wanted to understand how other people saw mental health since it is a significant topic for me. To create this survey, I designed questions for each section that was required. Then to analyze these questions, I used the pandas group by function to group each question with its corresponding answers. I then used a function I defined that uses the group by indexes to loop through and calculate the percentages, each time it would also print the percentages. Overall, I feel like the distribution of my survey went well, I sent it to friends and my family, and some family members sent it out as well. I also feel like the percentages of each demographic were mainly fair, although more females took this survey. After completion of my analysis, I noticed that the majority of surveyors agreed that there is a stigma with mental health, 82.% to be exact. The analysis also showed that the majority of people say they or a loved one have experienced mental health issues. Lastly, the surveyors seemed to lean more toward the negative misconceptions when given a choice. For example, in the question that asks what they think is the most common misconception, 43.5% chose that mental health is a sign of weakness. All in all, the analysis of this data gave me a better understanding of how other people perceive mental health and the issues that may come along with it.