

MENTAL HEALTH IN TECH

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MAIN GOAL

The main goal of this study has been to investigate the prevalence and in what way different factors contribute to mental health issues in Tech companies. Every time more people are working in the Tech industry and with the current evolving techniques, workload and time pressure seem to be more present than ever. This study looks at how many people, that are currently working in the Tech industry are facing mental health issues, particularly in the US. Furthermore some specific factors have been looked at in more detail.

The research questions that were asked in this study are:

1. How many people working for a Tech company have mental health issues in the US?
2. How is the distribution per State in the US?
3. How is the distribution in gender for mental health in tech in the US?
4. What is the influence of working remotely on the mental health of people working in Tech in the US?
5. What is the influence of any family members with mental health issues on the mental health of people working in Tech in the US?

DESCRIPTION OF DATASET

The dataset has been gathered in different time frames and in different places spread over the world. Due to the geological spread of the data and in order to minimize as much as possible this factor, only the data coming from the United States has been used for this analysis. Furthermore different techniques have been used to clean the data, which will be further explained in the Method Chapter.

METHOD

In order to clean the data, different techniques were used.

1. Gender

Due to the large amount of input for the Gender question, the answers have been redivided into:

- Female
- Male
- Other

All items that couldn't be grouped in either the Female or Male Gender category have been added to the Other Gender category.

2. Mental Illness

To decide which persons would be classified as persons with a mental illness, the following definition was handled:

- The person has received treatment for a mental illness
- The person has mentioned that his/hers mental illness has interfered Often, Sometimes or Unknown with his/her work.

3. Tech Company

Since the data didn't provide for the amount of people that were actually working in a position in Tech, it has been decided to consider all people working for a Tech company as people working in Tech.

RESULTS

For this study the following research questions were handled:

1. How many people working for a Tech company have mental health issues in the US?
2. How is the distribution per State in the US?
3. How is the distribution in gender for mental health in tech in the US?
4. What is the influence of working remotely on the mental health of people working in Tech in the US?
5. What is the influence of any family members with mental health issues on the mental health of people working in Tech in the US?

1. How many people working for a Tech company have mental health issues in the US?

From the people that were interviewed, more than half of the people have been experiencing mental health issues and have been treated for this. This can be seen as a high amount and should be further investigated.

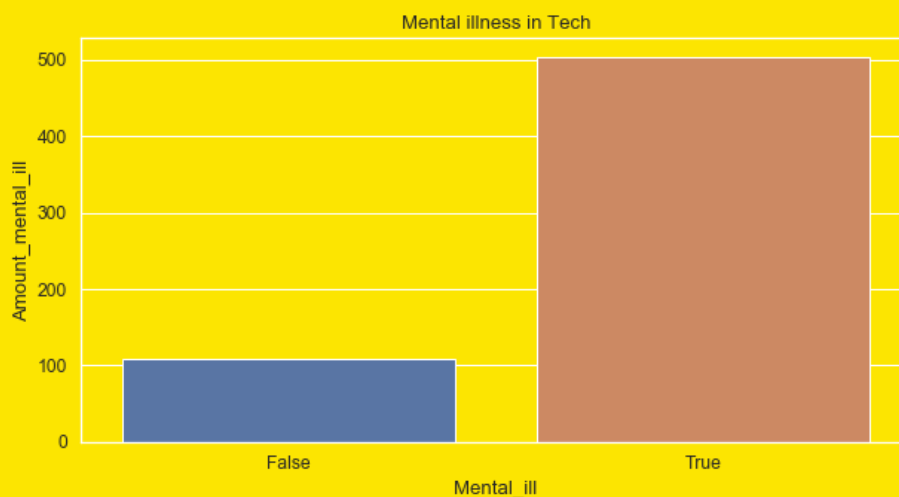


Fig. 1 Amount of Mental Illness in Tech in the US

2. How is the distribution per State in the US?

Several states with a high amount of mental illnesses can be distinguished. The state with the highest amount of mentally ill people is California, as can be seen in the graph of figure 2. This might be explained by the fact that the biggest tech area, Silicon Valley, is in that state.

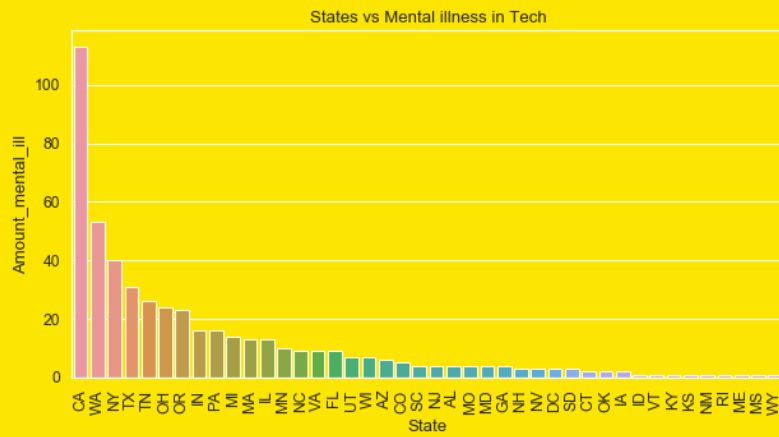


Fig. 2 Amount of Mental Illness in Tech per state in the US

3. How is the distribution in gender for mental health in tech in the US?

Looking at the different gender categories and the percentage of people having a diagnosed mental illness, the category with the highest percentage is the Other Gender category. This might be explained by people not considering themselves as belonging to one of the two main Gender categories, having to deal with more prejudice and biases from their environment, which might cause more stress. This would be subject to further investigation.

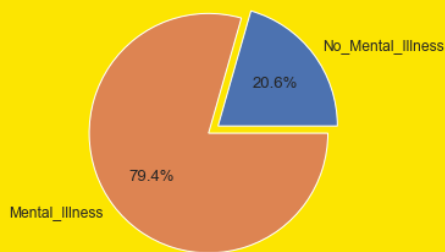


Fig. 3 Percentage Mental Illness Women

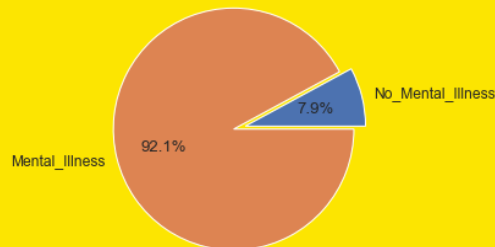


Fig. 4 Percentage Mental Illness Men

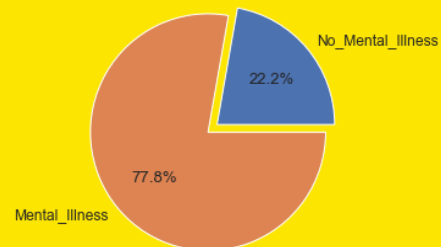


Fig. 5 Percentage Mental Illness Other

4. What is the influence of working remotely on the mental health of people working in Tech in the US?

With the correlation being only 0.026, no real correlation could be found between working remotely and the mental health of people working in Tech in the US, as can be seen in figure 6 below.

5. What is the influence of any family members with mental health issues on the mental health of people working in Tech in the US?

A light correlation could be seen between having a mental illness while working in a tech company in the US and having any family members with a mental health issue, the correlation being 0.23. Several studies have proven that genetical factors can be very important in predicting mental health issues.

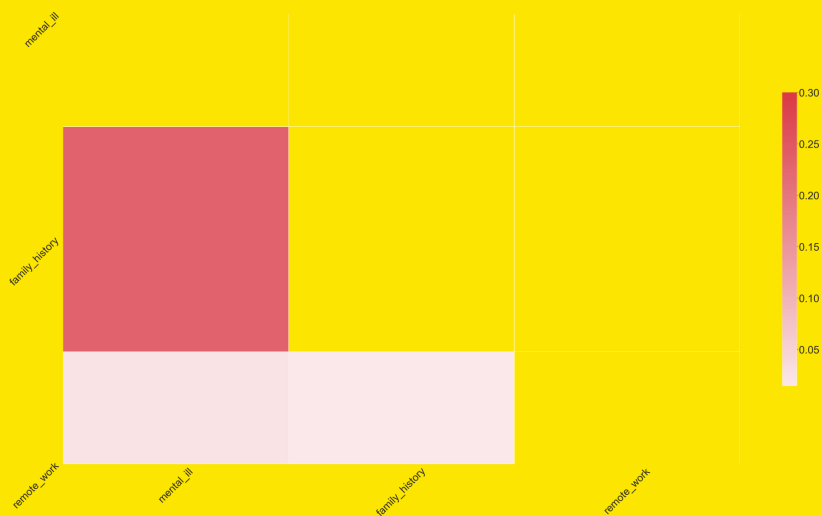


Fig. 6 Correlation between mental illness and working remotely/Family history of mental illness

CONCLUSION

As has been seen during this study, mental illness is prevalent for people working in Tech companies in the US, especially for women and people not belonging to one of the two main gender categories.

Several factors can contribute to the prevalence of mental health issues. However, working remotely has not been proven to be one of them. Genetic factors, of which having any family members with mental health issues, and other external factors in the working environment, might be more predictive for having mental health issues. Further research is needed to investigate the influence of other factors in the prevalence of mental illness of people working in Tech companies in the US.