Mental Health Analysis Dashboard

Insights from Survey Data
on Stress, Sleep, and Productivity

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Introduction to the final project

This project highlights insights from the Mental Health Dashboard, focusing on survey participant's demographics. Stress levels, sleep patterns, and productivity.

To demonstrate how mental health impacts productivity and to showcase for actionable interventions that can improve well-being of different categories.
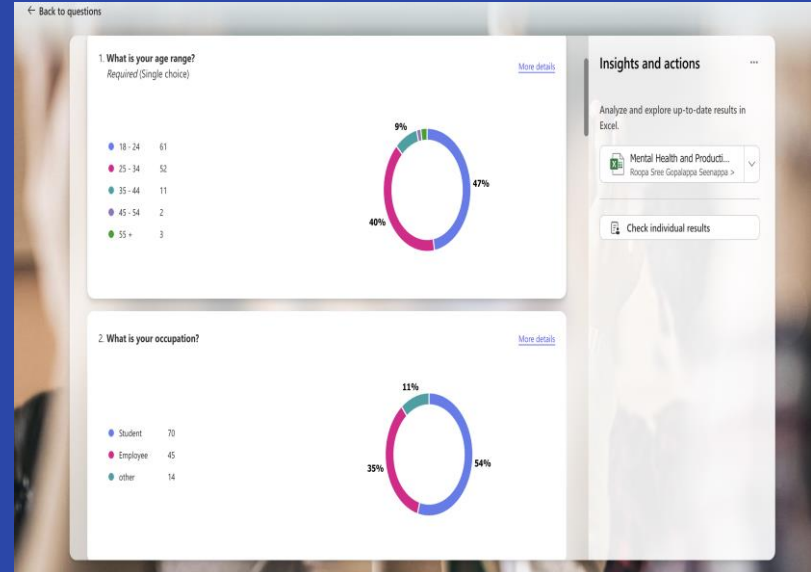
How the Dataset Was Collected

Methodology:

The dataset was collected through surveys, designed in a way to capture real-time insights into mental health.

Survey Distribution Methods:

Sent personalized survey links to individuals via direct messages (email, chat platforms).
Shared the survey link on social media platforms to increase reach and participation.

Real-Time Data Collection:

Emphasized collecting data in real-time to capture accurate, up-to-date mental health status.

The goal was to reflect the current stress levels, productivity, and mental health symptoms participants face daily.
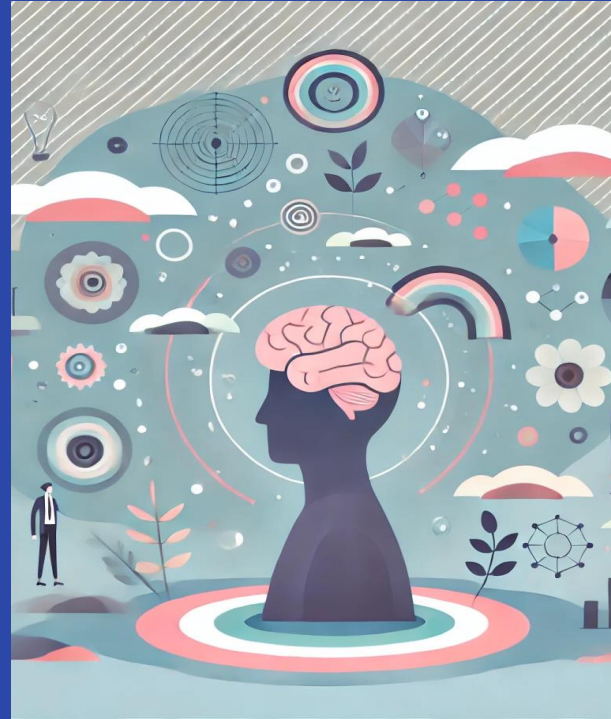
Challenges:

Engagement:

Encouraging participants to take the survey seriously and provide honest responses.
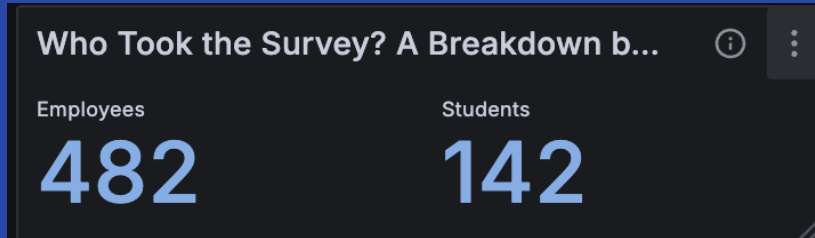
Reach: Limited participation from certain demographics.

Time Constraints:

Real-time data collection required quick turnaround to maintain relevance.

Who Took the Survey?

Who Took the Survey? A Breakdown b...

Employees
482

Students
142
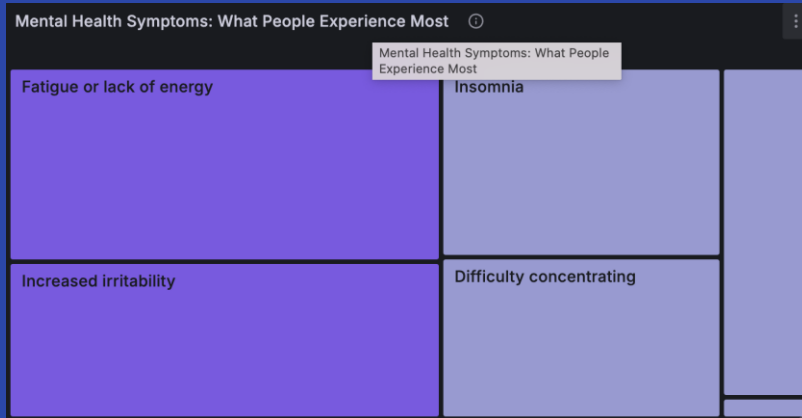
- This panel highlights the breakdown of survey participants by occupation.

- Employees are the majority participants, reflecting workplace interest in mental health. However, increasing student participation could uncover unique academic stressors.

Mental Health Symptoms

- This panel highlights the most commonly reported mental health symptoms, providing insight into shared challenges faced by students and employees.

- Fatigue and increased irritability are leading challenges, impacting both personal and professional productivity.

- Programs addressing rest and energy management are crucial and could help in this case.

Age Composition

- This panel shows the age distribution of survey participants, identifying which age groups are most engaged in sharing their mental health experiences.

- Younger participants (18-24 years old) are the largest group

- There were fewer participants aged 35-44 years old

Age Composi...

Age Composition

162
18 - 24

121
25 - 34
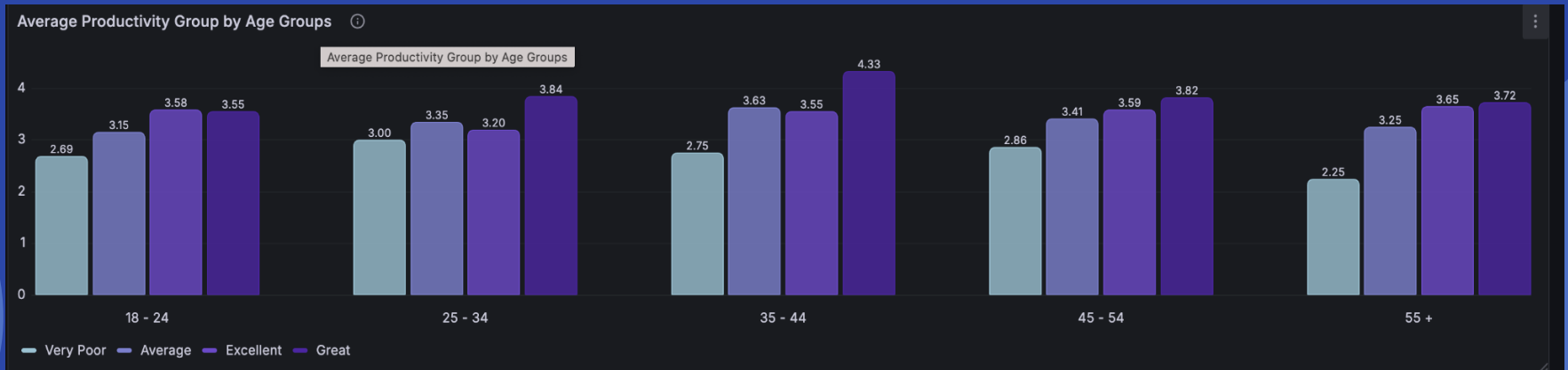
68
35 - 44

135
45 - 54

138
55 +

Stress Frequency: Students vs. Employees
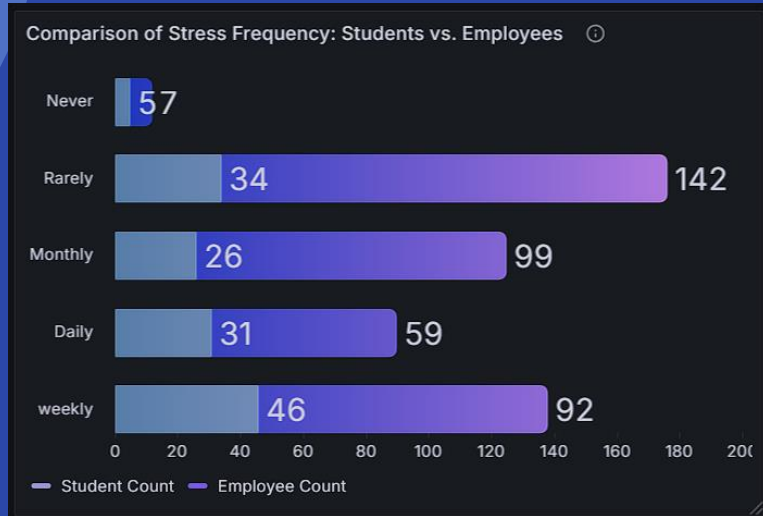
- This panel compares stress levels between students and employees, showing how stress frequencies differ across these groups.

- Employees report higher stress levels than students. Workplace stress interventions could significantly improve productivity.

Productivity by Age Groups

- This visualization compares average productivity ratings and mental health rating across age groups, highlighting how mental health ratings impact productivity.

- Older participants consistently report higher productivity. Younger groups may benefit from mentorship and mental health resources to boost their performance.

Average Productivity Group by Age Groups ⓘ

Average Productivity Group by Age Groups

| Age Group	Very Poor	Average	Excellent	Great
18 - 24	2.69	3.15	3.58	3.55
25 - 34	3.00	3.35	3.20	3.84
35 - 44	2.75	3.63	3.55	4.33
45 - 54	2.86	3.41	3.59	3.82
55 +	2.25	3.25	3.65	3.72

Sleep Patterns and Productivity

- This panel shows the relationship between sleep duration, productivity levels, and frequency, highlighting how rest impacts efficiency.

- Optimal sleep (7–8 hours): Highest productivity (3.39)

- Largest response frequency (214 participants)

- Short sleep (<5 hours):Lowest productivity scores

- Encouraging optimal sleep could lead to significant productivity improvements.

Sleep Hours and Productivity Ratings (Percentage-Based)
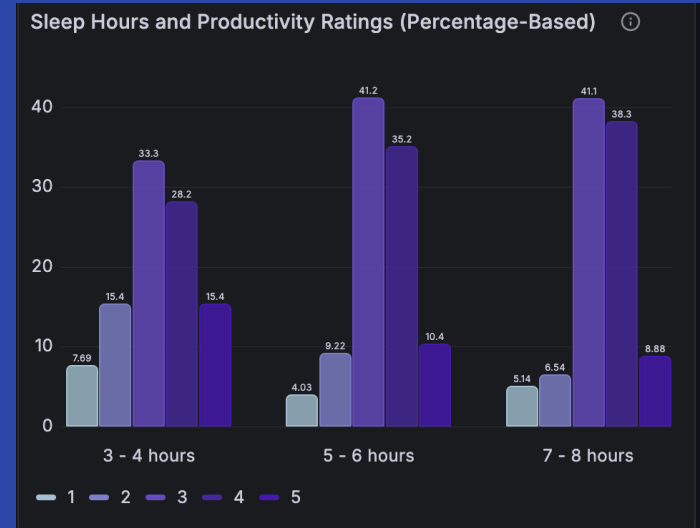
Count of Stress Frequency

- This panel illustrates the distribution of stress frequencies, identifying the prevalence of various stress levels among participants.

- Although most participants experience stress rarely or weekly, a significant number face daily stress combining with weekly count, underscoring the need for targeted mental health programs

Count of Stress Levels ⓘ

- Rarely
- Weekly
- Monthly
- Daily
- Never

106 17%
202 32%
143 23%
159 25%
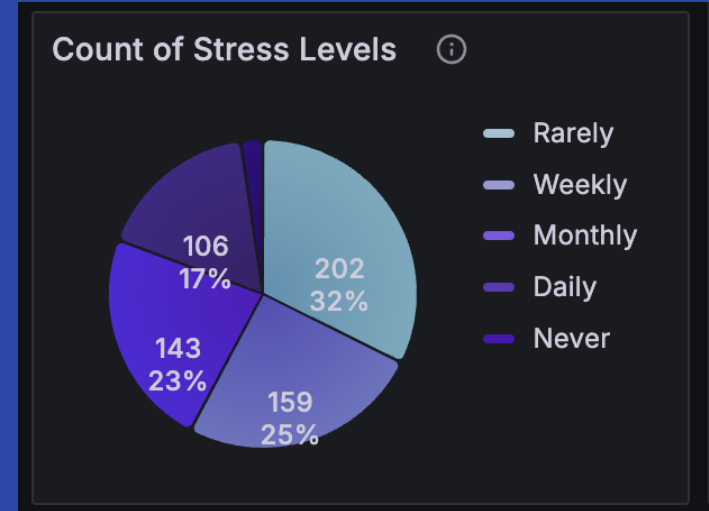
Stress Frequency for 5-8 Hours of Sleep

- This visualization explores stress levels among individuals who get 5-8 hours of sleep, an optimal range for maintaining mental and physical health.

- Even in the optimal sleep range, stress levels remain high.

- Stress management strategies are critical to complement healthy sleep habits.
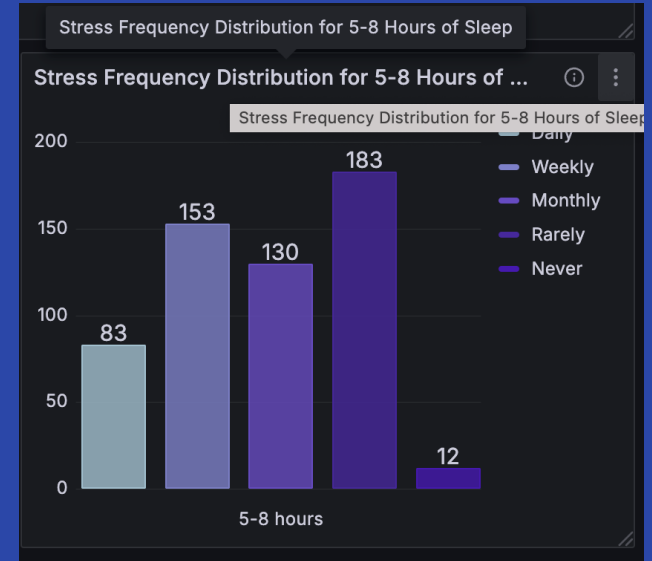
Stress Frequency by Mental Health Rating

- A large number of participants experience stress Weekly (110) or Rarely (85), showing stress is common even at moderate levels.

- Rarely and Weekly stress levels are linked to Great mental health ratings, but prolonged stress can still have negative effects.

- Daily stress (54) is strongly associated with Very Poor mental health, requiring urgent intervention.

Insight: Stress, whether Rarely, Weekly, or Daily, highlights the urgent need for proactive mental health programs to support well-being
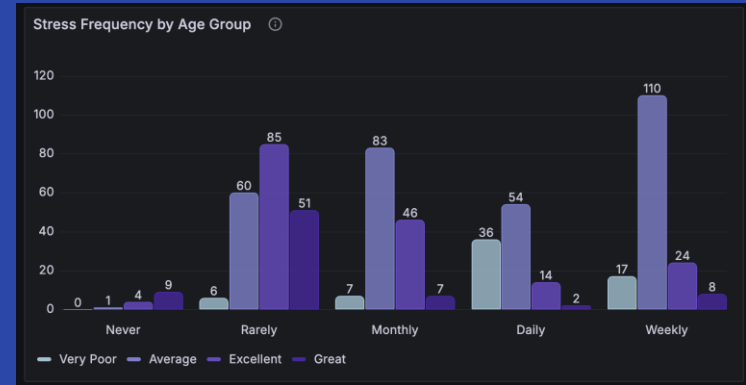
Conclusion

The Mental Health Dashboard reveals valuable insights into how demographics, sleep patterns, and stress levels affect productivity and well-being. These findings support the development of targeted mental health programs.

Key Findings:

- Mental health challenges (stress, sleep issues) directly affect productivity.
- Optimal sleep (7–8 hours) improves performance.
- Stress levels are higher among employees than students.

Call to Action:

- Schools and workplaces must prioritize mental health programs.
- Proactive interventions can lead to happier, more productive individuals.

Vision:

- The project highlighted the importance of mental health in improving daily productivity effectively. Through data collection, analysis, and dashboard creation, it delivered actionable insights. The outcomes emphasized how addressing mental health challenges led to positive and measurable impacts.

Corporate Wellness: Mental Health at Work

Ernst & Young (EY):

- **Initiative:** Provides mental health coaching sessions to employees.
- **Outcome:** Employees engaging in the program show an 85% improvement or recovery in mental health concerns.
- **Significance:** EY promotes a culture of mental well-being, aligning with its mission to support a healthy and productive workforce.

Cisco:

- **Initiative:** Offers mental health resources and encourages community involvement, such as donating to charities.
- **Outcome:** Employees experience a greater sense of purpose and engagement, positively impacting their mental health and productivity.
- **Significance:** Cisco's holistic approach provides a supportive environment for mental health and collaboration.


Mental Health Programs

Supporting Students: The Role of Mental Health Programs in Schools

Yale University:

- **Initiative:** Offers the "Good Life Center," a dedicated space for mindfulness, mental health workshops, and wellness activities.

- **Outcome:** Students experience reduced stress levels and improved well-being, contributing to a healthier academic community.

- **Significance:** Yale prioritizes mental health as a core element of student success and productivity.

No, We did not forget about our University's Mental health program services.

They are good!!!! (Recommended)

Yale Global Mental Health Program
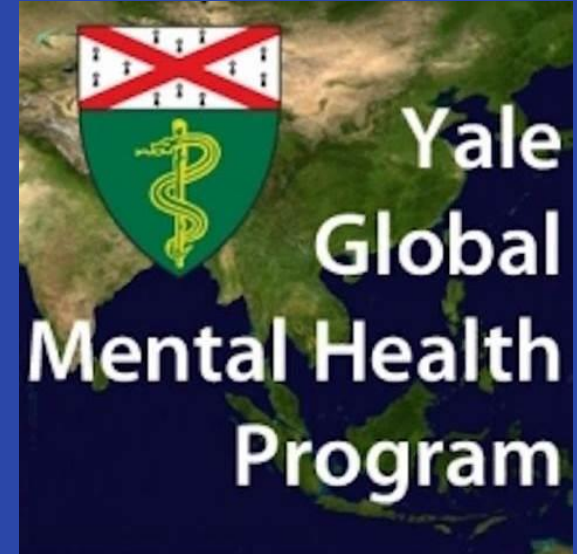
Thank You for taking the survey

Do you have any questions?