Name: Dhavalkumar Parmar

Enrolment: 000965569

Presentation on dataset of Anxiety and Depression Mental Health Factors

Key Questions and KPI's

Anxiety and Depression Mental Health Factors

KEY QUESTIONS

1. Do people who meditate report lower stress levels than those who don't?
2. How's the meditation affect the stress level?
3. Is there a noticeable trend showing that increased physical activity correlates with lower stress levels in certain age groups?
4. Are there any notable differences in stress levels between higher education levels like PhDs and Master's?

KPI's

1. Percentage of People Not Meditating (Higher Stress Levels)
2. Percentage of People Who Meditate Regularly or Occasionally
3. Stress Level by Education Level
4. Physical Activity and Stress Level Trend by Age
5. Gender Category with Highest Mental Health Scores

Dashboard

How Meditation affects the stress level

Stress Level by Meditation Used

215 (17.92%)

238 (19.83%)

747 (62.25%)

Meditation Used
- None
- Regular
- Occasional

Count of Stress Level by Education Level

Stress Level by Education Level

Education Level (y-axis): Bachelor's, PhD, Master's, Other, High School
Stress Level (x-axis): 0, 2, 4, 6, 8

Physical Activity is affecting the Stress Level by Age

Weekly Physical Activity Hours and Stress Level by Age

- Weekly Physical Activity Hours
- Stress Level

Weekly Physical Activity Hou... (y-axis): 0, 50
Age (x-axis): 10, 20, 30, 40, 50, 60, 70, 80

Anxiety and Depression Scores in Gender Category

Anxiety Score and Depression Score by Gender

- Anxiety Score
- Depression Score

Anxiety Score and Depressio... (y-axis): 0, 5
Gender (x-axis): Other, Male, Female, Non-Binary