Mental Health: The Statistics (or not)

Between Alcohol Consumption and Suicide Rates

One of the greatest and most profound scientific mystery that has still much to be uncovered happens to lie within us—the brain. It is the most advanced and prominent organ that allows us to be able to function within our daily lives. It is fully capable of amazing things from thinking, to doing, and then achieving. But what happens when it acts against you? While the human brain has differentiated us to being the most intelligent species, it also has its inevitable downfalls.

According to the National Institutes of Health, around 1 in 4 adults suffer from a diagnosable mental illness. Yet, mental illness still happens to be a stigmatized matter that most tend to avoid and leave unacknowledged, and thus, undiagnosed. Instead, many prefer to self-medicate in various ways, such as through alcohol consumption. By self-medicating, one may actually cause more harm than relief. With irrational thoughts and behaviors accompanied with alcohol, one may even cause their own demise. Suicide is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 35-44, and the fifth leading cause among people ages 45-54.2

In this dataset, I will be analyzing the significance between alcohol consumption and suicide rates. I will group each country’s data by their urban population rates and compare the higher populations versus the lower populations in whether higher alcohol consumption rates lead to higher suicide rates. This will be imperative to know as this will help humanity as a whole and shed light to better solutions in both self-medicative practices and mental health care.

Citations

1. <https://www.kaggle.com/sansuthi/alcohol-consumption> (Dataset).
2. CDC. [Web-based Injury Statistics Query and Reporting System](https://www.cdc.gov/injury/wisqars) (WISQARS). (2020) Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control.