Depression Professional Dataset

This dataset explores the relationship between mental health and various demographic, lifestyle, and work-related factors. It includes information on gender, age, work pressure, job satisfaction, sleep duration, dietary habits, financial stress, work hours, and mental health indicators such as depression, suicidal thoughts, and family history of mental illness. The dataset aims to provide insights into how lifestyle and work conditions influence mental well-being, making it suitable for exploratory data analysis, predictive modeling, and statistical research. Potential applications include identifying risk factors for mental health issues, understanding the impact of work-life balance, and predicting mental health outcomes based on lifestyle patterns.

Total Samples: 2,054

Data Types:

- **Numerical:** 5 columns (Age, Work Pressure, Job Satisfaction, Work Hours, Financial Stress).
- **Categorical:** 6 columns (Gender, Sleep Duration, Dietary Habits, Suicidal Thoughts, Family History, Depression).

Dataset Link:

https://www.kaggle.com/datasets/ikynahidwin/depression-professional-dataset/data