Global Mental Health Analysis

Team 3

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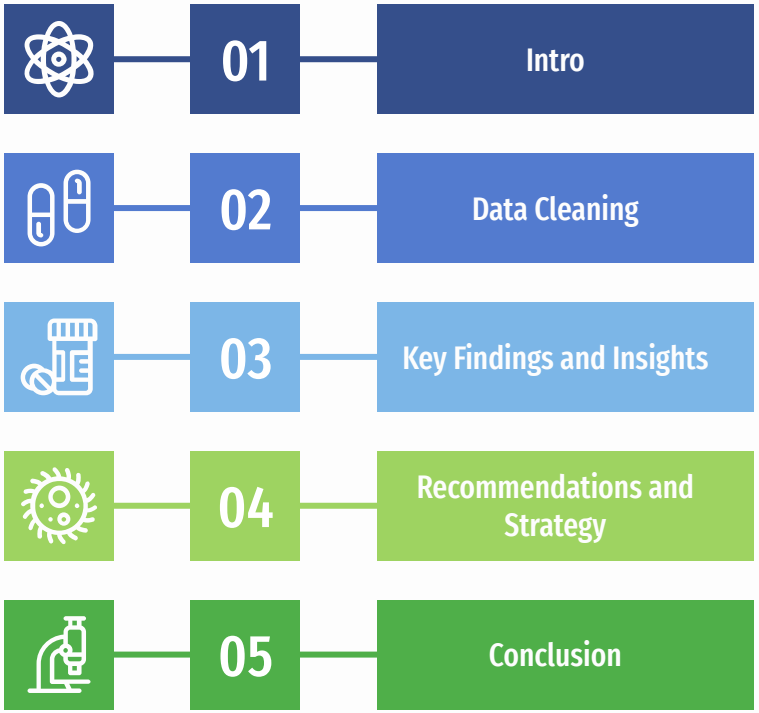
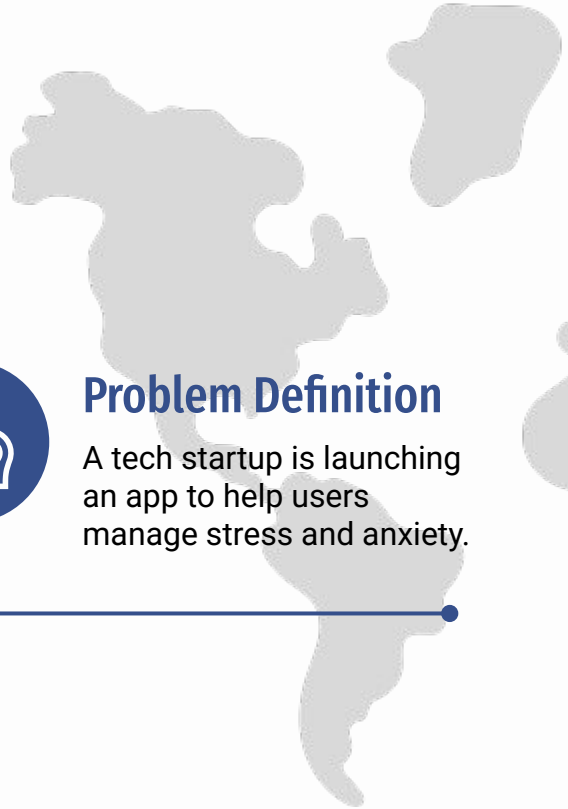
Context


01
Intro
02
Data Cleaning
03
Key Findings and Insights
04
Recommendations and Strategy
05
Conclusion

Problem Statement



Problem Definition

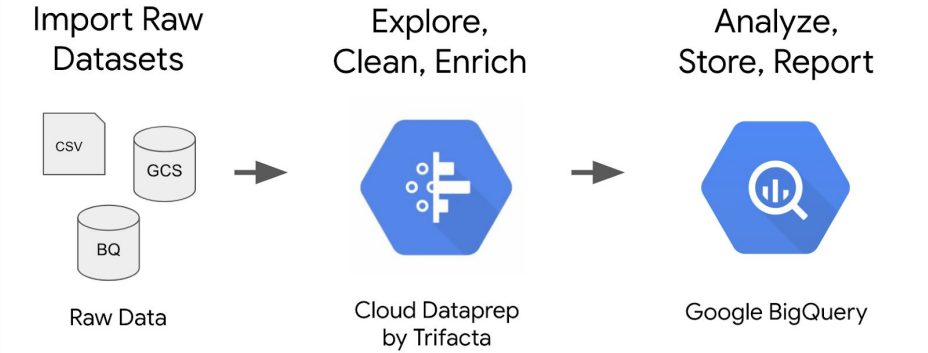
A tech startup is launching an app to help users manage stress and anxiety.

Goals

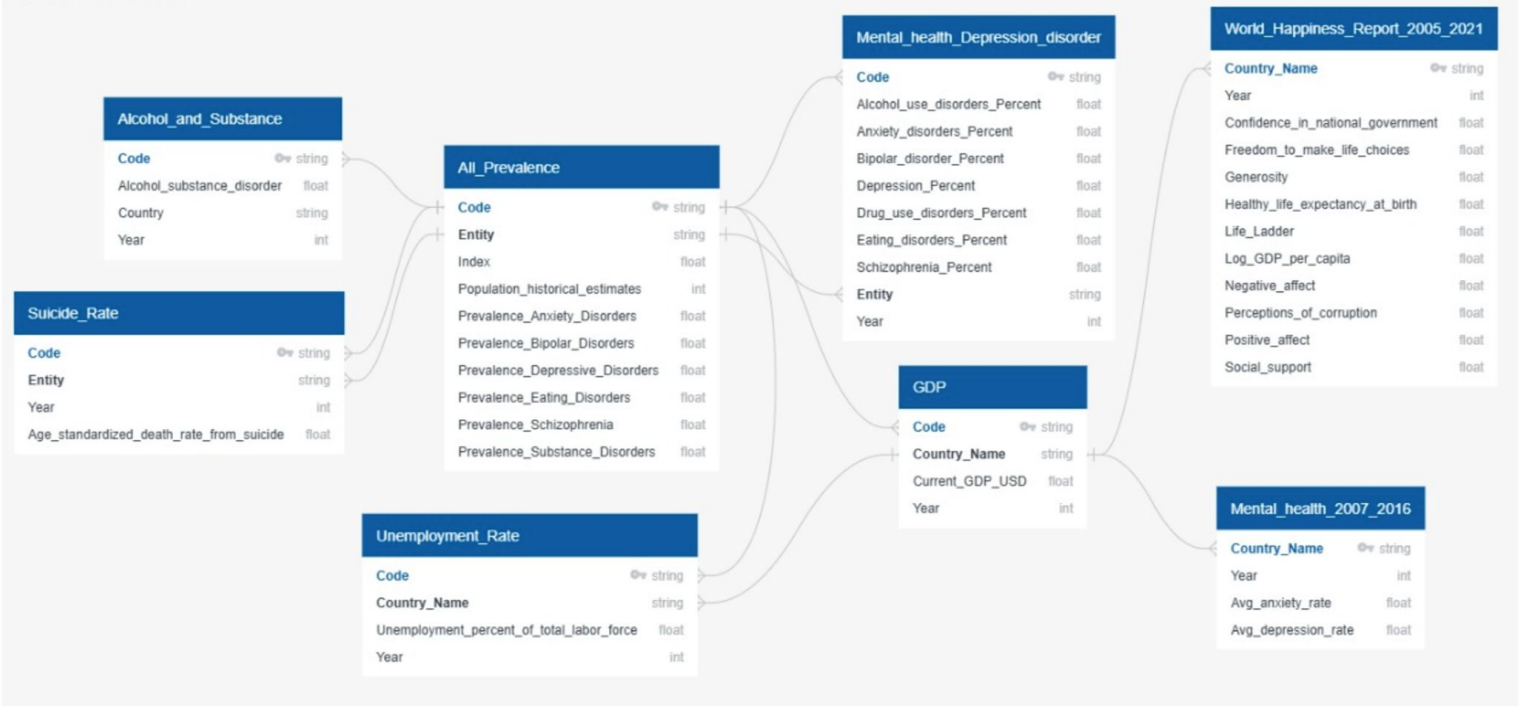
Analyze global mental health data on anxiety, depression, and substance use disorders to provide actionable insights for the startup.

Overview of the Dataset

kaggle



Overview of the Dataset



Key Insights

Geographic Analysis

Happiness

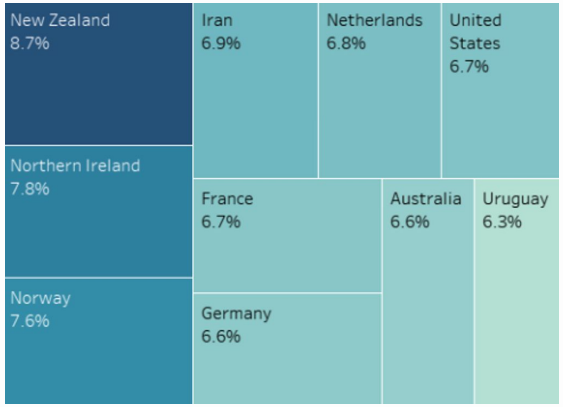
Gender Disparity

Economic Factors

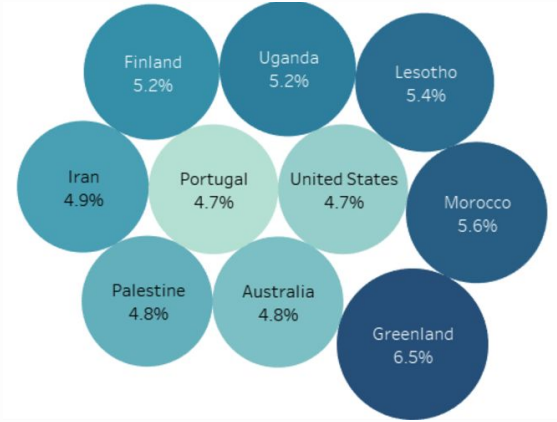
Geographic Analysis

Top 10 Countries with the Highest Anxiety and Depression

Anxiety

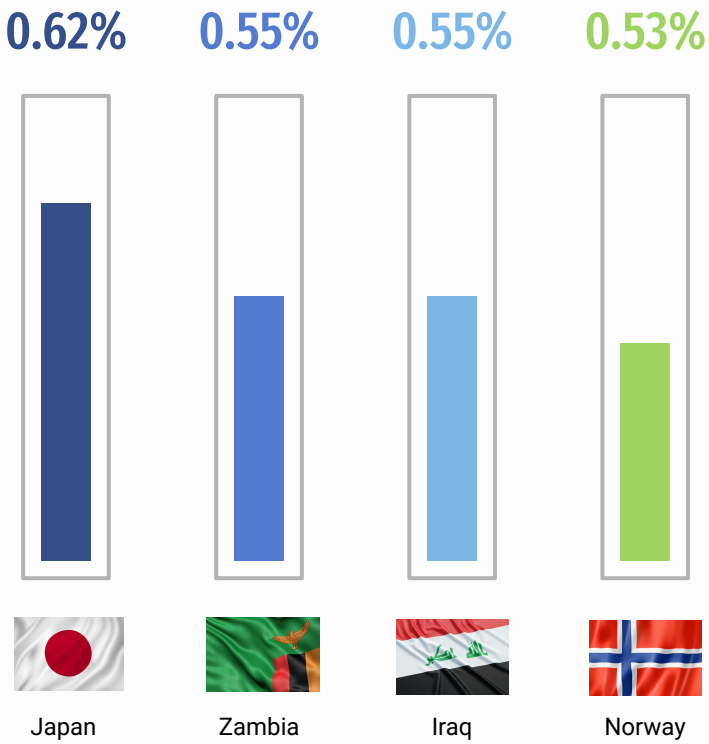


Depression



Geographic Analysis

Top 4 Countries with the Highest increase in Anxiety and Depression (2007-2016)



Geographic Analysis

Highest Depression and Anxiety Rates in High-GDP Nations

Global Average
Depression: 3.6% Anxiety: 3.74%

United States

Depression: 4.8%
Anxiety: 6.76%

France

Depression: 4.27%
Anxiety: 6.69%

United Kingdom

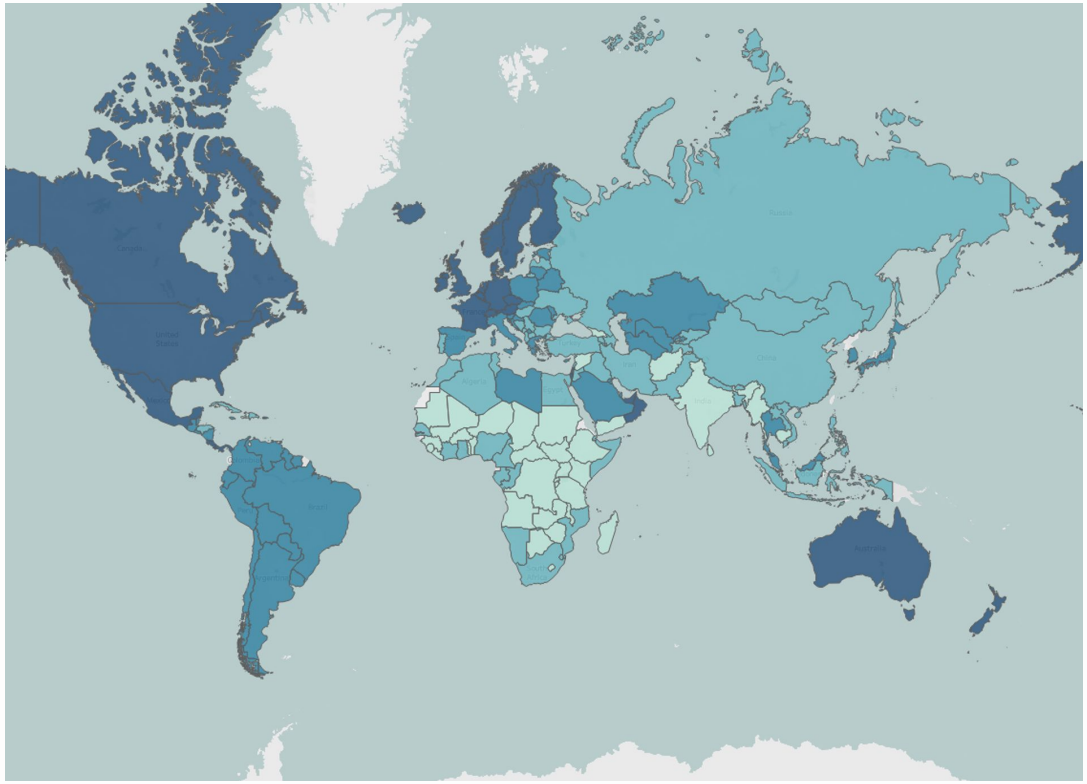
Depression: 4.11%
Anxiety: 4.65%

Germany

Depression: 3.94%
Anxiety: 6.55%

Happiness

World Happiness Distribution



Happiness

High Happiness, Diverse Mental Health Patterns

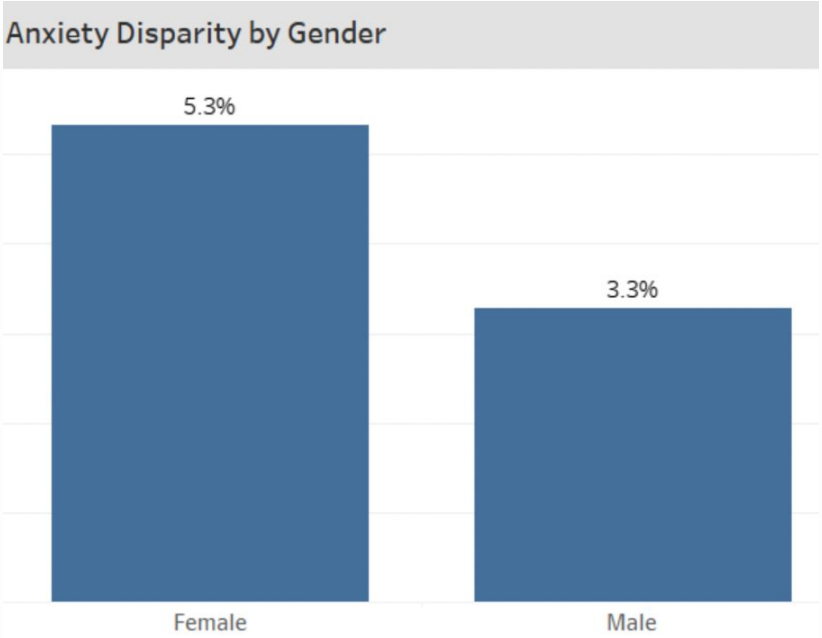
Oceania

Happiness Rank: 1st
Anxiety & Depression Rank: 1st
Drug Disorder Rank: 1st
Eating Disorder Rank: 1st
Schizophrenia Rank: 1st

North America

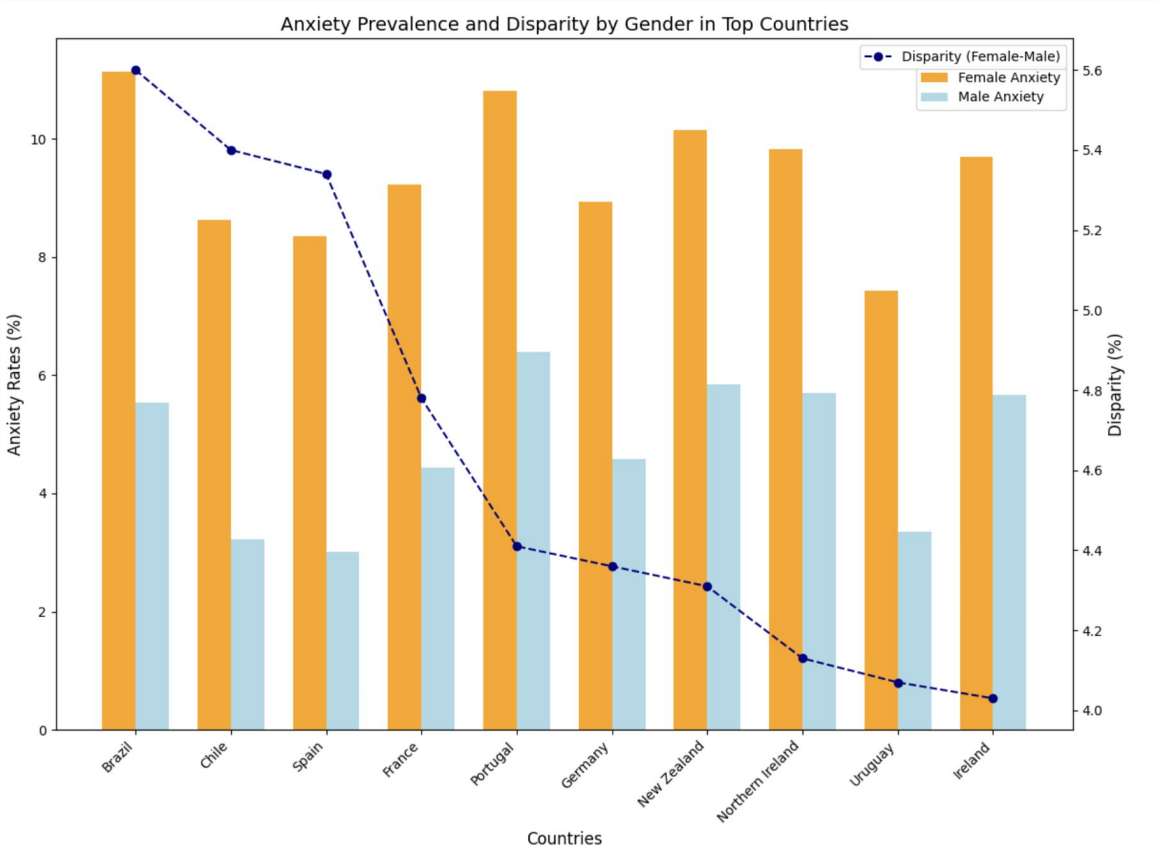
Happiness Rank: 2nd
Anxiety & Depression Rank: 2nd
Drug Disorder Rank: 2nd
Eating Disorder Rank: 3rd
Schizophrenia Rank: 2nd

Gender Disparity In Mental Health



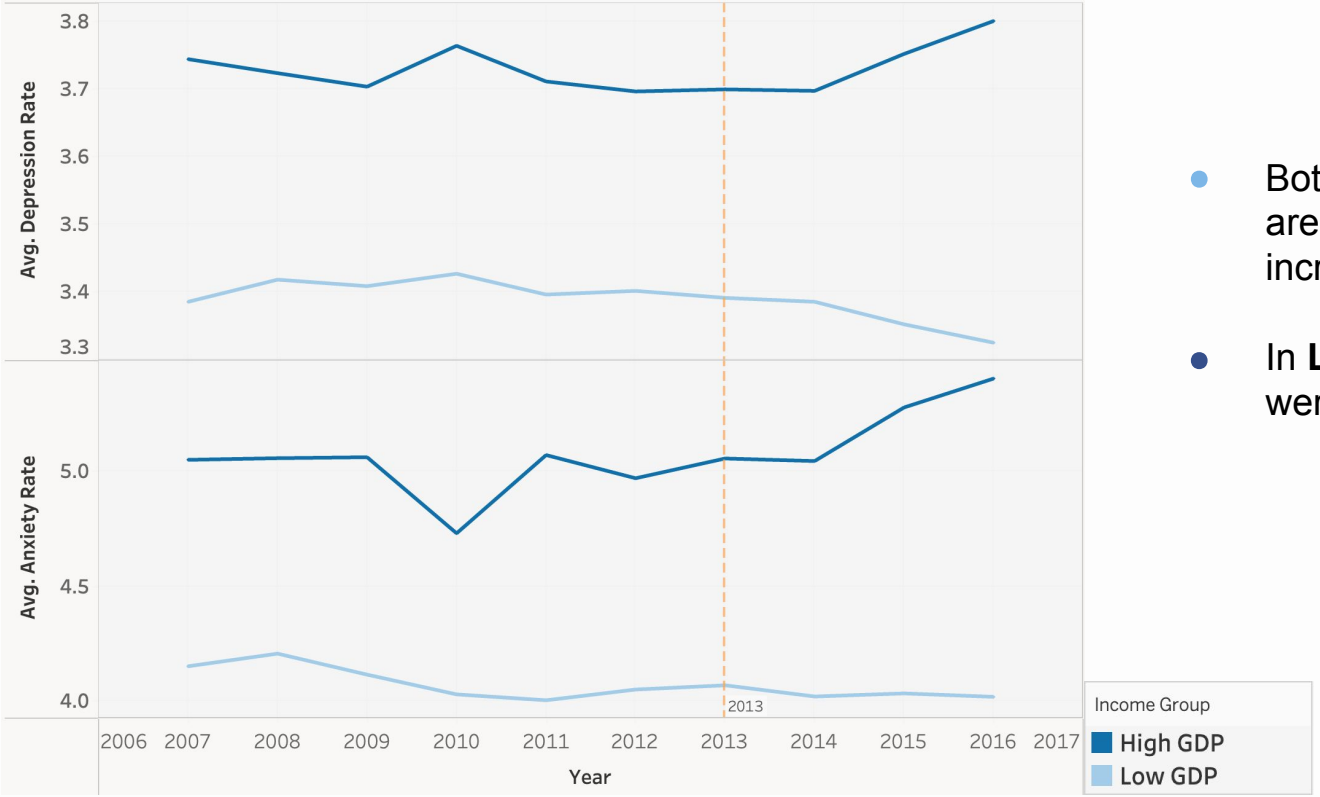
- Women have higher anxiety rates (5.3%) than men (3.3%)

Gender Disparity In Mental Health



- Gender disparity in Anxiety rates is consistent across regions
- Tailored app features can address women's unique challenges

High GDP Countries for Market Entry



- Both rates in **High GDP** countries are significantly higher, and show increasing trends
- In **Low GDP** countries, both rates were stable or slightly decreased

Dashboard

Region-Specific Targeting

South America and the Middle East: Anxiety Disorders

Culturally Sensitive Interventions

- Family-Focused Features
- Content Reflecting Religious Background

Greenland and Russia: Substance and Alcohol Use Disorders

AI-Driven Tools

- Behavioral Alert System
- Personalized Recovery Plan

Economic-Level Targeting

High-Income Countries

Premium Service
(Subscription-Based)

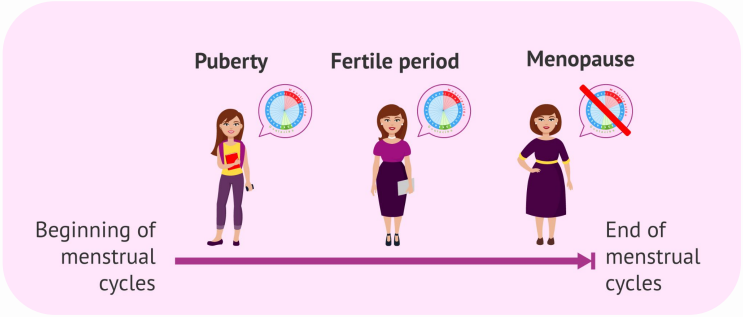
- Premium Content
- Professional Therapy
- Community Platform

Low-Income Countries

Universal Service
(NGOs and Public Health Partnerships)

- Free or Affordable Version
- Community-Based Approach
- Educational Campaigns

Gender-Based Targeting



Health Management Based on Biological Cycles

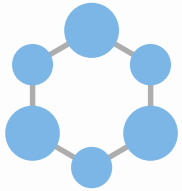
- Menstrual Cycles
- Pregnancy
- Menopause

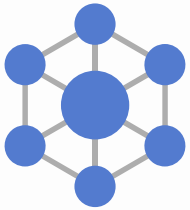
Age-Specific Care

- Adolescent
- Adult
- Senior

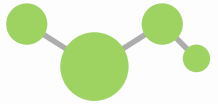
CONCLUSION

GENDER





REGIONS



ECONOMY

Thank you

Questions?