

Data Document

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(1) Topic: Mental health disorders

Analyze data related to the the trend of mental health disorders and measures to mitigate them.

(2) Data Sources:

Global Trends in Mental Health Disorder.csv

Student Mental Health. csv

Week 10

(1) Question

Is mental health disorder a big threat to us?

(2) Why is this important?

First, mental health disorders can damage physical health, according to a research published in JAMA has shown that poor mental health is linked to a higher risk of physical health problems, including heart disease, diabetes, and reduced life expectancy.

Second, mental health disorders are omnipresent in our lives because WHO reports that mental health disorders are common and can affect anyone, regardless of age, gender, or socioeconomic status.

Third, mental health disorders can cause huge economic burdern, as evidenced by a study by the World Economic Forum, mental health conditions are estimated to cost the global economy \$16 trillion by 2030.

(3) Key Rows and Columns

In "Global Trends in Mental Health Disorder.csv": Rows: All the rows Columns:"Entity", "Year", "Eating.disorders...."

(4) Challenge and Solution

Challenge: There are many missing values for most of the columns of disorders except for "Eating.disorders....". If I remove all the rows with missing values, many important information like "Year" and "Entity" would be affected too.

Solution: I only choose "Eating.disorders...." as the only column of disorders.