



# IMPACT OF REMOTE WORK ON MENTAL HEALTH

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## Introduction



The shift to remote work has reshaped workplaces worldwide. While it offers flexibility and convenience, it can also increase stress, social isolation, and affect mental health. This project uses data visualizations to explore how remote work impacts employees' well-being, productivity, and satisfaction across regions and job roles.

## Dataset



**Name:** "Impact\_of\_Remote\_Work\_on\_Mental\_H~~ealth.csv~~" from Kaggle (5000 rows)

**Key features:** Work location, stress level, sleep quality, virtual meetings, productivity change, work-life balance, social isolation, job role, regions.

## EDA



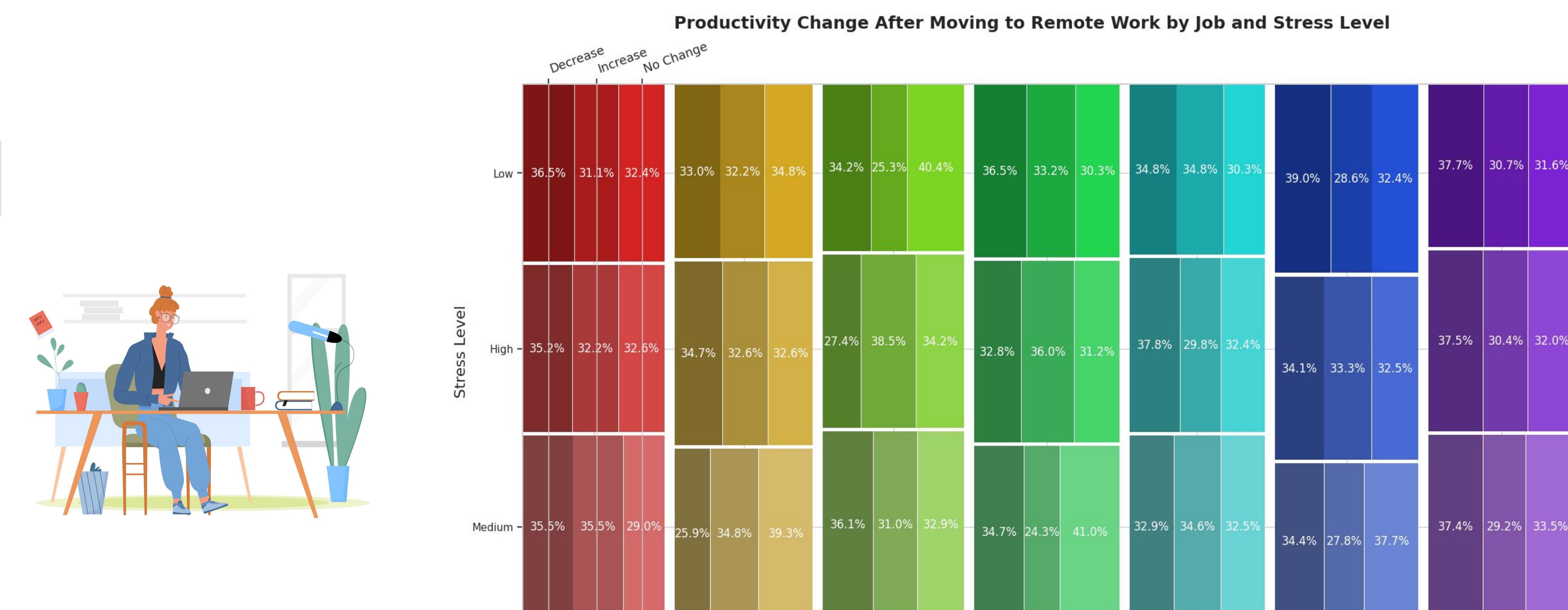
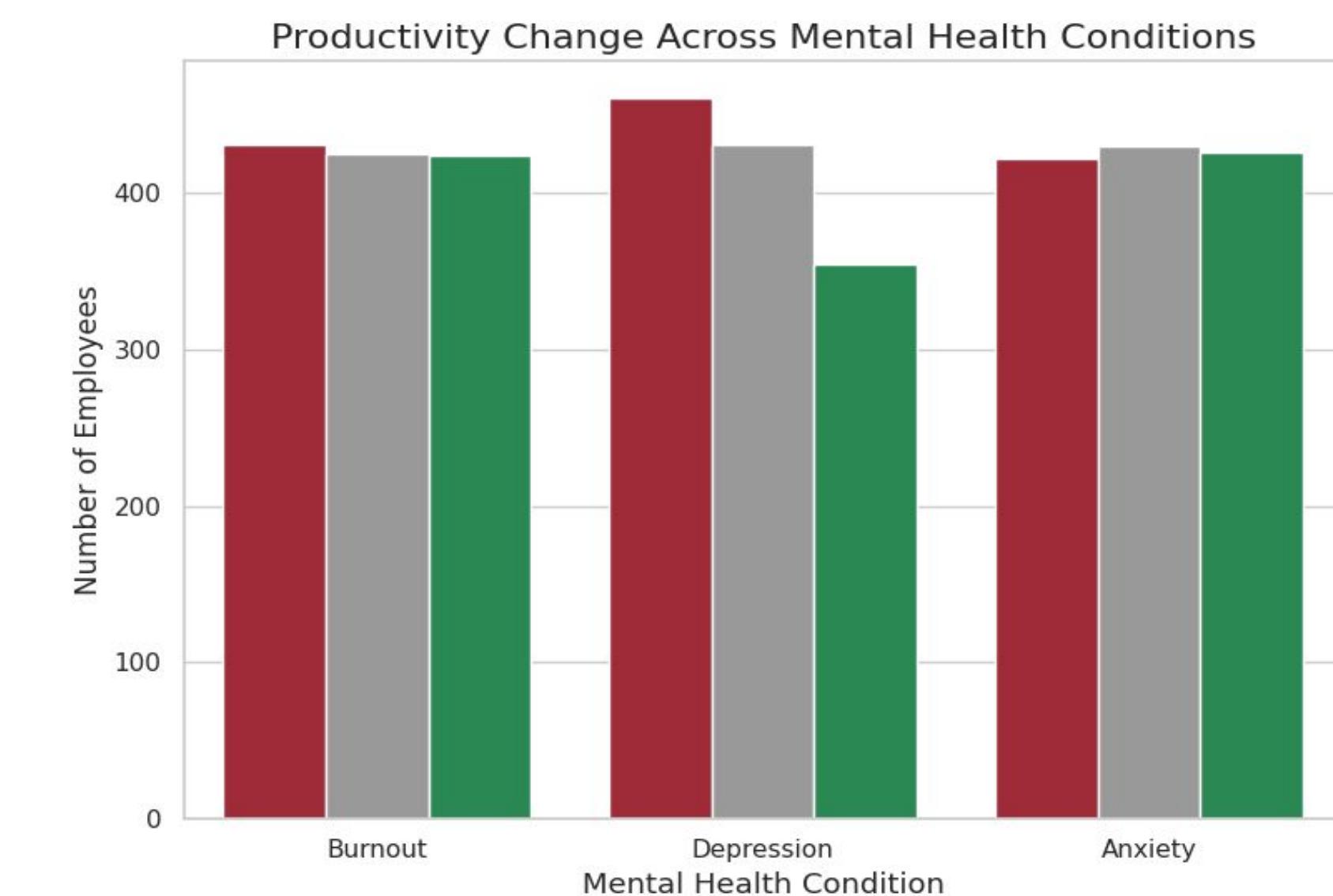
We explored the dataset to understand patterns across mental health conditions, productivity changes, job roles, regions, and work settings. Visual analysis revealed strong relationships between burnout, depression, and decreased productivity, along with notable regional and occupational differences in mental health outcomes.

## CONCLUSION



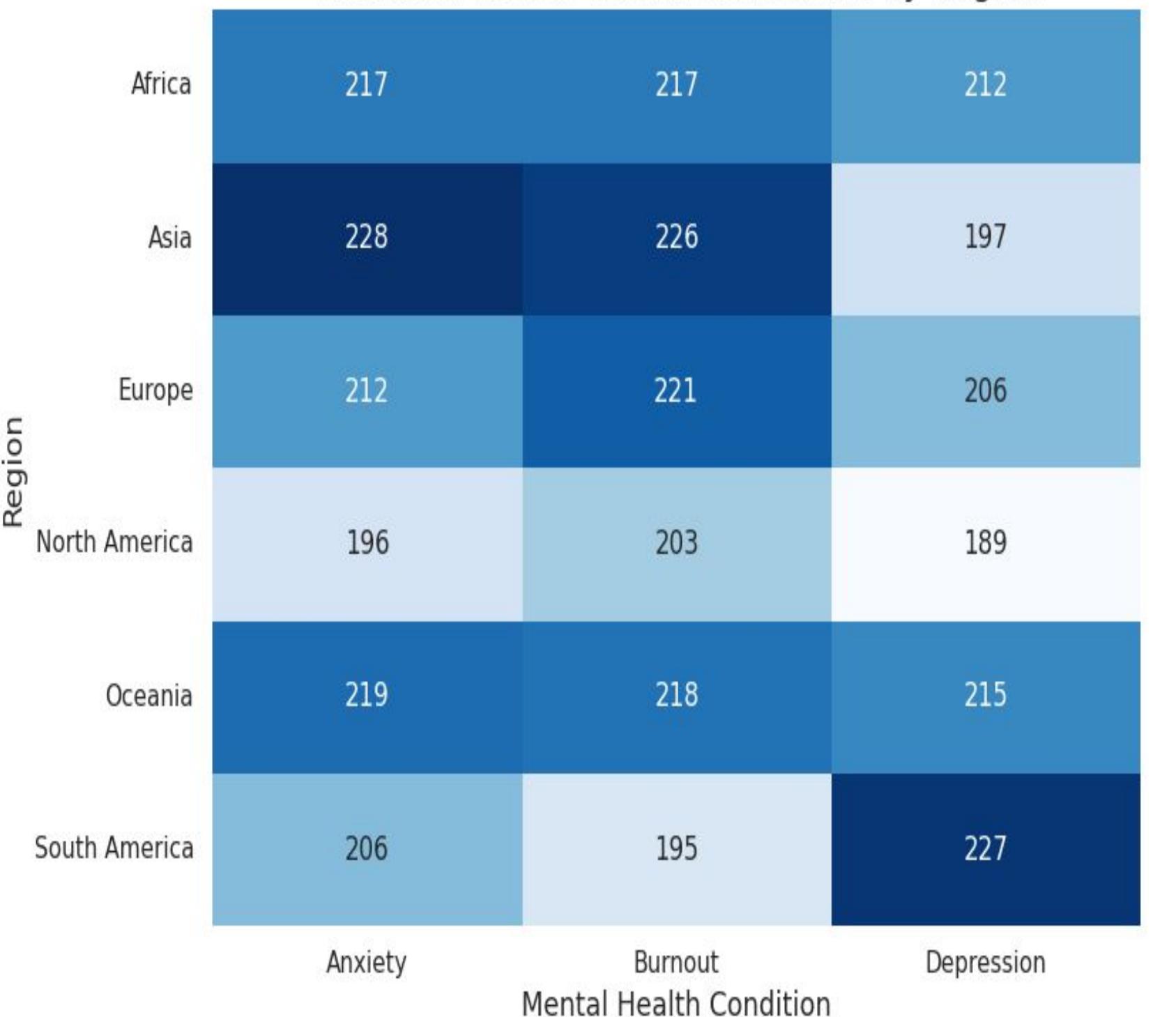
Productivity went down globally. South America has the highest rates of Depression, while Asia has the highest Anxiety and Burnout rates. Three out of 4 people in 6 professions suffer from a mental health condition. Among these, Data Scientists have the highest rates. However, Data Scientists have the highest productivity despite having the highest stress levels. Remote work is a high stressor, yet remote workers work as hard and put in as many long hours as their colleagues in the office.

## Visualizations



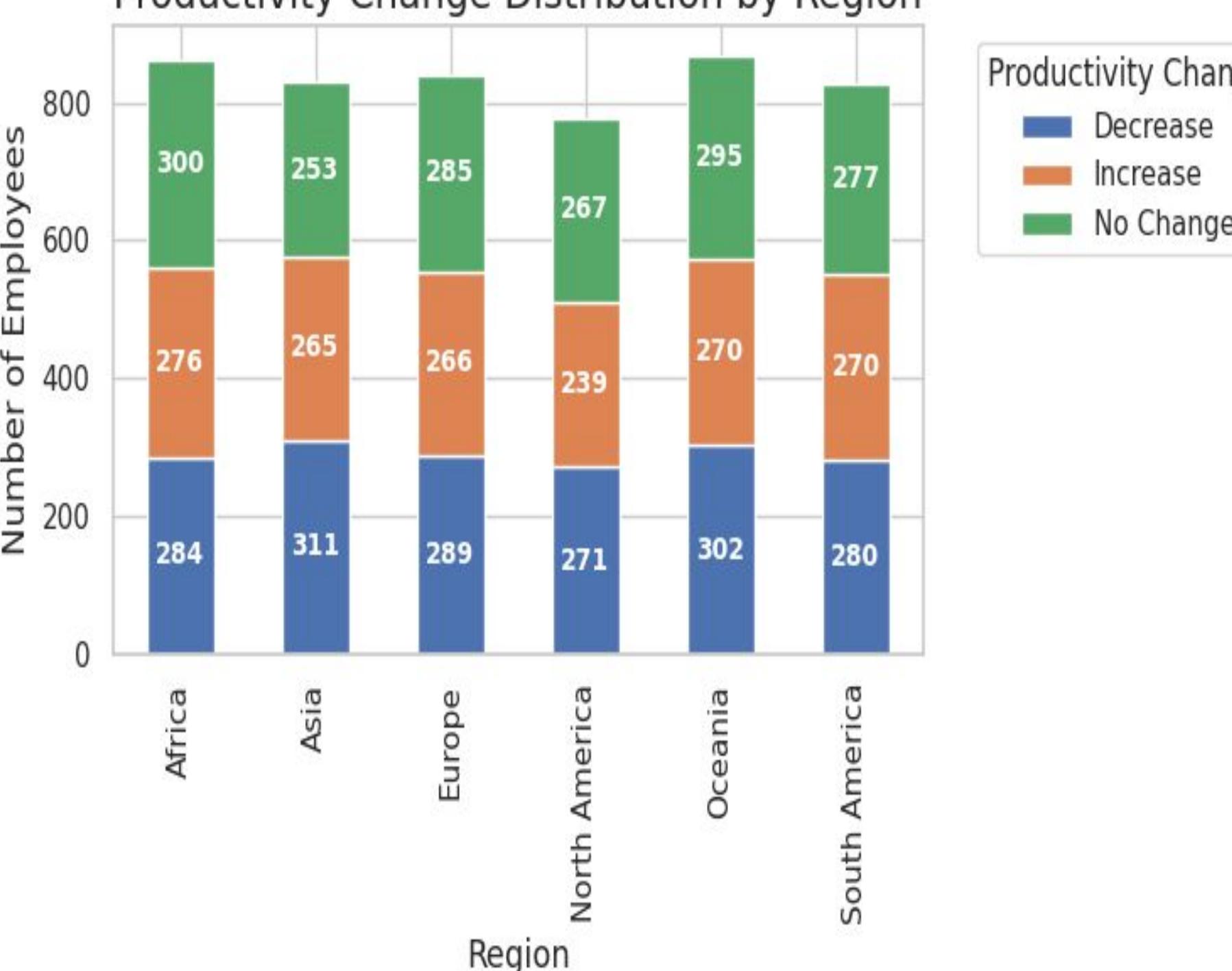
**Figure 1.** Depression and burnout are associated with the highest levels of decreased productivity.

**Figure 2.** Counts of Mental Health Conditions by Region



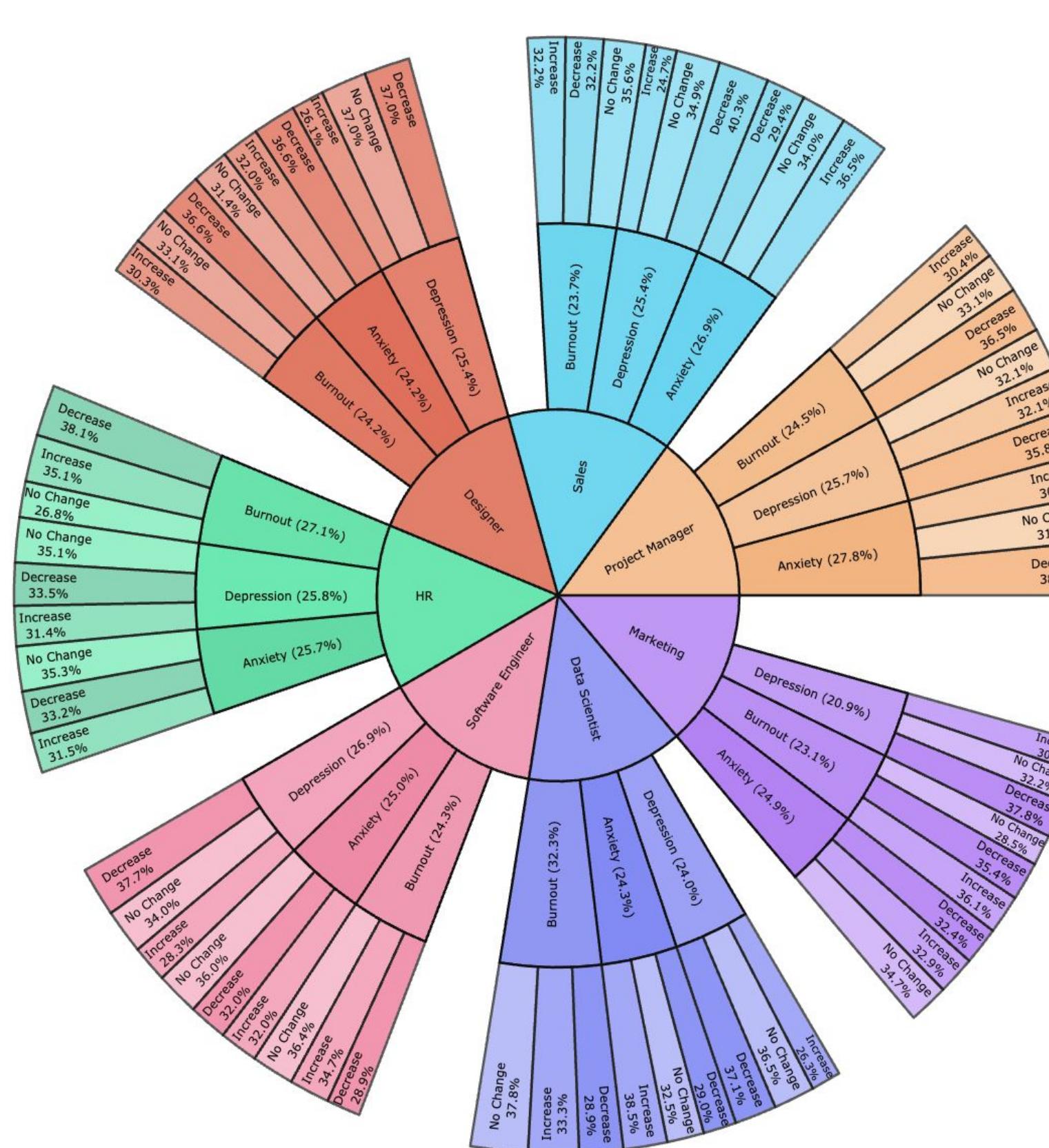
**Figure 2.** Burnout and anxiety peak in Asia, while depression is most prevalent in South America.

**Figure 3.** Productivity Change Distribution by Region



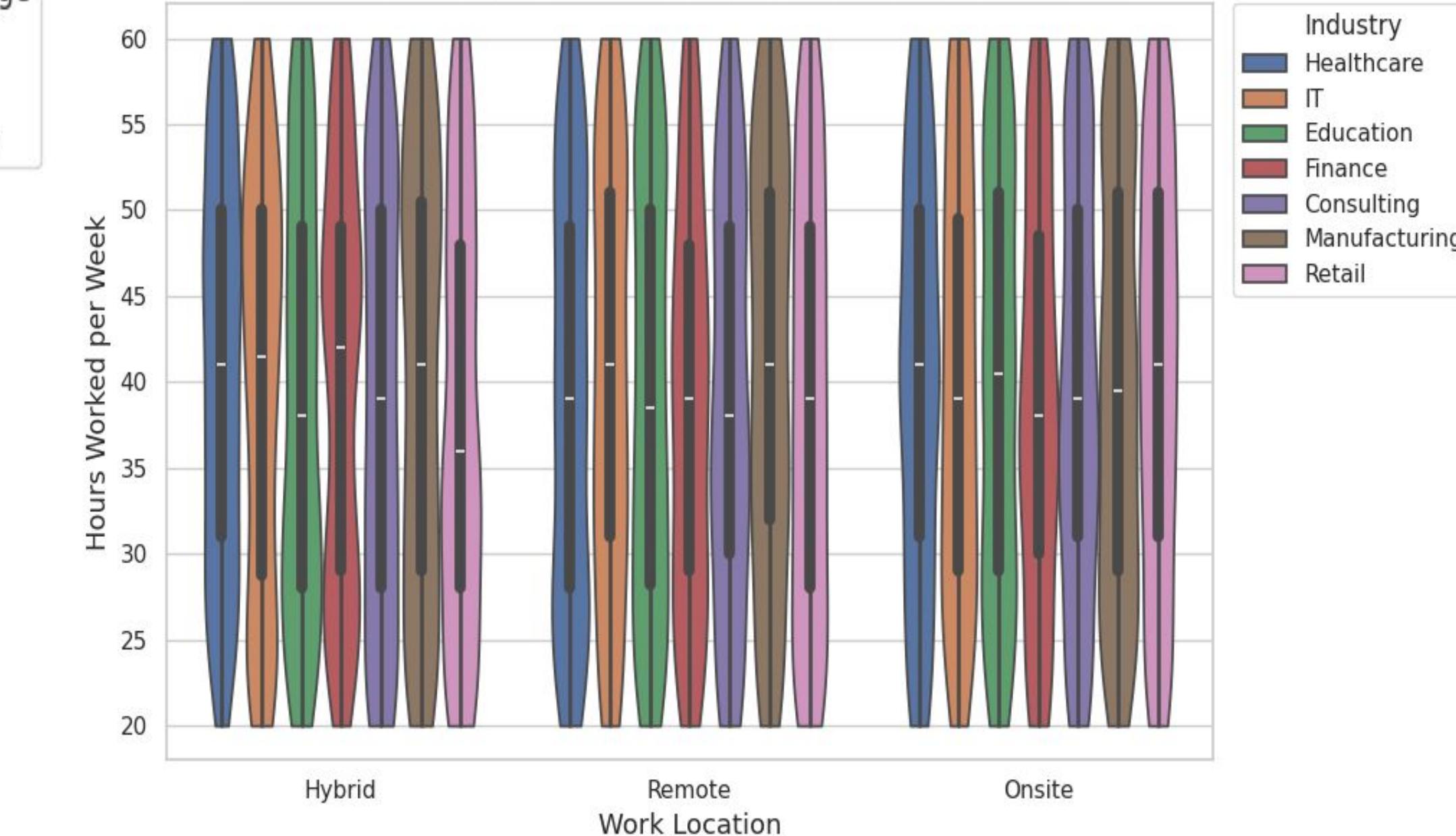
**Figure 3.** There is a marked productivity decrease in all regions of the globe except for Africa.

**Figure 4.** Sunburst Chart of Remote Work Data



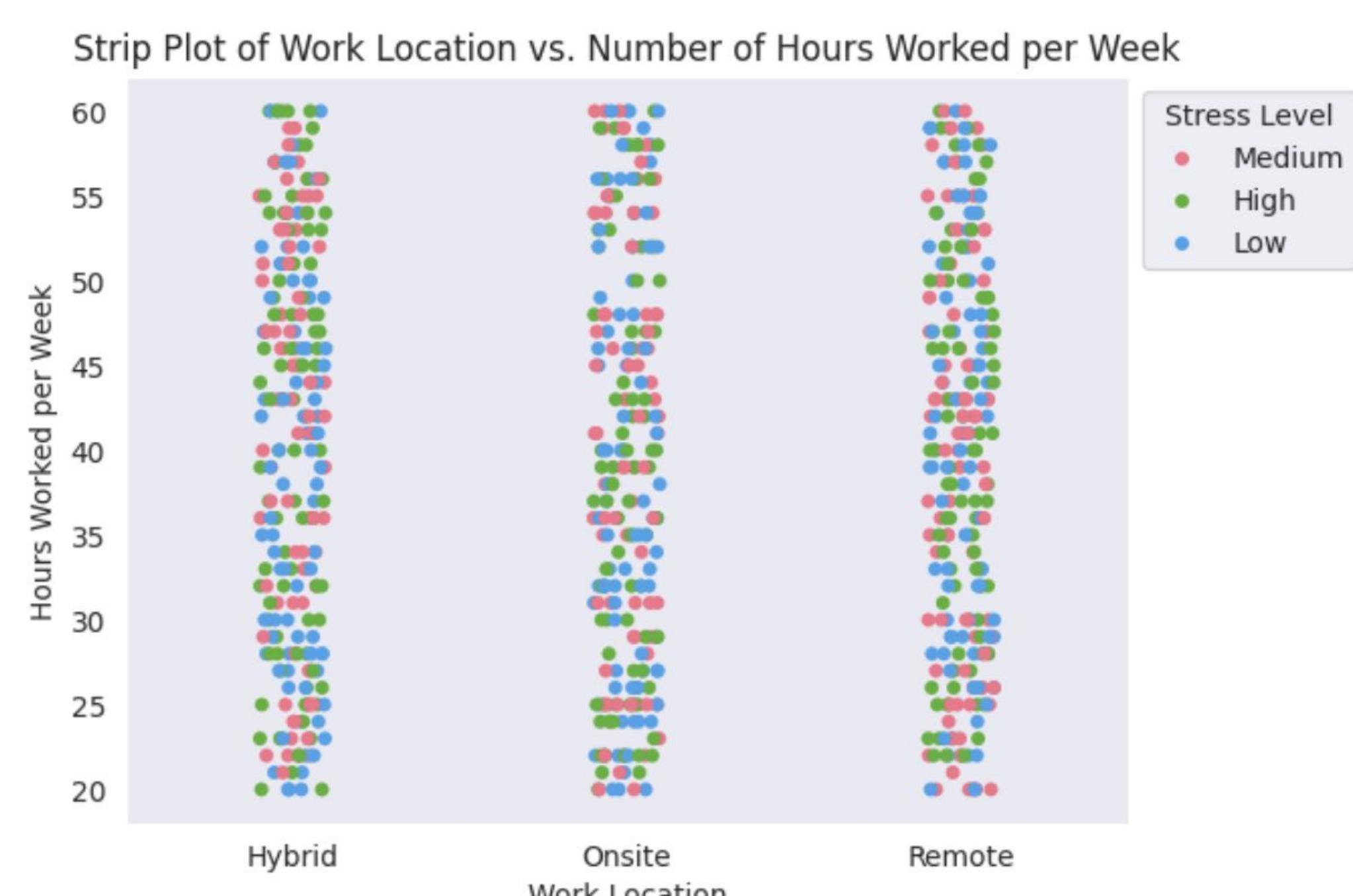
**Figure 4.** Data Scientists have the highest incidence rate of mental health conditions at 80.6%. Of this, 32.3% reported Burnout with no increase in productivity.

**Figure 5.** Hours Worked per Week by Work Location and Industry

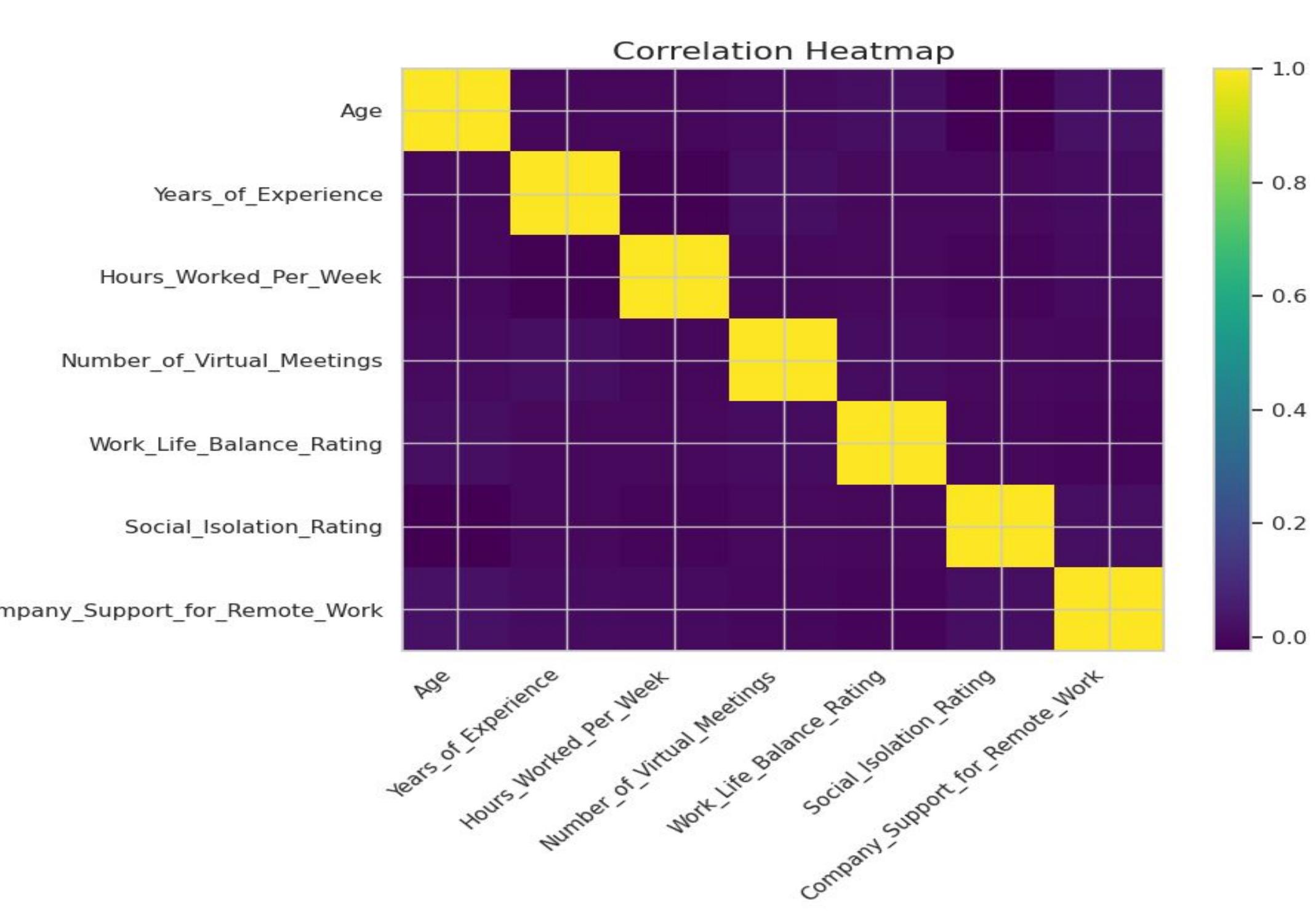


**Figure 5.** Hybrid IT, hybrid Consultants and hybrid Finance professionals put in the highest work-week hours at 50-55 hours. Remote and onsite across all industries have near identical patterns.

**Figure 6.** HR, Project Managers, and Marketing show the highest stress combined with decreased productivity outcomes.



**Figure 7.** Strip plot shows onsite has no advantage over remote when it comes to number of hours worked across all industries in North America.



**Figure 8.** Stress is highest when work-life balance and social isolation worsen, while remote work satisfaction moderately reduces stress.