### **Importing the Needed Libraries**

```
In [1]:
    import pandas as pd
    import numpy as np
    import seaborn as sns
    import matplotlib.pyplot as plt
    import warnings
    warnings.filterwarnings('ignore')
    %matplotlib inline
    from sklearn.model_selection import train_test_split
    from sklearn.preprocessing import LabelEncoder, MinMaxScaler
    from sklearn.metrics import accuracy_score, precision_score, recall_score, confusion_matrix, f1_score
    from sklearn.linear_model import LogisticRegression
    from sklearn.ensemble import RandomForestClassifier
    from sklearn.tree import DecisionTreeClassifier
```

## **Loading the Data and Performing Data Cleaning**

```
In [2]: df = pd.read_csv("C://Users//quays//Desktop//mental_health_dataset.csv")
```

In [3]: # displaying the top 5 rows of the data
df.head()

Out[3]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activity_days	dep
0	56	Male	Employed	On-site	Yes	Yes	6	6.2	wednesday	
1	46	Female	Student	On-site	No	Yes	10	9.0	thursday	
2	32	Female	Employed	On-site	Yes	No	7	7.7	tuesday	
3	60	Non- binary	Self-employed	On-site	No	No	4	4.5	thursday	
4	25	Female	Self-employed	On-site	Yes	Yes	3	5.4	0	

Out[4]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activity_days	_
9995	34	Female	Employed	On-site	Yes	Yes	5	6.1	wednesday	
9996	47	Male	Employed	On-site	Yes	No	1	5.7	wednesday	
9997	56	Female	Employed	On-site	Yes	No	1	8.3	0	
9998	24	Male	Employed	On-site	Yes	Yes	9	6.1	0	
9999	44	Male	Unemployed	Remote	No	Yes	5	6.4	sunday	

In [5]: # shape of the data
 df.shape

Out[5]: (10000, 14)

Out[6]: age 0 gender 0 employment\_status 0 work environment mental health history 0 seeks\_treatment 0 stress level sleep hours 0 physical\_activity\_days depression\_score 0 anxiety score 0 social\_support\_score 0 productivity score mental health risk dtype: int64

```
In [7]: # checking the columns of the data
        df.columns.tolist()
Out[7]: ['age',
          'gender',
          'employment status',
          'work environment',
          'mental health history',
          'seeks_treatment',
          'stress level',
          'sleep hours',
          'physical_activity_days',
          'depression score',
          'anxiety_score',
          'social_support_score',
          'productivity score',
          'mental health risk']
In [8]: # checking for duplicated columns
        df.duplicated().sum()
Out[8]: 0
```

#### 

Out[9]: age int64 gender object employment status object work environment object mental health history object seeks\_treatment object stress level int64 sleep hours float64 physical\_activity\_days object depression score int64 anxiety\_score int64 social\_support\_score int64 productivity score float64 mental health risk object dtype: object

In [10]: df

Out[10]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activity_days (
0	56	Male	Employed	On-site	Yes	Yes	6	6.2	wednesday
1	46	Female	Student	On-site	No	Yes	10	9.0	thursday
2	32	Female	Employed	On-site	Yes	No	7	7.7	tuesday
3	60	Non- binary	Self-employed	On-site	No	No	4	4.5	thursday
4	25	Female	Self-employed	On-site	Yes	Yes	3	5.4	0
									***
9995	34	Female	Employed	On-site	Yes	Yes	5	6.1	wednesday
9996	47	Male	Employed	On-site	Yes	No	1	5.7	wednesday
9997	56	Female	Employed	On-site	Yes	No	1	8.3	0
9998	24	Male	Employed	On-site	Yes	Yes	9	6.1	0
9999	44	Male	Unemployed	Remote	No	Yes	5	6.4	sunday

10000 rows × 14 columns

In [11]: # extracting data with physical activity day not equal 0 df = df[df['physical\_activity\_days'] != '0']

```
In [12]: # reviewing the data
          df.head()
Out[12]:
              age gender employment status work environment mental health history seeks treatment stress level sleep hours physical activity days dep
              56
                    Male
                                                                                                        6
                                                                                                                   6.2
                                  Employed
                                                     On-site
                                                                            Yes
                                                                                           Yes
           0
                                                                                                                                 wednesday
                  Female
                                    Student
                                                                            No
                                                                                           Yes
                                                                                                        10
                                                                                                                   9.0
                                                     On-site
                                                                                                                                   thursday
               32
                  Female
                                  Employed
                                                     On-site
                                                                            Yes
                                                                                            No
                                                                                                        7
                                                                                                                   7.7
                                                                                                                                    tuesday
           2
                    Non-
                               Self-employed
              60
                                                     On-site
                                                                            No
                                                                                            No
                                                                                                        4
                                                                                                                   4.5
                                                                                                                                   thursday
           3
                   binary
                                                                                                                   9.9
                 Female
                                Unemployed
                                                     On-site
                                                                            Yes
                                                                                           Yes
                                                                                                        3
                                                                                                                                 wednesday
In [13]: df['physical activity days'].unique()
Out[13]: array(['wednesday', 'thursday', 'tuesday', 'monday', 'friday', 'saturday',
                  'sunday'], dtype=object)
In [14]: # checking for the unique values of each column
          df.nunique()
Out[14]: age
                                        48
          gender
                                         4
          employment status
                                         4
          work environment
                                         3
          mental health history
                                         2
          seeks treatment
                                         2
          stress level
                                        10
          sleep hours
                                        71
          physical activity days
                                         7
          depression score
                                        31
          anxiety score
                                        22
          social support score
                                       101
          productivity score
                                       543
          mental_health_risk
                                         3
          dtype: int64
```

```
In [15]: # making all the object column values lower
   object_cols = df.select_dtypes(include='object').columns

df[object_cols] = df[object_cols].applymap(lambda x: x.lower() if isinstance(x, str) else x)
```

Out[16]:

In [16]: df.head()

	age	gender	employment_status	work_environment	environment mental_health_history seeks_treatment stress_level sleep_h		sleep_hours	physical_activity_days	dep	
0	56	male	employed	on-site	yes	yes	6	6.2	wednesday	
1	46	female	student	on-site	no	yes	10	9.0	thursday	
2	32	female	employed	on-site	yes	no	7	7.7	tuesday	
3	60	non- binary	self-employed	on-site	no	no	4	4.5	thursday	
5	38	female	unemployed	on-site	yes	yes	3	9.9	wednesday	

# In [17]: # data info df.info()

<class 'pandas.core.frame.DataFrame'>
Int64Index: 8788 entries, 0 to 9999
Data columns (total 14 columns):

Data	COTUMNIS (COCAT 14 COTUMN	15).							
#	Column	Non-Null Count	Dtype						
0	age	8788 non-null	int64						
1	gender	8788 non-null	object						
2	employment_status	8788 non-null	object						
3	work_environment	8788 non-null	object						
4	mental_health_history	8788 non-null	object						
5	seeks_treatment	8788 non-null	object						
6	stress_level	8788 non-null	int64						
7	sleep_hours	8788 non-null	float64						
8	<pre>physical_activity_days</pre>	8788 non-null	object						
9	depression_score	8788 non-null	int64						
10	anxiety_score	8788 non-null	int64						
11	social_support_score	8788 non-null	int64						
12	<pre>productivity_score</pre>	8788 non-null	float64						
13	mental_health_risk	8788 non-null	object						
dtype	es: float64(2), int64(5)	, object(7)							
memor	memory usage: 1.0+ MB								

localhost:8888/notebooks/MENTAL HEALTH RISK AND WELLNESS AND PREDICTIVE MODEL PROJECT .ipynb#

```
In [18]: # data description
df.describe(include = 'all')
```

#### Out[18]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activ
count	8788.000000	8788	8788	8788	8788	8788	8788.000000	8788.000000	_
unique	NaN	4	4	3	2	2	NaN	NaN	
top	NaN	male	employed	on-site	no	no	NaN	NaN	
freq	NaN	4000	5156	4469	6114	5275	NaN	NaN	
mean	41.536072	NaN	NaN	NaN	NaN	NaN	5.577378	6.471541	
std	13.755211	NaN	NaN	NaN	NaN	NaN	2.885911	1.477897	
min	18.000000	NaN	NaN	NaN	NaN	NaN	1.000000	3.000000	
25%	30.000000	NaN	NaN	NaN	NaN	NaN	3.000000	5.500000	
50%	41.000000	NaN	NaN	NaN	NaN	NaN	6.000000	6.500000	
75%	53.000000	NaN	NaN	NaN	NaN	NaN	8.000000	7.500000	
max	65.000000	NaN	NaN	NaN	NaN	NaN	10.000000	10.000000	
4		_	_						•

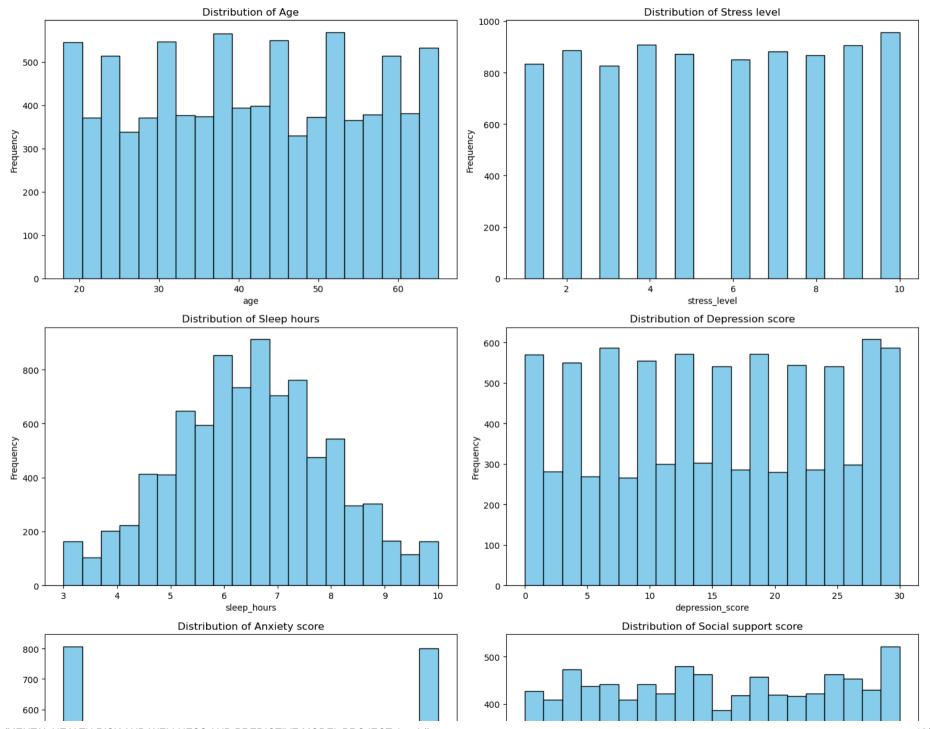
## **Exploratory Data Analysis**

```
In [19]: # histogram to show numerical columns values distribution
    columns_to_plot = ["age","stress_level","sleep_hours","depression_score","anxiety_score","social_support_score","product:

# Set up the plot grid
    plt.figure(figsize=(15, 20))

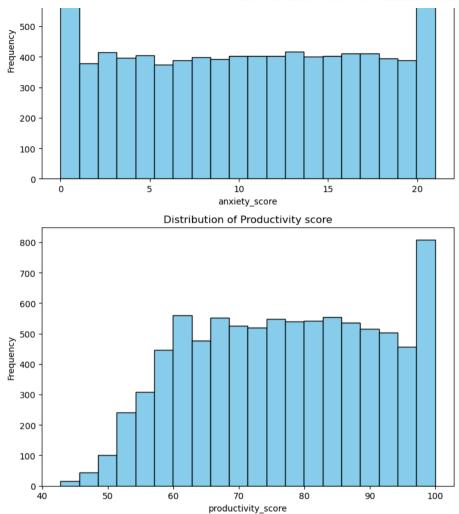
for i, col in enumerate(columns_to_plot, 1):
        plt.subplot(4, 2, i)
        df[col].dropna().hist(bins=20, color='skyblue', edgecolor='black')
        plt.title(f'Distribution of {col.capitalize().replace("_", " ")}')
        plt.xlabel(col)
        plt.ylabel('Frequency')
        plt.grid(False)

plt.tight_layout()
plt.show()
```



Frequency 

social\_support\_score

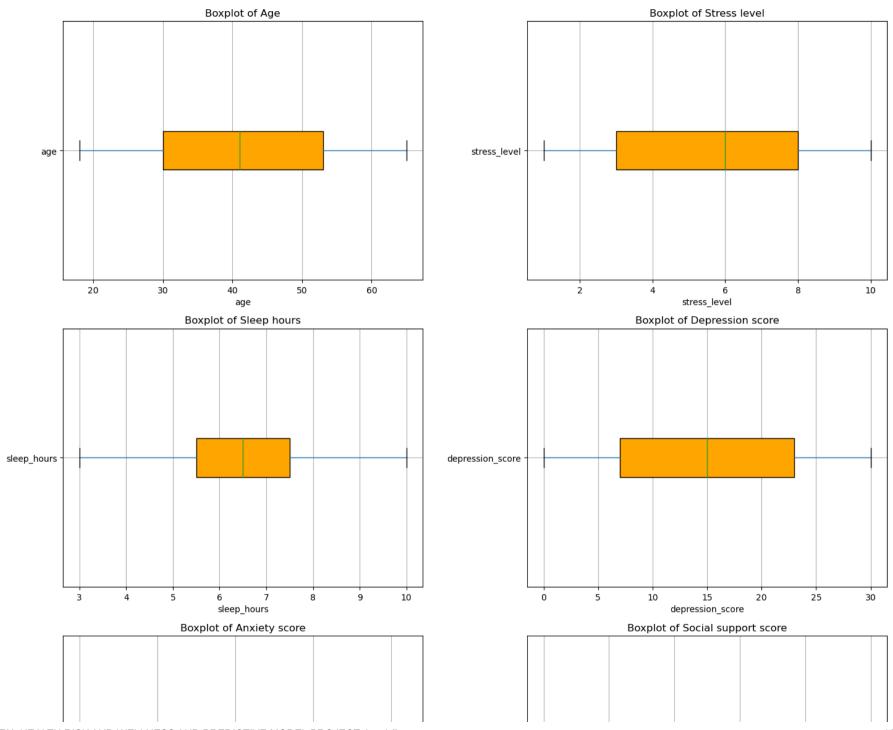


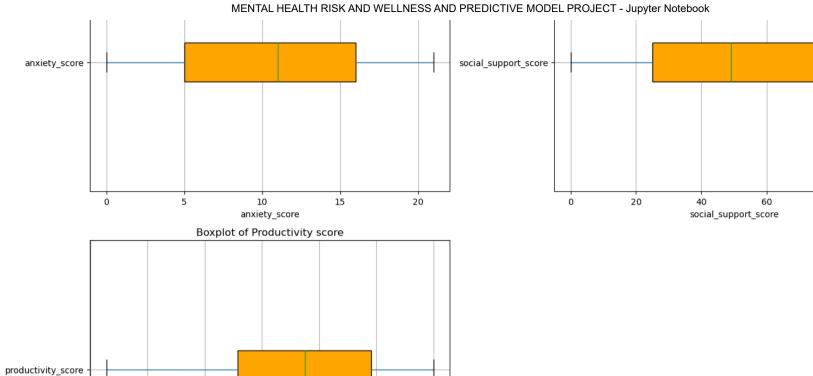
```
In [20]: # boxplot to show numerical columns values distribution
    columns_to_plot = ["age", "stress_level", "sleep_hours", "depression_score", "anxiety_score", "social_support_score", "product:

# Set up the plot grid for boxplots
    plt.figure(figsize=(15, 20))

for i, col in enumerate(columns_to_plot, 1):
        plt.subplot(4, 2, i)
        df.boxplot(column=col, vert=False, patch_artist=True, boxprops=dict(facecolor='orange'))
        plt.title(f'Boxplot of {col.capitalize().replace("_", " ")}')
        plt.xlabel(col)

plt.tight_layout()
    plt.show()
```





100

50

40

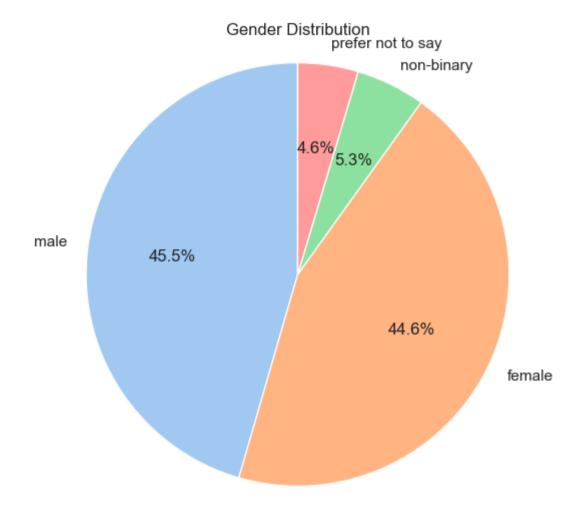
70

productivity\_score

80

100

#### univariate analysis



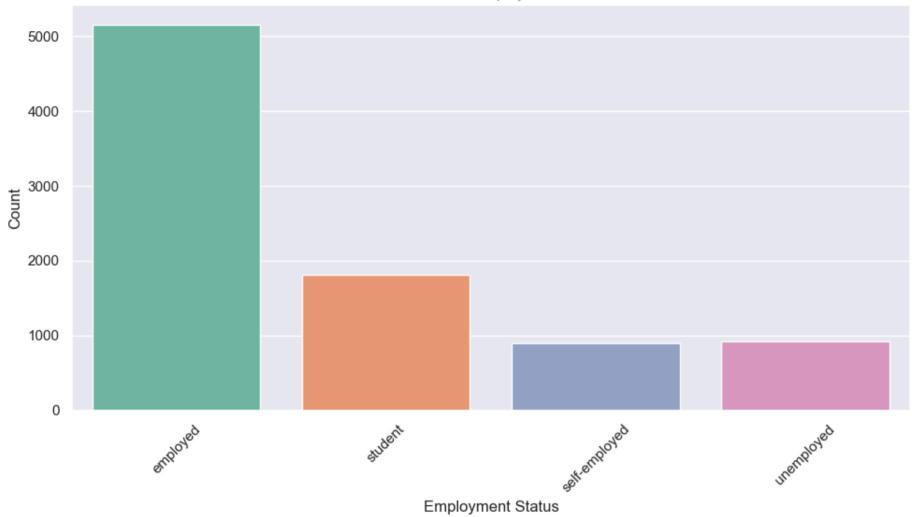
```
In [22]: # Set Seaborn theme
sns.set_theme()

# Create the bar plot
plt.figure(figsize=(10, 6))
sns.countplot(data=df, x='employment_status', palette='Set2')

# Add Labels and title
plt.title('Distribution of Employment Status')
plt.xlabel('Employment Status')
plt.ylabel('Count')
plt.xticks(rotation=45)
plt.tight_layout()

plt.show()
```





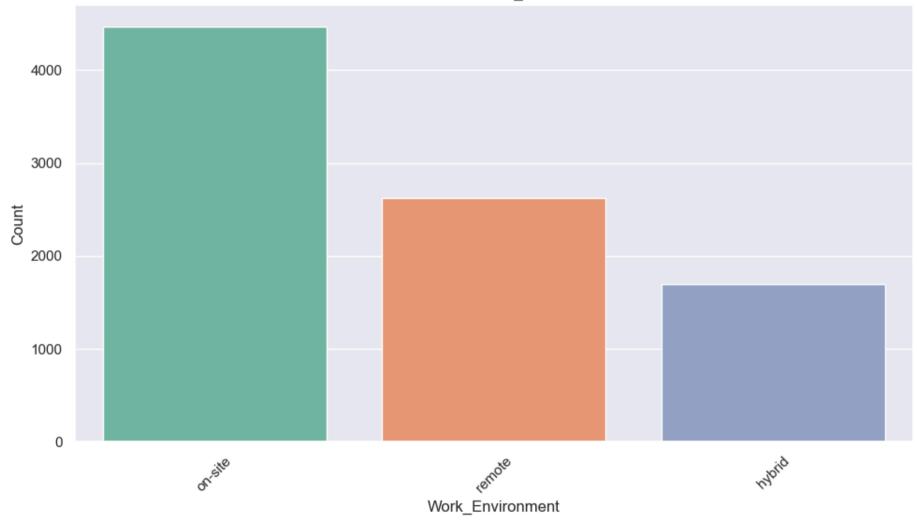
```
In [23]: # distribution of the work environment column
# Set Seaborn theme
sns.set_theme()

# Create the bar plot
plt.figure(figsize=(10, 6))
sns.countplot(data=df, x='work_environment', palette='Set2')

# Add Labels and title
plt.title('Distribution of Work_Environment')
plt.xlabel('Work_Environment')
plt.ylabel('Count')
plt.ylabel('Count')
plt.xticks(rotation=45)
plt.tight_layout()

plt.show()
```





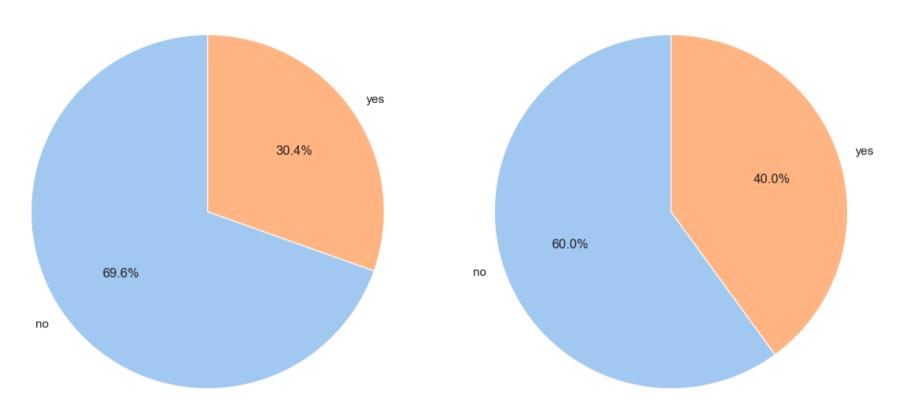
```
In [24]: # distribution of the columns mental_health_history, seeks_treatment
sns.set_theme()

columns = ['mental_health_history', 'seeks_treatment']
plt.figure(figsize=(12, 6))

for i, col in enumerate(columns, 1):
    plt.subplot(1, 2, i)
    counts = df[col].value_counts()
    plt.pie(counts,labels=counts.index,autopct='%1.1f%%',startangle=90,colors=sns.color_palette('pastel'))
    plt.title(f'{col.replace("_", " ").title()}')

plt.tight_layout()
plt.show()
```

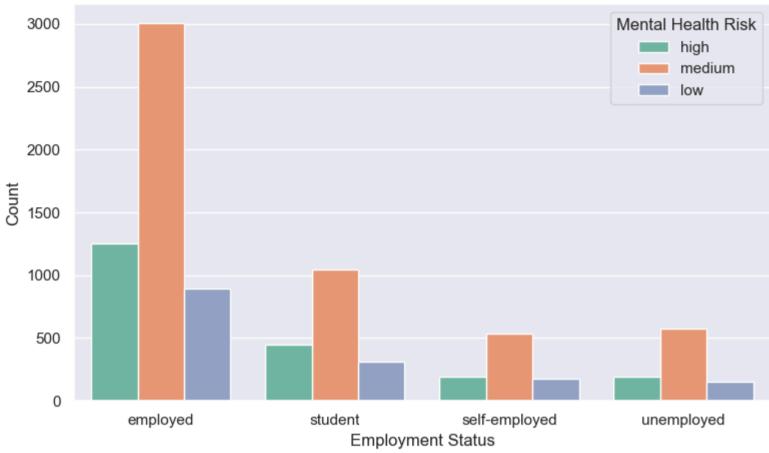




```
In [25]: # high mental risk by work_status
# Set theme
sns.set_theme()

# Plotting mental health risk counts by employment status
plt.figure(figsize=(8, 5))
sns.countplot(data=df, x='employment_status', hue='mental_health_risk', palette='Set2')
plt.title('Mental Health Risk by Employment Status')
plt.xlabel('Employment Status')
plt.ylabel('Count')
plt.legend(title='Mental Health Risk')
plt.tight_layout()
plt.show()
```



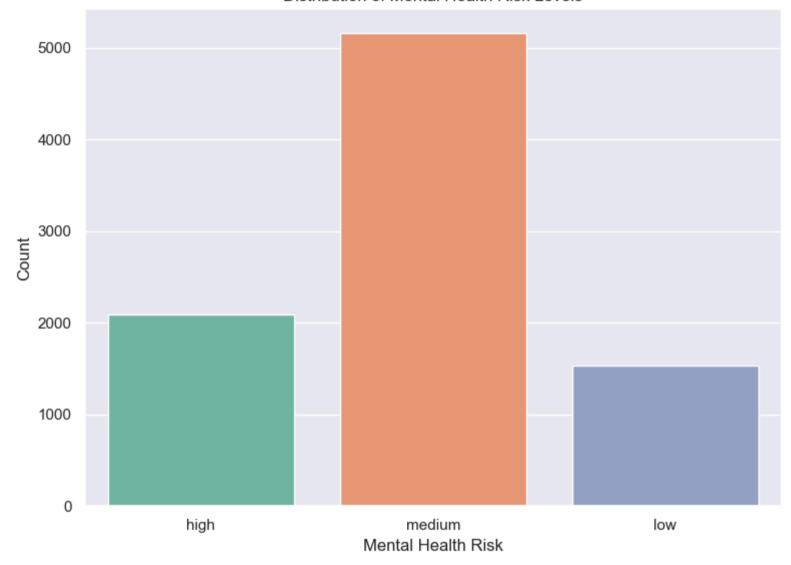


```
In [26]: # Distribution of the mental health risk column
sns.set_theme()
plt.figure(figsize=(8, 6))
sns.countplot(data=df, x='mental_health_risk', palette='Set2') # changed palette

plt.title('Distribution of Mental Health Risk Levels')
plt.xlabel('Mental Health Risk')
plt.ylabel('Count')
plt.tight_layout()

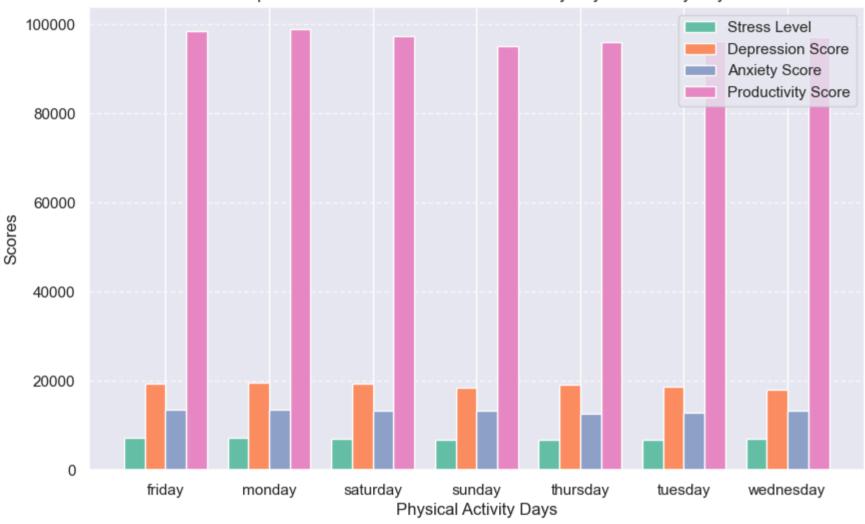
plt.show()
```

#### Distribution of Mental Health Risk Levels



```
In [27]: # Group by 'physical activity days' and calculate the sum for each score
         grouped data = df.groupby('physical activity days').sum().reset index()
         bar width = 0.2
         index = np.arange(len(grouped data))
         plt.figure(figsize=(10, 6))
         # Ploting each category side by side
         plt.bar(index, grouped data['stress level'], width=bar width, label='Stress Level', color='#66c2a5')
         plt.bar(index + bar width, grouped data['depression score'], width=bar width, label='Depression Score', color='#fc8d62')
         plt.bar(index + 2 * bar width, grouped data['anxiety score'], width=bar width, label='Anxiety Score', color='#8da0cb')
         plt.bar(index + 3 * bar width, grouped data['productivity score'], width=bar width, label='Productivity Score', color='#6
         plt.title('Grouped Bar Chart of Mental Health Metrics by Physical Activity Days')
         plt.xlabel('Physical Activity Days')
         plt.vlabel('Scores')
         plt.xticks(index + 1.5 * bar width, grouped data['physical activity days'])
         plt.legend(loc='upper right')
         plt.grid(axis='y', linestyle='--', alpha=0.7)
         plt.show()
```

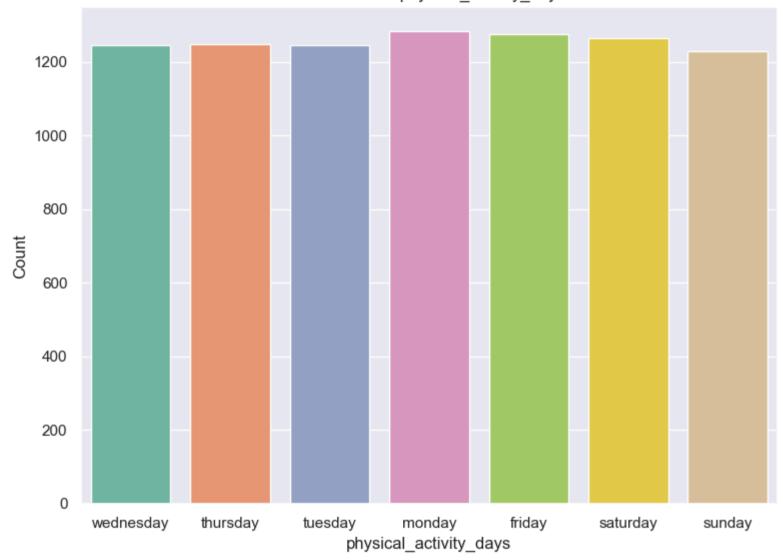




```
In [28]: # distribution of the physical_activity_days
sns.set_theme()
plt.figure(figsize=(8, 6))
sns.countplot(data=df, x='physical_activity_days', palette='Set2')
plt.title('Distribution of physical_activity_days')
plt.xlabel('physical_activity_days')
plt.ylabel('Count')
plt.tight_layout()

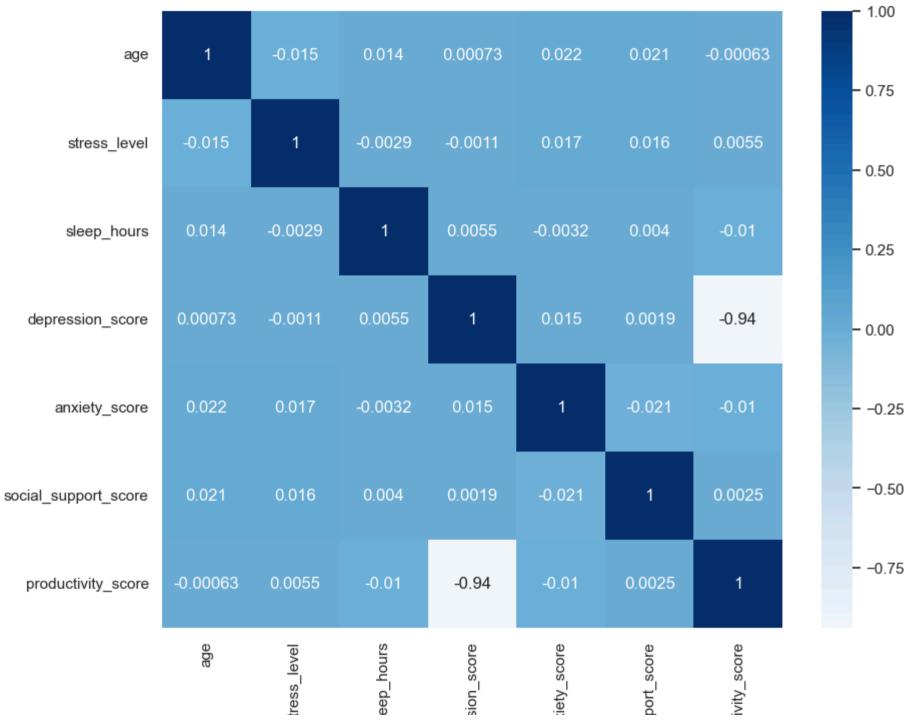
plt.show()
```

## Distribution of physical\_activity\_days



## bivariate analysis

```
In [29]: # heatmap to show numerical columns correlations
   plt.figure(figsize = (10, 8))
   sns.heatmap(df.corr(), annot = True, cmap = 'Blues', center = 0)
   plt.show()
```



1.00

S

Ś

depres

aux

social\_sup

product

```
In [30]: # Are certain genders more likely to be at high risk?

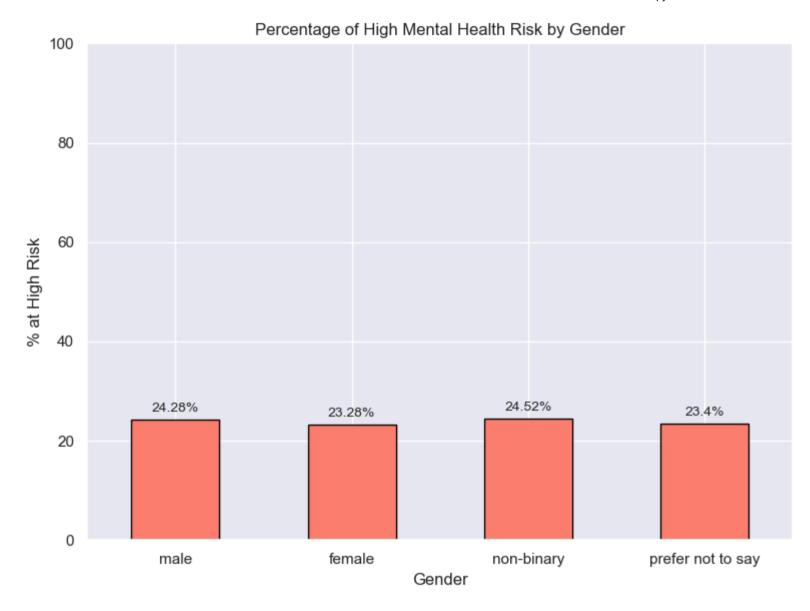
total_by_gender = df['gender'].value_counts()
high_risk_by_gender = df[df['mental_health_risk'] == 'high']['gender'].value_counts()
risk_percent = (high_risk_by_gender / total_by_gender * 100).round(2)

plt.figure(figsize=(8, 6))
bars = risk_percent.plot(kind='bar', color='salmon', edgecolor='black')

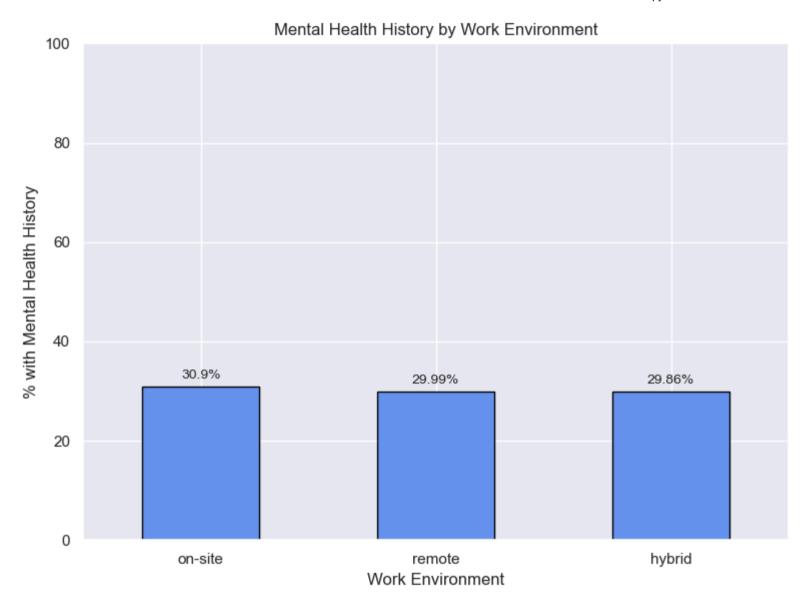
plt.title('Percentage of High Mental Health Risk by Gender')
plt.xlabel('Gender')
plt.ylabel('% at High Risk')
plt.xticks(rotation=0)
plt.ylim(0, 100)
plt.tight_layout()

for index, value in enumerate(risk_percent):
    plt.text(index, value + 1, f'{value}%', ha='center', va='bottom', fontsize=10)

plt.show()
```



```
In [31]: # Do unemployed people seek treatment more or less?
         df['work environment'] = df['work environment'].str.strip().str.lower()
         df['mental_health_history'] = df['mental_health_history'].str.strip().str.lower()
         history counts = df[df['mental health history'] == 'yes']['work environment'].value counts()
         total counts = df['work environment'].value counts()
         history percent = (history counts / total counts * 100).round(2)
         plt.figure(figsize=(8, 6))
         bars = history percent.plot(kind='bar', color='cornflowerblue', edgecolor='black')
         plt.title('Mental Health History by Work Environment')
         plt.xlabel('Work Environment')
         plt.ylabel('% with Mental Health History')
         plt.xticks(rotation=0)
         plt.ylim(0, 100)
         for i, value in enumerate(history percent):
             plt.text(i, value + 1, f'{value}%', ha='center', va='bottom', fontsize=10)
         plt.tight layout()
         plt.show()
```



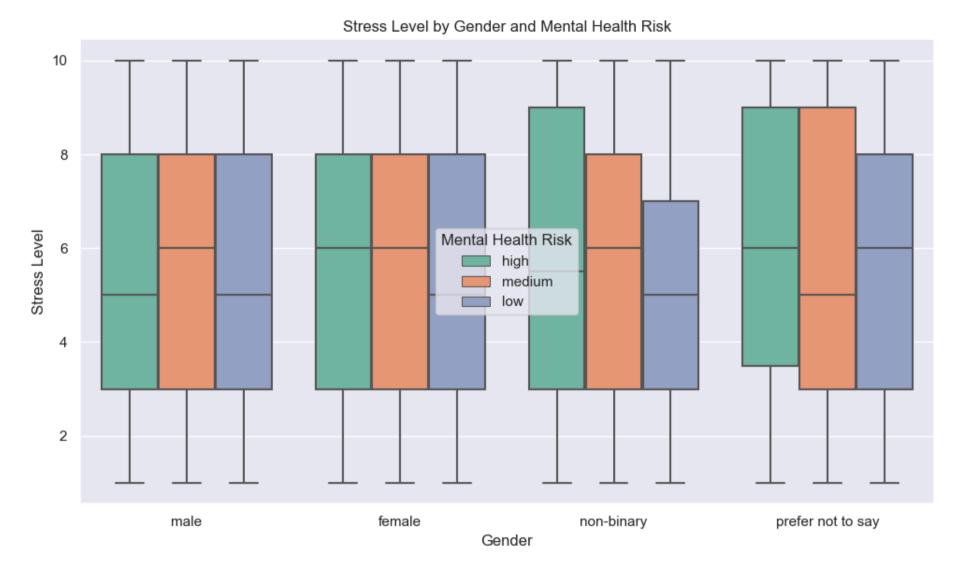
```
In [32]: # Stress Level by Gender and Mental Health Risk

df['gender'] = df['gender'].str.strip().str.lower()

df['mental_health_risk'] = df['mental_health_risk'].str.strip().str.lower()

plt.figure(figsize=(10, 6))
    sns.boxplot(data=df, x='gender', y='stress_level', hue='mental_health_risk', palette='Set2')

plt.title('Stress Level by Gender and Mental Health Risk')
    plt.xlabel('Gender')
    plt.ylabel('Stress Level')
    plt.legend(title='Mental Health Risk')
    plt.tight_layout()
    plt.show()
```

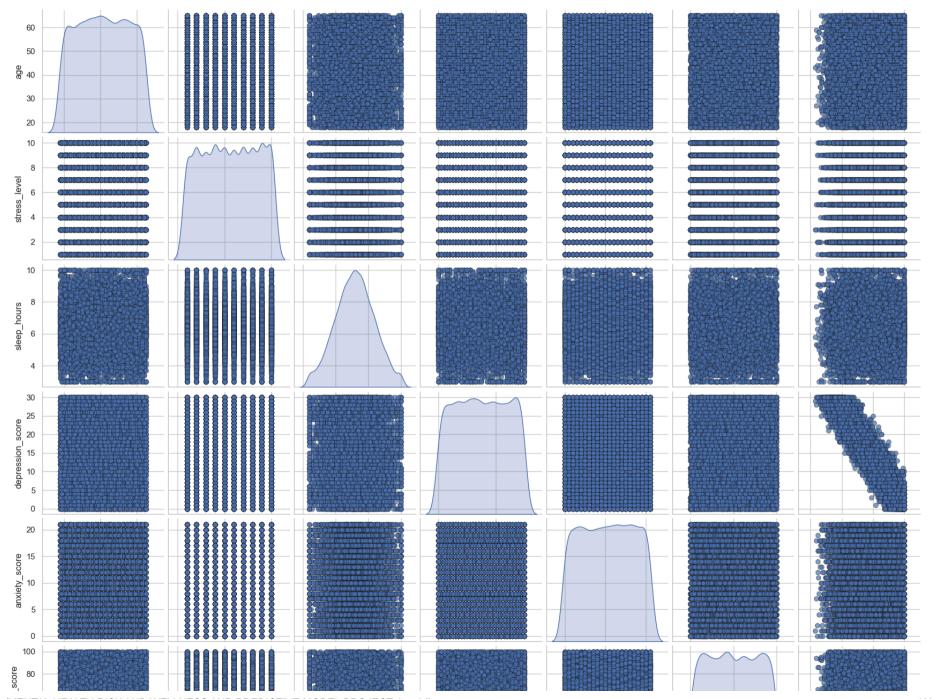


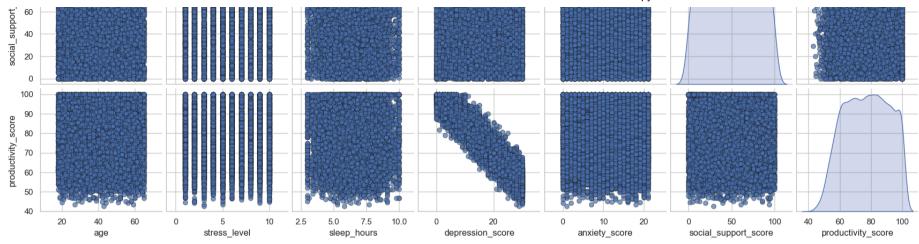
```
In [33]: # dataset pairplot
sns.set_style("whitegrid")

pairplot = sns.pairplot(df,diag_kind='kde',kind='scatter',plot_kws={'alpha':0.7, 's':40, 'edgecolor':'k'}, diag_kws={'sl_palette='coolwarm',})

plt.suptitle('Pairplot of Dataset Features', fontsize=16, y=1.02)
plt.show()
```

### Pairplot of Dataset Features





# **Label Encoding Object Columns**

```
In [34]: encoder = LabelEncoder()

In [35]: # encoding the columns
    df['gender'] = encoder.fit_transform(df['gender'])
    df['employment_status'] = encoder.fit_transform(df['employment_status'])
    df['work_environment'] = encoder.fit_transform(df['work_environment'])
    df['mental_health_history'] = encoder.fit_transform(df['mental_health_history'])
    df['seeks_treatment'] = encoder.fit_transform(df['seeks_treatment'])
    df['physical_activity_days'] = encoder.fit_transform(df['physical_activity_days'])
    df['mental_health_risk'] = encoder.fit_transform(df['mental_health_risk'])
```

In [36]: # reviewing the data df

#### Out[36]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activity_days
0	56	1	0	1	1	1	6	6.2	6
1	46	0	2	1	0	1	10	9.0	4
2	32	0	0	1	1	0	7	7.7	5
3	60	2	1	1	0	0	4	4.5	4
5	38	0	3	1	1	1	3	9.9	6
9993	59	0	0	1	0	1	9	6.5	0
9994	19	0	0	0	0	0	4	4.5	4
9995	34	0	0	1	1	1	5	6.1	6
9996	47	1	0	1	1	0	1	5.7	6
9999	44	1	3	2	0	1	5	6.4	3

8788 rows × 14 columns

```
In [38]: X_train, X_test, y_train, y_test = train_test_split(X, y, test_size=0.2, random_state=17)
```

In [39]: X\_train

Out[39]:

	age	gender	employment_status	work_environment	mental_health_history	seeks_treatment	stress_level	sleep_hours	physical_activity_days
9801	38	1	2	1	0	1	6	5.3	5
2316	21	0	0	1	0	0	1	9.2	5
3232	64	1	0	1	0	0	2	3.8	3
8622	48	0	2	1	0	0	10	6.7	4
3520	32	1	2	1	0	0	5	6.9	2
4136	30	0	0	1	0	1	9	4.1	5
9633	44	1	2	2	0	0	5	5.4	3
6914	57	1	0	1	0	0	7	5.2	3
462	46	1	1	0	0	0	1	7.6	2
2500	38	0	0	1	0	0	9	7.1	1

7030 rows × 13 columns

In [40]: y\_train

Out[40]: 9801

Name: mental\_health\_risk, Length: 7030, dtype: int32

# **Normalisation of The Independent Variables**

```
In [41]: scaler = MinMaxScaler(feature range=(0, 1))
In [42]: X train = scaler.fit transform(X train)
In [43]: X test = scaler.transform(X test)
In [44]: X test
Out[44]: array([[0.46808511, 0.33333333, 0. , ..., 0.33333333, 0.21
                0.13461538],
               [0.25531915, 0. , 1. , ..., 0.0952381 , 0.48
                0.40384615],
               [0.31914894, 0.33333333, 1.
                                                , ..., 0.80952381, 0.
                0.16608392],
               . . . ,
               [0.06382979, 0.33333333, 1. , ..., 0.57142857, 0.07
                0.61013986],
               [0.78723404, 0.
                                     , 0.66666667, ..., 0.14285714, 0.45
                0.75174825],
                                     , 0.66666667, ..., 0.42857143, 0.04
               [0.91489362, 0.
                0.61013986]])
```

```
In [45]: X train
Out[45]: array([[0.42553191, 0.33333333, 0.666666667, ..., 0.61904762, 0.4
                0.22552448],
               [0.06382979, 0.
                              , 0. , ..., 0.57142857, 0.74
                0.76048951],
               [0.9787234 , 0.33333333 , 0. , ..., 0.57142857 , 0.91
                0.79195804],
               . . . ,
               [0.82978723, 0.33333333, 0. , ..., 0.61904762, 0.41
                0.480769231,
               [0.59574468, 0.33333333, 0.33333333, ..., 0.19047619, 0.99]
                0.41783217],
               [0.42553191, 0.
                                    , 0. , ..., 0.23809524, 0.71
                0.9020979 11)
```

## **CLASSIFICATION MODELS**

## **Logistic Regression**

### **Random Forest Classifier**

```
randomforest recall = recall score(y test, randomforest pred, average='weighted')
         randomforest f1 = f1 score(y test, randomforest pred, average='weighted')
         randomforest confusion = confusion matrix(y test, randomforest pred)
In [63]: print(randomforest confusion)
         [[ 417
                       331
                277 12]
                   2 1007]]
             10
         Decision Tress Classifier
In [56]: decisiontree = DecisionTreeClassifier()
In [57]: decisiontree.fit(X train, y train)
Out[57]:
          ▼ DecisionTreeClassifier
         DecisionTreeClassifier()
        decisiontree pred = decisiontree.predict(X test)
In [58]:
         decisiontree pred
Out[58]: array([2, 2, 0, ..., 2, 2, 2])
In [59]: | decisiontree_accuracy = accuracy_score(y_test, decisiontree_pred)
         decisiontree precision = precision score(y test, decisiontree pred, average='weighted')
         decisiontree recall = recall score(y test, decisiontree pred, average='weighted')
         decisiontree f1 = f1 score(y test, decisiontree pred, average='weighted')
         decisiontree confusion = confusion matrix(y test, decisiontree pred)
```

In [54]: randomforest accuracy = accuracy score(y test, randomforest pred)

randomforest precision = precision score(y test, randomforest pred, average='weighted')

```
In [62]: print(decisiontree_confusion)

[[ 450      0      0]
      [ 0      289      0]
      [ 0      0      1019]]
```

# THE PERFORMANCE OF THE MODELS

```
In [61]:
    model_performance = {
        "Model": ["Logistic Regression", "Random Forest", "Decision Tree"],
        "Accuracy": [logistic_accuracy, randomforest_accuracy, decisiontree_accuracy],
        "Precision": [logistic_precision, randomforest_precision, decisiontree_precision],
        "Recall": [logistic_recall, randomforest_recall, decisiontree_recall],
        "F1 Score": [logistic_f1, randomforest_f1, decisiontree_f1]
    }
    performance_df = pd.DataFrame(model_performance)
    performance_df = performance_df.round(4)
    performance_df
```

### Out[61]:

	Model	Accuracy	Precision	Recall	F1 Score
0	Logistic Regression	0.9716	0.9718	0.9716	0.9715
1	Random Forest	0.9676	0.9680	0.9676	0.9674
2	Decision Tree	1.0000	1.0000	1.0000	1.0000

## Decison Tree CLassifier is the perfect model for the classification

```
In [ ]:
```