

Dataset Nutrition Label

Student Mental/Physical Health Based on Sleep/Stress Dataset

About

This dataset gives mental health/personal life related information about different students based on Sleep/Stress Factors. With the use of these mental health information, we can discern potential physical health factors as well – included within the dataset.

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Use-Cases

1. Can different Mental Health factors effect Physical Health factors?

2. Can certain factors of a student’s social/academic life effect said Mental Health/Physical Health factors?

3. Can we discern certain sleep disorders based on these Mental/Physical factors?

4. How can we improve the education system based on this information to better the day-to-day lives of our students?

Student Count	6619
Mental Health	
High Stress Count	2006
Low Sleep Quality Count	3541
High Depression Count	1737
High Anxiety Count	1774
Social/Academic Life	
High Academic Load Count	2999
Low Academic Performance Count	2222
Low Social Support Count	4807

Potential Physical Health Factors from High Stress

- Overweight BMI
- 140/95 Blood Pressure
- 75 Resting Heartrate
- Potential for Sleep Apnea

Potential Physical Health Factors from Low Quality Sleep

- Obese BMI
- 140/90 Blood Pressure
- 85 Resting Heartrate
- Potential for Sleep Apnea