Mental Health / Screentime Data Document

Data source: https://www.kaggle.com/datasets/khushikyad001/impact-of-screen-time-on-mental-health

Questions to Answer

Mental Health and Screen Time:  
1) **Does higher screen time correlate with lower mental health scores?**

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After importing the data, the datapoints seemed to not be consistent enough to verify any trends, so I tried to sort them into more clusters.  
  
A graph on a graph

AI-generated content may be incorrect.

After cleaning up a bit, a weird trend emerages where the higher screen time has a higher than average mental. Could that be because most screen based users tend to have a higher than average salary?  
  
also seems like maybe the lower and higher ends are unfairly skewed with not enough data:

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2) **Is screen time on specific devices (e.g. phone vs. TV) more strongly associated with mental health outcomes?**

3) **How do people with high mental health scores use their screen time differently than those with low scores?**

Maybe do a group by mental health score sql query and see how the numbers compare on screen time?

<https://www.geeksforgeeks.org/ntile-function-in-sql-server/> (NTILE might be a good place to start)  
  
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This separates each mental health score into the bottom 25 percent, middle 50% and top 25% (I’m guessing for this we want to have the top25% as “high”, so can use those

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After getting the screen time averages fo the top 25%, I’m now going to do the same for the bottom 25% and compare the numbers to see what trends I can find.

Sleep and Screen Time:  
1) Are there any correlation between screen time and sleep quality or hours slept?

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Doesn’t appear to be any on first glance.

A correlation value os .006899 means theres virtually no correlation between screen time and sleep quality based on this dataset.

Demographics:  
**Are certain generations or age groups more likely to have low mental health scores?**

**Based on this graph GenZ has a noticeable difference in mental health score compared to previous generations, which could be from a lack of opportunities, more technology entanglement and harder living conditions.**

1. **Is there a gender difference in reported mental health, screen time, or sleep quality?**

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AI-generated content may be incorrect.

Dividing data by generation and gender reveals noticeable trends. Daily screentime is similar for males and females, but females have lower sleep quality. Those identifying as other genders report better overall mental health across generations, except Gen-Z.

Workflow:  
added a generation tab based on ages to see if phone/screen use is different based off of different genereational gaps