Mental Health / Screentime Data Document

Questions to Answer

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

A screenshot of a computer

AI-generated content may be incorrect.

A screenshot of a computer

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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:

A blue screen with white text

AI-generated content may be incorrect.

A screenshot of a computer

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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?**

Device Usage and Screen Time:

1. Do different generations have higher or different “screentime” numbers? Younger generation have higher phone time, while older generation has more TV or laptop times?
2. Does a higher physical activity lead to less screen time?
3. How does caffeine intake correlate with screen time?
4. Are there any gender differences in device preferences or screen time habits?

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

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AI-generated content may be incorrect.

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?**

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

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