

Mental Health in Tech

Survey on Mental Health in the Tech Workplace



01 Description

I was interested in gauging how mental health is viewed within the tech/IT workplace, and the prevalence of mental health disorders within the tech industry.

02 Dataset

Survey on Mental Health in the Tech Workplace

Measures attitudes towards mental health and the frequency of mental health needs in the tech workplace.

Sample size: 1251

Variables: 27 (26 Categorical, 1 Numerical)

EDA

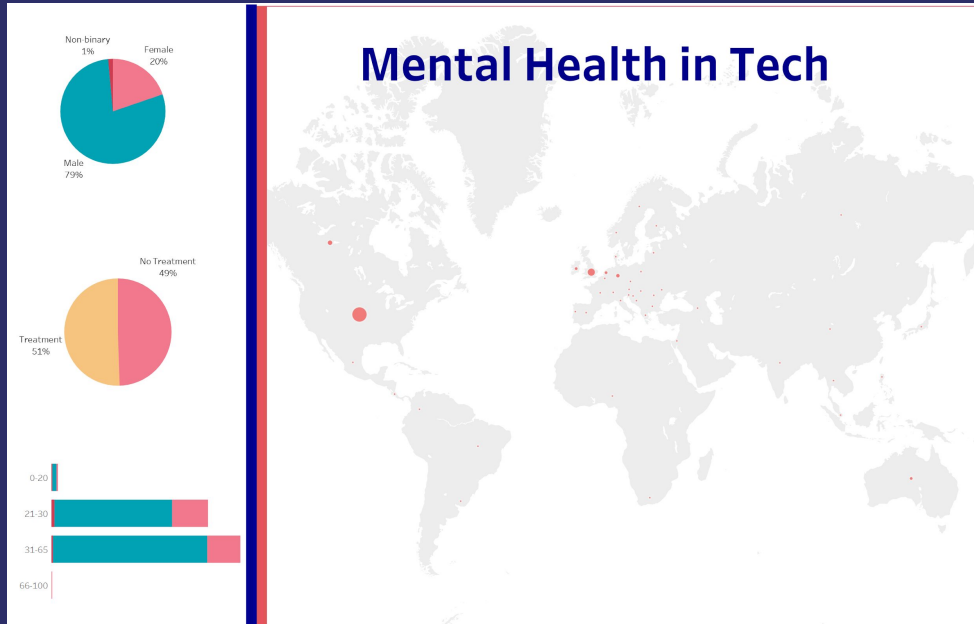
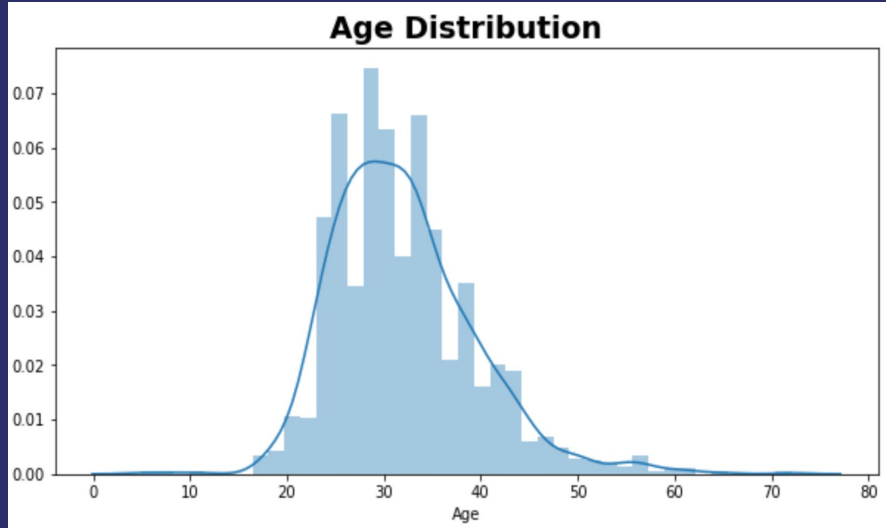


Tableau link

https://public.tableau.com/profile/joana.china#!/vizhome/MentalHealth_16144463902920/Dashboard3

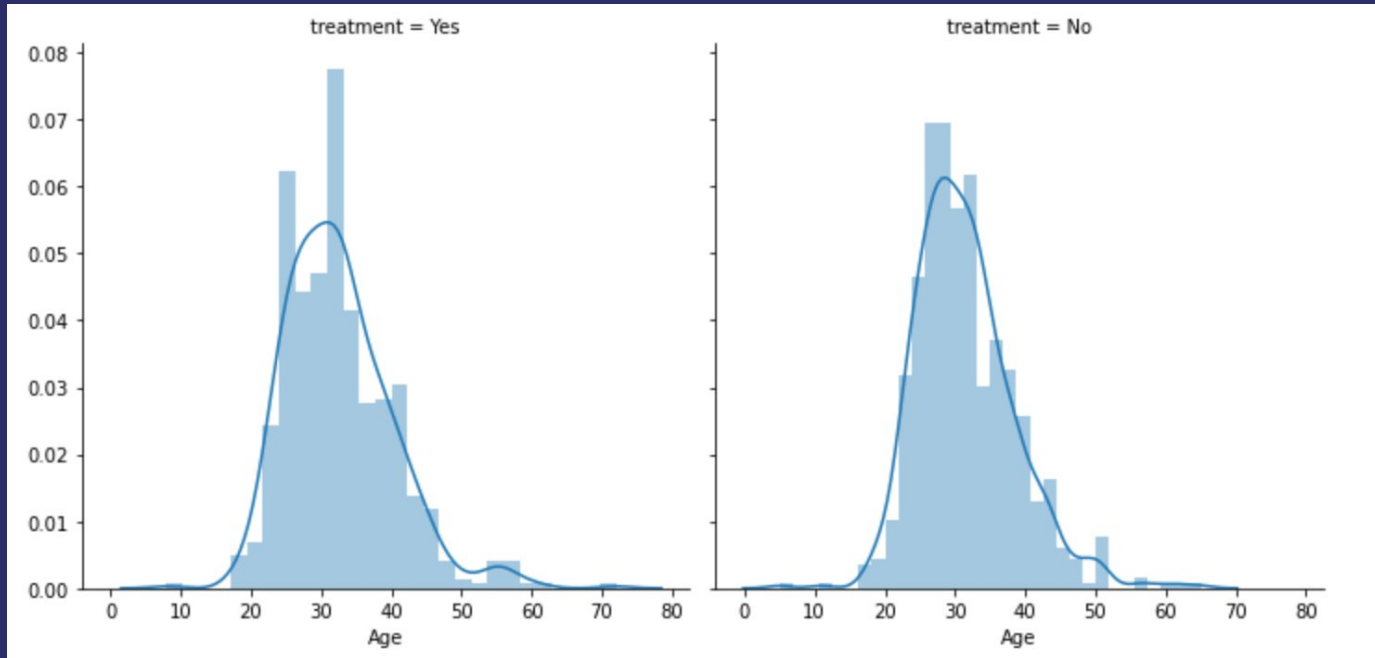
Statistics



■ Age Distribution

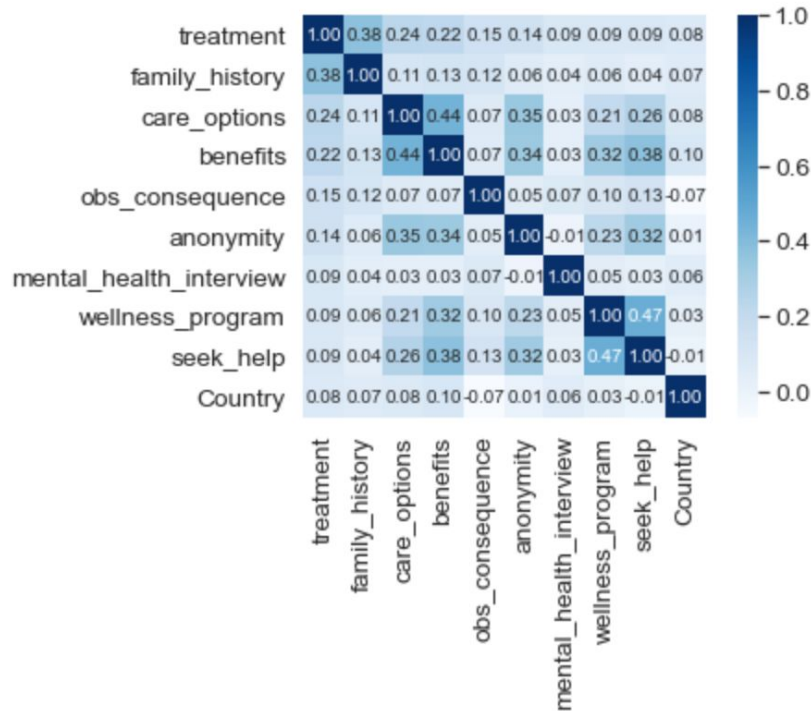
The distribution of ages is right skewed which is expected as tech industry tends to have younger employees.

Statistics



32 years is the age in which most employees look for mental health treatment

Statistics



Correlations

- Benefits and Care Options
- Wellness Program, Seek Help and Anonymity
- Coworkers and Supervisor
- Family History and Treatment

“The average tech worker is 38 years old,
compared to 43 years old for non-tech workers”

Visier Insights Report

Hypothesis Testing

The test statistic is -28.74517719834334

The p-value of the test is

$6.566438722561636e-14$

**Reject the null hypothesis of
an average age of 38**



Chi-Square Goodness of Fit Test

	Sample	Population
male	0.79	0.74
female	0.20	0.25
non-binary	0.01	0.01

The gender demographics of the survey match that of the population.

Chi squared test of independence

	Treatment No	Treatment Yes
Family History No	492	270
Family History Yes	127	362

Searching for mental health treatment depends whether you have a family history of mental health problems.

Chi squared test of independence

	Treatment No	Treatment Yes
Benefits Don't know	256	151
Benefits No	192	179
Benefits Yes	171	302

Searching for mental health treatment depends whether your employer provides mental health benefits.

Chi squared test of independence

	Treatment No	Treatment Yes
Female	77	170
Male	538	448
Non-binary	4	14

Searching for mental health treatment depends on the employees gender.

THANK YOU!

