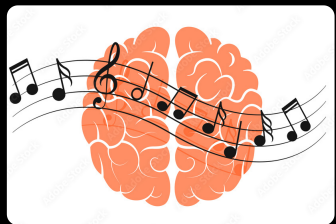# Mental Health and Music Analysis - Demographic Breakdown

736 Total Survey Responses

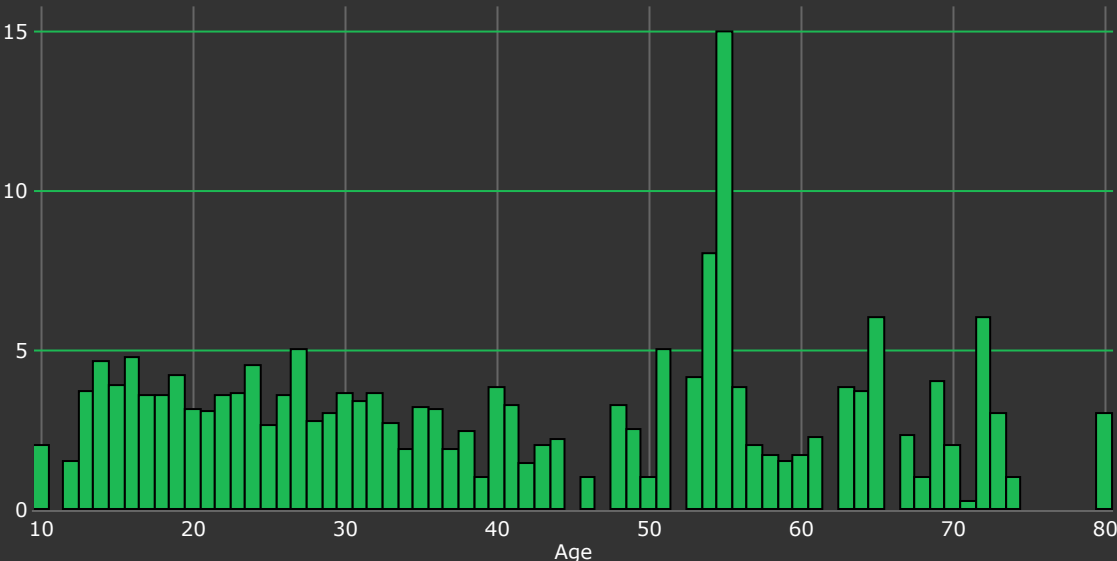**25** Average Age

Listen at work
579
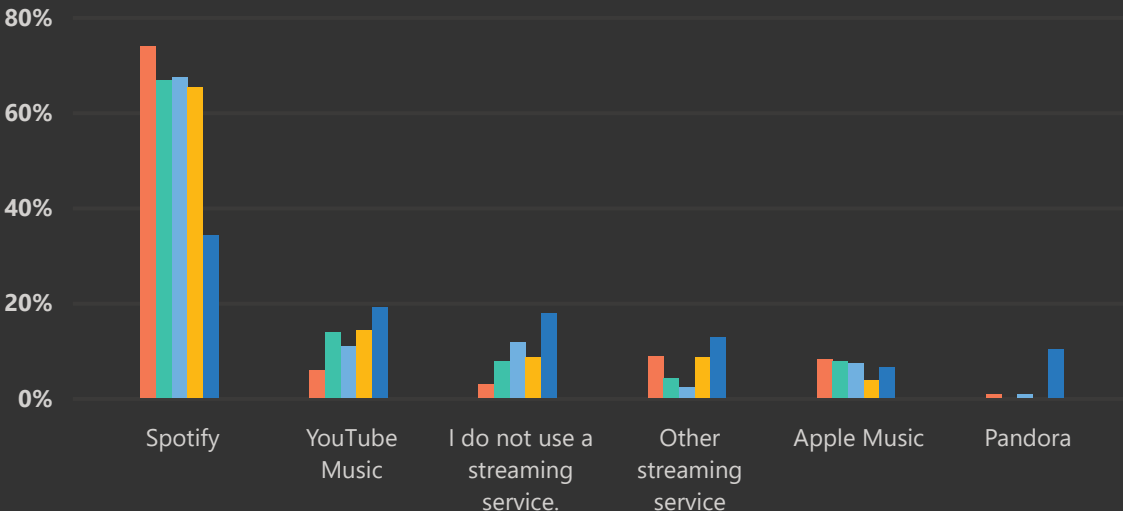
Instrumentalist
235

Average listening hours per day

X-axis: Age (10 to 80)
Y-axis: 0 to 15

Age distributions across music platforms

● Children (10-17) ● Teen (18-20) ● Young Adult (21-25) ● Adult (26-35) ● Older (36+)

Platforms: Spotify, YouTube Music, I do not use a streaming service., Other streaming service, Apple Music, Pandora

Y-axis: 0% to 80%

Effect of music listening habits

177 (24.08%)
541 (73.61%)

● Improve
● No effect
● Worsen
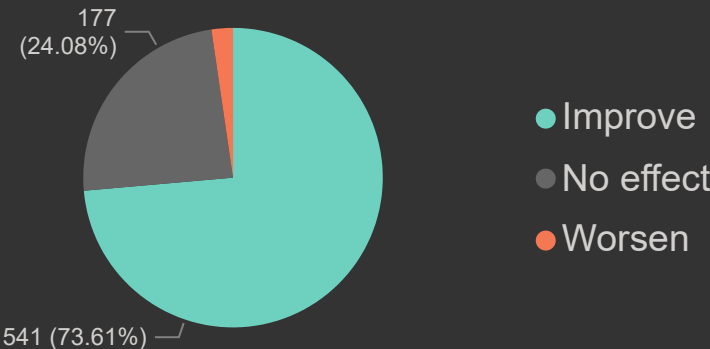
Genre
☐ Classical
☐ Country
☐ EDM
☐ Folk
☐ Gospel
☐ Hip hop
☐ Jazz
☐ K pop
☐ Latin

Mental Health and Music Analysis - Score Dissection

Average mental health scores per genre

Fav genre	Avg Anxiety	Avg Depression	Avg Insomnia	Avg OCD	Row Avg ▼
Lofi	6.10	6.60	5.60	3.40	5.43
Hip hop	6.31	6.09	3.66	2.66	4.68
Video game music	6.41	4.57	4.59	2.62	4.55
Folk	6.50	5.19	3.92	2.46	4.52
Rock	6.13	5.34	3.93	2.67	4.52
Metal	5.56	5.21	4.54	2.31	4.41
EDM	5.36	5.11	3.94	2.89	4.33
Jazz	5.68	4.58	4.05	2.42	4.18
Pop	6.08	4.41	3.26	2.95	4.18
K pop	6.32	4.40	3.52	2.44	4.17
Classical	5.02	4.38	4.12	2.45	3.99
Country	5.86	4.29	2.90	2.81	3.97
Gospel	5.50	3.50	6.00	0.50	3.88
R&B	5.30	4.17	2.83	2.67	3.74
Rap	5.00	3.75	2.10	3.15	3.50
Latin	4.33	3.00	3.33	1.67	3.08

Average mental health scores per BPM category

BPM group	Avg Anxiety	Avg Depression	Avg Insomnia	Avg OCD	Row Avg ▼
Fast	5.91	5.23	4.26	2.70	4.53
Very Fast	6.01	4.84	3.77	2.37	4.25
Moderate	6.01	4.69	3.57	2.62	4.22
Slow	5.62	4.66	3.64	2.90	4.21
Very Slow	5.86	4.91	3.55	2.45	4.19

Average mental health scores by age group

Age Group	Avg Anxiety	Avg Depression	Avg Insomnia	Avg OCD	Row Avg ▼
Young Adult	6.36	5.71	3.69	2.94	4.68
Adult	5.97	5.61	4.14	2.75	4.62
Children	6.20	4.66	4.02	3.15	4.51
Teen	5.75	4.43	3.48	2.41	4.02
Older	4.59	3.84	3.99	1.65	3.52

Categories with highest mental health scores:

Lofi
Genre

Fast
BPM Group

Young Adult
Age Group

Key takeaways and considerations:

- With the data provided from the surveys, the most at-risk listener categories are those who listen to Lofi, fast tempos, or are young adults.
- It is essential to consider the external factors that may contribute to trends across demographics; correlation does not imply causation.