Remote Work and Mental Health

Data Science, MSc in Computer Science and Management

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The Dataset

This dataset is valuable for organizations and professionals looking to understand the impact of remote work on employee mental health and well-being. It enables the analysis of correlations between factors such as stress, productivity, work-life balance, and company support to identify patterns affecting employee performance and satisfaction. It features 5,000 records from employees around the globe, offering insights into crucial aspects such as: work environment (onsite, hybrid, remote), stress level, availability of mental health resources, and job satisfaction.

Link

Columns

Quantitative Variables:
- Age: employee's age in years.
- Years_of_Experience: years of professional experience.
- Hours_Worked_Per_Week: weekly hours worked.
- Number_of_Virtual_Meetings: number of weekly virtual meetings.
- Work_Life_Balance_Rating: rating of work-life balance (from 1 to 5).
- Social_Isolation_Rating: social isolation rating (from 1 to 5).
- Company_Support_for_Remote_Work: company support for remote work rating (from 1 to 5).

Qualitative Variables:
- Gender: employee gender **(Male, Female, Non-binary, Prefer not to say)**.
- Job_Role: employee's job role **(HR, Data Scientist, Sales, Developer, and Others)**.
- Industry: industry of employment **(Healthcare, IT, Finance, and Others)**.
- Work_Location: work location **(Remote, Onsite, Hybrid)**.
- Stress_Level: stress level **(Low, Medium, High)**.
- Mental_Health_Condition: mental health condition **(None, Anxiety, Depression, Burnout)**.
- Access_to_Mental_Health_Resources: access to mental health resources **(Yes, No)**.
- Productivity_Change: productivity change **(Increase, Decrease, No Change)**.
- Satisfaction_with_Remote_Work: satisfaction with remote work **(Satisfied, Neutral, Unsatisfied)**.
- Physical_Activity: frequency of physical activity **(None, Weekly, Daily)**.
- Sleep_Quality: sleep quality **(Poor, Average, Good)**.
- Region: geographic region **(Europe, Asia, South America, North America, Oceania, Africa)**.

Questions for Analysis

1. Which factors (such as `Work_Location`, `Hours_Worked_Per_Week`, `Company_Support_for_Remote_Work`) are most correlated with stress levels and mental health conditions?
2. How does work-life balance relate to employee satisfaction with remote work?
3. Are there differences in the impact of remote work on mental health across different industries or roles?
4. Does access to mental health resources affect productivity and sleep quality?
5. Are there regional patterns that show variations in stress and social isolation levels among remote employees?