

Technical Report

Project title :Data Analysis For Mental Health &Technology Using

Track:Data Analysis Specialist

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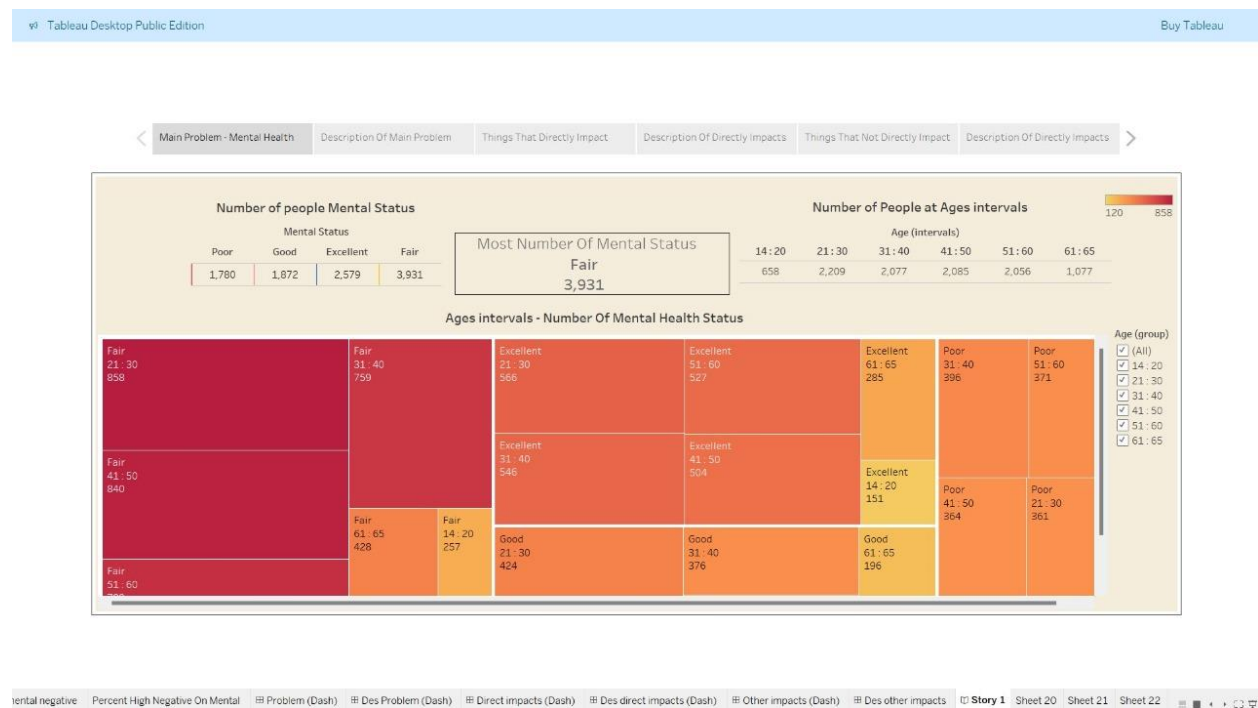
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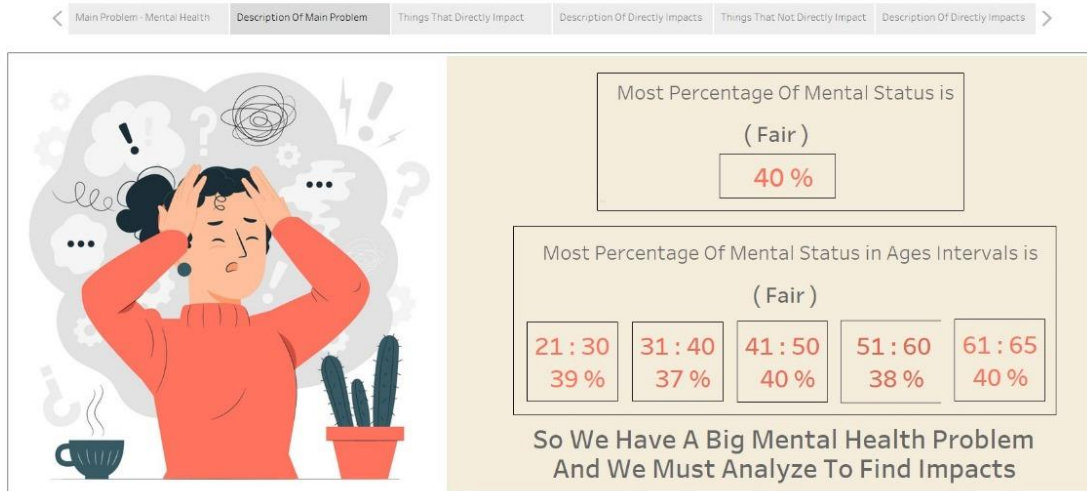
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1/ Dashboards With Description

Link to the dashboards :[Dashboards Link](#)



The dashboard shows the "Number of people's Mental Status" which shows the distribution of mental health statuses across different age groups.



mental negative | Percent High Negative On Mental | Problem (Dash) | Des Problem (Dash) | Direct impacts (Dash) | Des direct impacts (Dash) | Other impacts (Dash) | Des other impacts | Story 1 | Sheet 20 | Sheet 21 | Sheet 22

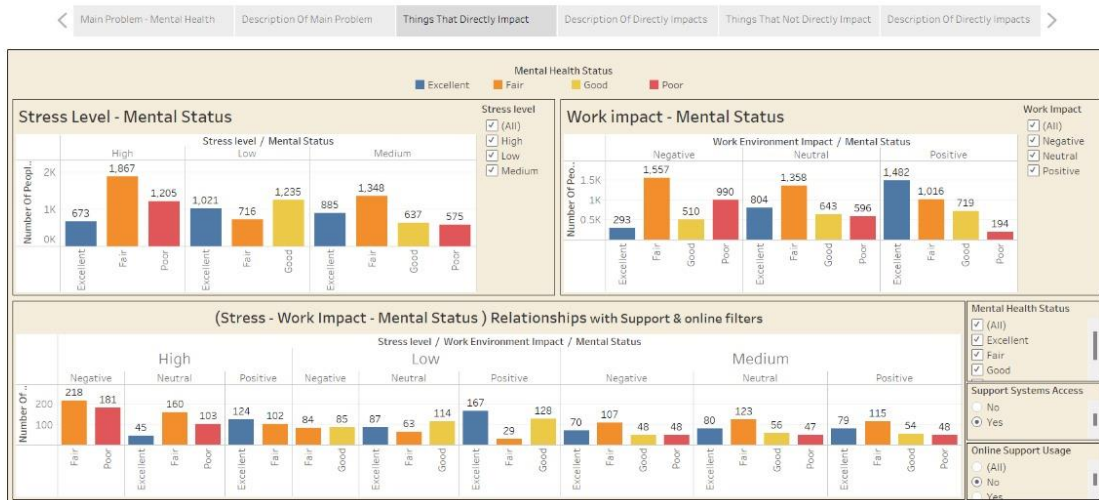
"According to the data analysis, the treemaps show that the largest percentage of people have a mental status classified as 'fair.' Furthermore, at every age interval, the most common mental status is also 'fair.'"

It's not very bad because the largest percentage of mental status not classified as 'Poor' and the second largest percentage classified as 'Excellent' but we still have problem and we should find the reasons and ways to solve the problem

-With Support

Tableau Desktop Public Edition

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mental negative | Percent High Negative On Mental | Problem (Dash) | Des Problem (Dash) | Direct impacts (Dash) | Des direct impacts (Dash) | Other impacts (Dash) | Des other impacts | **Story 1** | Sheet 20 | Sheet 21 | Sheet 22

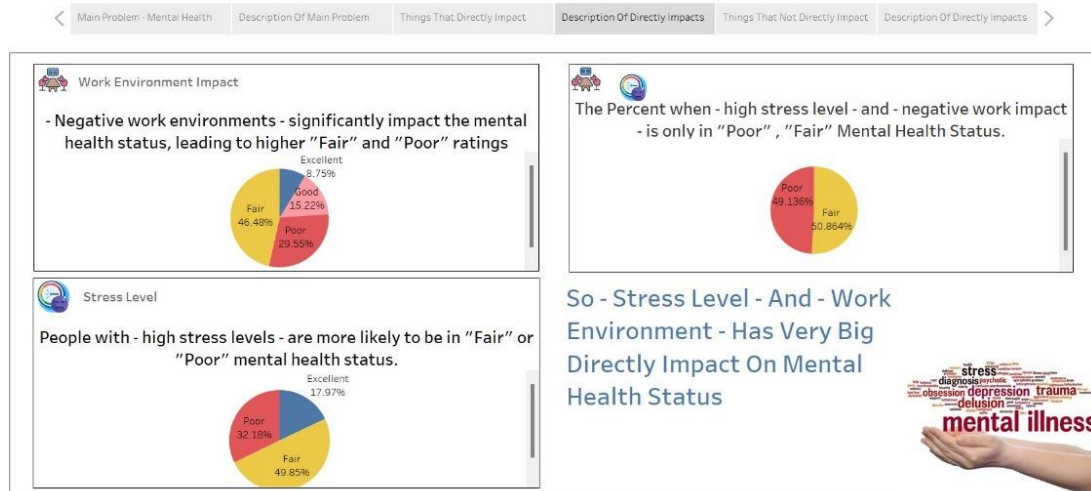
-With No Support

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mental negative | Percent High Negative On Mental | Problem (Dash) | Des Problem (Dash) | Direct impacts (Dash) | Des direct impacts (Dash) | Other impacts (Dash) | Des other impacts | **Story 1** | Sheet 20 | Sheet 21 | Sheet 22



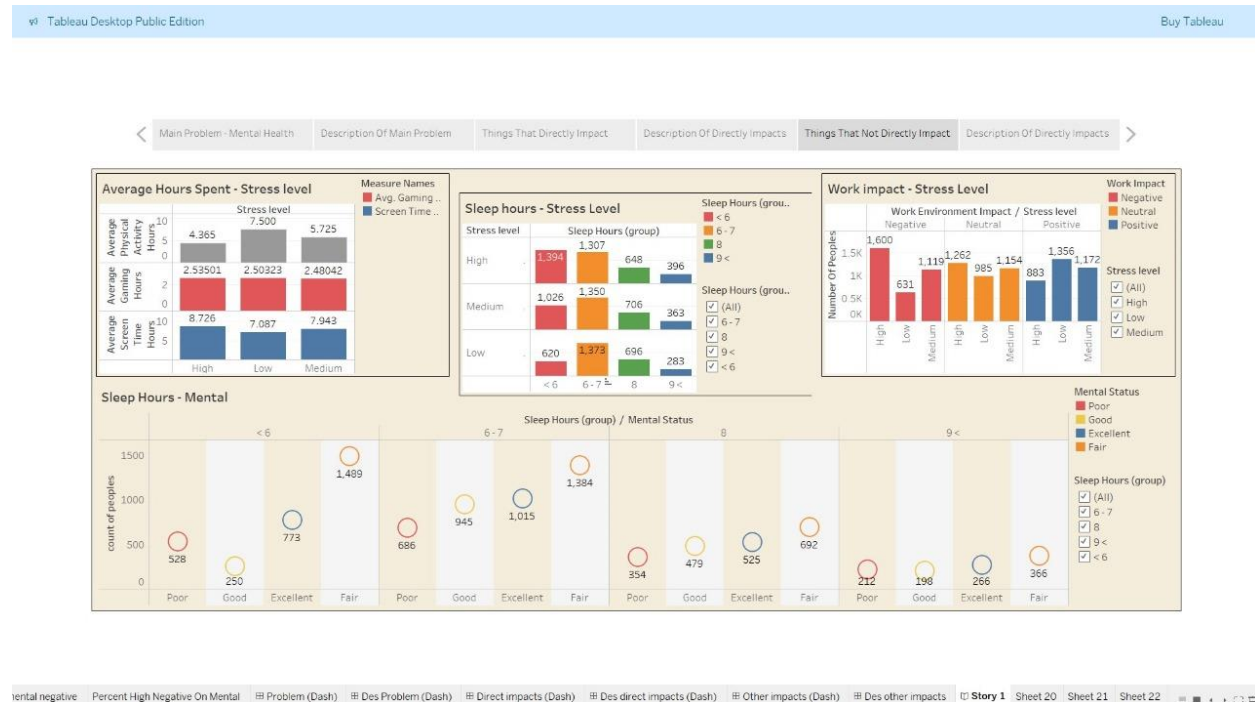
* First dashboard the part of the (Relationships between Stress - Work impact- Mental Status) is with support at filter and in the Second dashboard is with no support

1- according to the chart that show relationship between stress Level and Mental health status , stress has huge impact on Mental health status because when stress level to peoples is high the largest percentage is fair and second largest is poor, and when stress level is low the largest and second are good, excellent and there is no Poor level.

2- The chart that show relationship between Work environment impact and mental health status shows That works Environment has impact on mental status Which when work impact is negative the largest and smallest percentages are Fair and excellent in order as written.

3- chart that show relationship between stress Level, work impact and mental health status with support shows that support has positive impact. even it's little impact but it's still has positive impact and can help to solve the problem, Further more for not to be unjust to the impact of support in solving the problem, there

are other things that affect people, so the impact of support can be greater than that, when we solve other causes that affect on peoples.



1- relationship between average hours spent and stress level divided to three categories (physical activity, Gaming, screen time) hours, two categories have clear impact (Average physical activity, Average screen time) hours, which the more you do physical activity the more chance to decrease stress and the little time spent on screen the more chance to decrease stress.

2- relationship between sleep hours and stress level shows that sleep hours have impact on stress which when you sleep more than 6 hours it's very good for decrease stress.

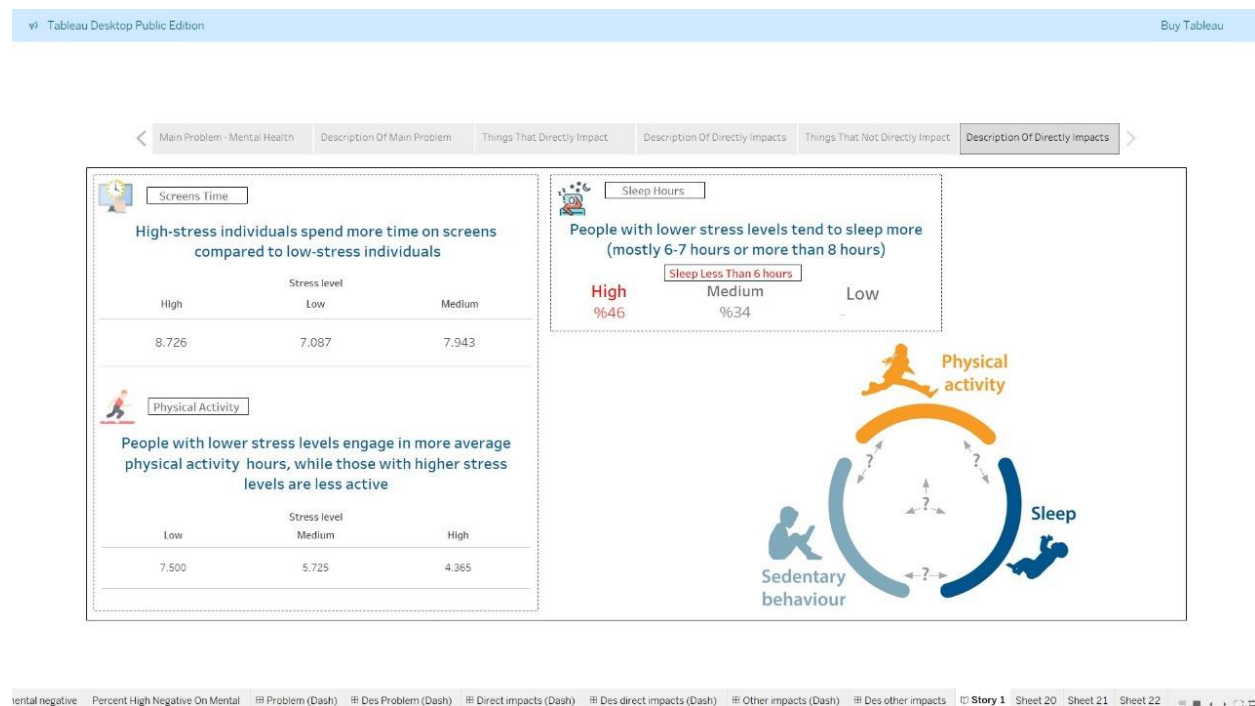
3- relationship between work environment impact and stress shows that work environment impact has huge impact on stress level which When impact is negative the peoples with stress level high have the largest Percentage and when impact is positive the high stress level has the smallest percentage.

4- relationship between sleep hours and mental health status shows that sleep hours have direct impact on mental health status Which the more sleep than six hours the more chance to improve mental status.

2/ Main Problem ,Reasons And Solutions

- According to all of this analysis

* **The main problem** of this data is the mental health status which the largest percentage of people their mental health status is fair.



- **the main reasons** that impact directly on mental health status are :

1/ stress levels : peoples who their level is high the number of mental status excellent is 673 and fair is 1867 and poor 1205,

And who is their level is low the number of mental status excellent is 1021 and good is 1235 and fair 716 and there is no poor.

2/ work environment impact : when work impact is negative the number of people who their mental status excellent is 239 and who their impact is positive the number of status excellent is 1482.

*** and there is things that impact too but not directly which it impacts on stress :**

1- Average physical activity hours : in the analysis for physical activity hours(total number of hours to people who have low level of stress are 7500 and people who have high level are 4365) which **“the more you do physical activity hours the more chance to decrease stress and improve mental health status”**.

2- screen time hours : (total number of hours to people who have low level of stress are 7087 and who have high level are 8726) which **“the less you spent time on screens the more chance to decrease stress and improve mental health status”**.

2- Sleep hours : number of people who sleep less than 6 hours, their stress level is high is 1394 and their stress level is low is 620 so **“the more time you sleep enough (more than 6 hours) the more chance to decrease stress and improve mental health status “** .

3- Support : the different between percentages with or no support not more enough but still with support more than with no support but this because there is other things we will talk about after this has impact like sleep and physical activity so **“when you sleep enough and do physical activity time and still has not good level at mental health status the Good Support from people that you trust will be good to overcome work impact and improve your mental health status”** .

So according to all of this analysis we can say that **the solutions** are that we must advice people to :

1- have enough sleep time.

2- do more physical activity hours.

3- don't spent a lot of time watching screens because it negative impact on the brain and stress.

4- ask someone they trust to help when they have a high level of stress.

5- make managers to interest of their work environment

3/ Ways And Benefits Of do this solutions

"We can do this by

1- make posters and advertisements on real world and on the internet that explain the statistics and danger of this things

2- urge managers to :

1. Organize Mental Health Awareness Workshops and Sessions:

- Regularly conducting awareness sessions can help employees understand the importance of mental health and how to maintain it.

2. On-site Fitness Programs:

- Encouraging physical activity through the provision of fitness facilities or yoga and relaxation sessions can help alleviate stress.

3. Flexible Working Hours Policies:

- Allowing more flexibility in work hours to enable employees to achieve a better work-life balance, which may help improve mental health.

4. Optimal Use of Technology:

- Since excessive screen use can negatively affect mental health, provide recommendations on how to effectively manage screen time. This could include developing apps that help monitor and regulate screen use or offer reminders to take regular breaks.

5. Enhancing Social Support:

- Encourage the creation of support networks both in and outside the workplace. These could include peer support networks, mentoring programs, and access to professional counseling.

6. Periodic Assessment of the Psychological Environment at Work:

- Conduct regular assessments of the work environment to identify areas that may

Benefits of do this solutions:

- 1- people will take care of themselves.
- 2- managers will be more interested in their work environment,
- 3- people will be encouraged to provide support to each other.

“When people take care of them selves by sleep enough, do activity hours, decrease screen time hours and managers make a positive work environment and people support each others we will have an excellent mental health status to a very big percentage of people”