جامعة الأخوين
AL AKHAWAYN UNIVERSITY

Mental Health in Tech Workplace Using ML Techniques

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Introduction:

Overview:

Mental health has always been a hot topic in discussions about workplace culture and wellness. Employees' mental health is increasingly recognized as a critical determinant in their overall health, according to a 2010 study on "mental well-being at work." Poor mental health and workplace pressures can lead to a variety of physical ailments. Their personal and professional lives may be affected by their mental health (Rajgopal). Furthermore, mental illnesses such as depression and anxiety have a huge economic impact; it is estimated that lost productivity costs the world economy $1 trillion every year (who.int).

Technology is a high-stakes, fast-paced industry. Staying on top of a fast-paced, competitive sector puts a lot of pressure on tech workers. They must give their talents and experience in order to strengthen the company's ideals and fulfill the demands of the digital age.

Our main objective from this project is to have an idea of how tech professionals feel about mental health by analyzing the dataset and get insight from it. Furthermore, we will look at the primary predictors of mental illness in the workplace in the United State (The choice of the United State is just because the dataset we found is about that country).

Research Questions:

The main purpose behind this project is to answer the following questions:

- Do tech employees seek mental health treatments?
- What are the main predictors of mental health illness in the tech workplace?

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Dataset Description:

The dataset is called "Mental Health in Tech Survey" and it is a single CSV file that can be found on the Kaggle website. Open Sourcing Mental Illness, LTD acquired this dataset in 2014 and made it available as open source. The collection comprises data from several nations and regions on attitudes toward mental health and the frequency of mental health issues in the IT sector.

Link to the dataset: https://www.kaggle.com/datasets/osmi/mental-health-in-tech-survey

Methodology:

In order to achieve all our project's goals, we will follow the google stack methodology on analyzing data, which is:

- *Ask questions to make data driven decisions*
- *Prepare data for exploration*
- *Process data from dirty to clean*
- *Analyze data to answer questions*
- *Share data through the art of visualization*