Mental Health Insights

1. Correlation Analysis:

- Check if there's a relationship between stress level and mental health conditions. For instance, are people with "High" stress more likely to have a mental health condition?

- Determine if individuals with mental health conditions are more likely to seek consultations.

2. Age-Based Trends:

- Age Categories vs. Stress Levels: Analyze which age group (e.g., Young Adult, Middle, Senior) has higher stress levels.

- Sleep Patterns: Explore how sleep hours vary across age categories. For instance, do younger adults sleep less than seniors?

3. Work and Physical Activity:

- Work Hours vs. Physical Activity: Investigate if individuals working longer hours have less time for physical activity and whether this impacts their stress levels.

- Stress Levels and Work Hours: Look for patterns between excessive work hours and high stress levels.

4. Gender Differences:

- Examine if stress levels, physical activity, and sleep hours vary between genders.

- Investigate if there are differences in mental health conditions or consultation rates by gender.

5. Occupational Trends:

- Stress by Occupation: Analyze which occupations are more prone to high stress levels.

- Sleep and Occupation: Explore if certain jobs (e.g., Sales, Finance, Education) lead to less

sleep.

6. Country-Level Analysis:

- Stress and Mental Health by Country: Identify which countries report higher levels of stress or mental health conditions.

- Sleep Hours by Country: Compare sleep patterns among countries.

7. Combined Factors:

- Multivariate Analysis: Explore relationships among multiple factors, such as age category, stress level, and mental health condition, to identify combined risk factors.

- Sleep and Physical Activity: Investigate if higher physical activity leads to better sleep and lower stress levels.

8. Key Predictive Questions (for modeling opportunities):

- Can we predict mental health conditions? Use features like stress level, sleep hours, and work hours to build a predictive model.

- Can stress level be predicted? Factors like occupation, work hours, physical activity, and sleep hours might be predictors.