Mythri Partha

Capstone 2- Proposal

         Who seems to have the most mental health issues? When observing data about who goes to therapy, I want to see what age range and gender identity these issues affect most. Usually young women who are in their teens or early twenties seek therapy and get a diagnosis, while men are sometimes considered weak for reaching out and getting help, so it might be stigmatized for them more than it is for women. My main goal is to observe how stigmas appear when observing and analyzing the demographics of those who have been diagnosed with mental illness.

         The clients of this study are those who do not have the means to go to therapy, psychiatrists, and anyone who approaches the subject of mental health and therapy often. There is a large range of those who can benefit from this study such those who are afraid to seek help, those who want to seek help, and those who want to see the demographics of certain disorders.

         To approach this problem, I will utilize different datasets that show who seeks therapy by their age, work/career environment, where they live, if there’s any family history and their gender, then I will compare these data to see if there are any major patterns. With this information, I can come to a conclusion of who seeks therapy the most, what conditions/diagnoses occur most, and I can see how we can better improve conversations around mental health and see how to destigmatize asking for help.

         The data I have acquired as of now shows that the United States has the most people seeking therapy. The datasets are best collected on google database search, through the American Psychiatric Association (APA), and Our World in Data.

         To complete this research, I plan on wrangling my datasets and making them cleaner and more accessible, creating schematics based on the results, writing a full report on paper, and creating a slide-deck with a briefer and more concise conclusion.

Datasets:

https://www.kaggle.com/hellenandreea/survey-mental-health-2014

<https://www.ethnicity-facts-figures.service.gov.uk/health/mental-health/adults-receiving-treatment-for-mental-or-emotional-problems/latest>

<https://www.icpsr.umich.edu/web/ICPSR/studies/35525/staff>

<https://ourworldindata.org/mental-health>