project: analyzing students' mental health



Does going to university in a different country affect your mental health? A Japanese international university surveyed its students in 2018 and published a study the following year that was approved by several ethical and regulatory boards.

The study found that international students have a higher risk of mental health difficulties than the general population, and that social connectedness (belonging to a social group) and acculturative stress (stress associated with joining a new culture) are predictive of depression.

Explore the students data using PostgreSQL to find out if you would come to a similar conclusion for international students and see if the length of stay is a contributing factor.

Here is a data description of the columns you may find helpful.

| Field Name | Description |
|---------------|---|
| inter_dom | Types of students (international or domestic) |
| japanese_cate | Japanese language proficiency |
| english_cate | English language proficiency |
| academic | Current academic level (undergraduate or graduate |
| age | Current age of student |
| stay | Current length of stay in years |
| todep | Total score of depression (PHQ-9 test) |
| tosc | Total score of social connectedness (SCS test) |
| toas | Total score of acculturative stress (ASISS test) |

| index | ··· ↑↓ stay | ↑μ | count_int | t ₄ | $average_phq \hspace{1cm} \cdots \hspace{1cm} \uparrow_{\psi}$ | min_phq ··· ↑↓ | max_p ••• ↑↓ | , average_scs ··· ↑↓ | , av | verage_as ··· ↑↓ |
|---------|-------------|----|-----------|----------------|---|----------------|--------------|----------------------|------|------------------|
| | 0 | 10 | | 1 | 13 | 13 | 13 | 3 32 | 2 | 50 |
| | 1 | 8 | | 1 | 10 | 10 | 10 | 0 44 | 4 | 65 |
| | 2 | 7 | | 1 | 4 | 4 | | 4 48 | 8 | 45 |
| | 3 | 6 | | 3 | 6 | 2 | 10 | 0 38 | 8 | 58.67 |
| | 4 | 5 | | 1 | 0 | 0 | | 0 34 | 4 | 91 |
| | 5 | 4 | | 14 | 8.57 | 0 | 14 | 4 33.93 | 3 | 87.71 |
| | 6 | 3 | | 46 | 9.09 | 0 | 24 | 4 37.13 | 3 | 78 |
| | 7 | 2 | | 39 | 8.28 | 0 | 2: | 1 37.08 | 8 | 77.67 |
| | 8 | 1 | | 95 | 7.48 | 0 | 21 | 5 38.11 | 1 | 72.8 |
| Rows: 9 | | | | | | | | | | |