**Mental Health Disorder Project**

Mental health is a state of mental well-being that enables people to cope with stresses of life, realize their abilities, learn well, and contribute to their community. It is an important part of health and well-being and it is important that it is taken seriously as it enables decision making.

1 in every 8 people in the world lives with a mental disorder. Mental disorders involve significant disturbances in thinking, emotional regulation, or behavior. There are many different types of mental disorders. Effective prevention and treatment options exist for mental health patients. This problem has not been shown an effective approach therefore most people do not have access to effective care.

Mental disorder is characterized by a clinically significant disturbance in an individual’s cognition, emotional regulation, or behavior. It is usually associated with distress or impairment in important areas of functioning. There are many different types of mental disorders.

In this project we analyze data collected about different mental health patients. This dataset contains data about the patients’ moods, behavior, exhaustion levels, and the doctors’ expert diagnosis. We analyze this data to develop insights that can help us find certain relationships between the data collected.

**Cleaning Process.**

I began familiarizing myself with the dataset, as it is a norm for data analysts to get used to the data before analyzing. Majority of the data looked good to go. I noticed the Patient Number column, the “Patient” was spelt wrong as “Patient” so I renamed it.

The other columns were okay until the Sexual Activity, Concentration, and Optimism columns. They had no problem, except how they were inputted, arithmetic analysis can not be done on it so I split the columns and picked the column that shows the levels of feelings they feel out of 10.

I proceeded to analyzing the data.

***Insights***

1. **Total Patients**

There are a total of 120 patients in the dataset.

1. **How patients were diagnosed Normal?**

From the analysis, 30 people were normal after diagnosis. A high 31 was for people that were diagnosed with Depression, and Bipolar Type-2. 28 people were diagnosed with Bipolar Type-1.

1. **How many have sleep disorder?**

21 patients most-often have sleep disorder, and 21 rarely has it. 44 patients sometimes have sleep disorder and 34 usually has it.

1. **How many of the patients have suicidal thoughts, and are diagnosed normal?**

2 patients have suicidal thoughts and are normal. 22 Bipolar Type-2 patients have suicidal thoughts, and 11 for Bipolar Type-1 patients. 21 patients with Depression have suicidal thoughts. 56 patients in total have suicidal thoughts.

All 22 Bipolar Type-2 patients have mood swings, 12 overthink, and are able to admit mistakes when they make them, 10 do not admit their mistakes.

1. **How many patients feel exhausted usually?**

34 patients feel exhausted usually. 38 patients sometimes feel exhausted, and 30 patients feel exhausted most-often.

22 people that most-often feel exhausted are overthinkers.

1. **Normal Patients.**

There were 30 normal patients. The average sexual activity level out of 10 for the normal patients is 5, same for their concentration levels, and optimism levels. 16 of the normal patients sometimes feel exhausted, and 2 most-often feel exhausted. 5 rarely feels exhausted and 7 usually feels it.

13 of them rarely have sleep disorder, 1 most-often has sleep disorder. And 20 sometimes feel sad. Only 1 patient has mood swings. 2 patients have suicidal thoughts, but their optimism levels is above the overall average, which shows that they are optimistic they will be normal.

|  |  |
| --- | --- |
|  |  |

1. **Bipolar Type-1 patients**

28 patients were diagnosed with Bipolar Type-1. 11 of them sometimes feels exhausted, 32% percent usually feels Euphoric. 12 Sometimes feels sad and 12 sometimes have sleep disorder, 2 rarely has sleep disorder. The average sexual levels out of 10 for the patients is 7 which is high above the overall average. The optimism levels for them are 6 which is promising but, they are not able to concentrate. The average concentration level is 4.

11 patients have suicidal thoughts. With an average concentration level of 4, sexual activity and optimism levels at 6 each. 6 of the 11 sometimes feel sad and 4 rarely feel sad.

|  |  |
| --- | --- |
|  |  |

1. **Bipolar Type-2**

31 patients were diagnosed with Bipolar Type-2. Only 3 patients rarely feel Exhausted. 28 most-often, sometimes, and usually feel Exhausted. With a low average of 3 across Sexual Activity, Optimism, and Concentration levels. This shows the patients rarely felt the urge for any of them.

48% sometimes feel euphoric which is typical of Bipolar patients, and 52% rarely feels it which is also typical. 16 of the 31 patients usually feel sad.

22 of the patients have suicidal thoughts. 21 of them frequently have sleeping disorders and 10 usually feels sad. 59% of them feel euphoric.

|  |  |
| --- | --- |
|  |  |

1. **Depression**

31 patients were diagnosed with Depression. 27 people felt Exhausted frequently. 61% of them rarely felt Euphoric. Well, this proves that Bipolar is different to Depression, because almost 50% of Bipolar patients feel Euphoric, and the others rarely feel it. 39% of the patients feel euphoria sometimes.

Average sexual activity levels of the patients diagnosed with depression for is 4, Their optimism level is a low 3, and 5 for their concentration level. 15 patients normally feel sad, and 12 most-often feel sad. 13 patients sometimes have sleep disorder.

16 patients are able to admit their mistakes.

|  |  |
| --- | --- |
|  |  |