Introduction

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.