7.11	2.52	5.62	4398
Avg Stress Level	Average Anxiety Level	Avg Mood Level	Total Participants

Mental Health Overview

Stress Level by Month

Year ● 2024 ● 2025

7.2

7.0

January February March April May June July August September October November December
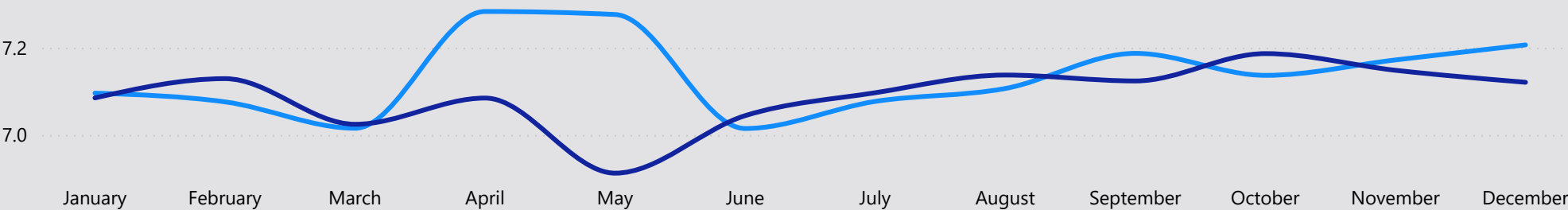
Screen Time by Mental State

400

200

0

Stressed   At_Risk   Healthy
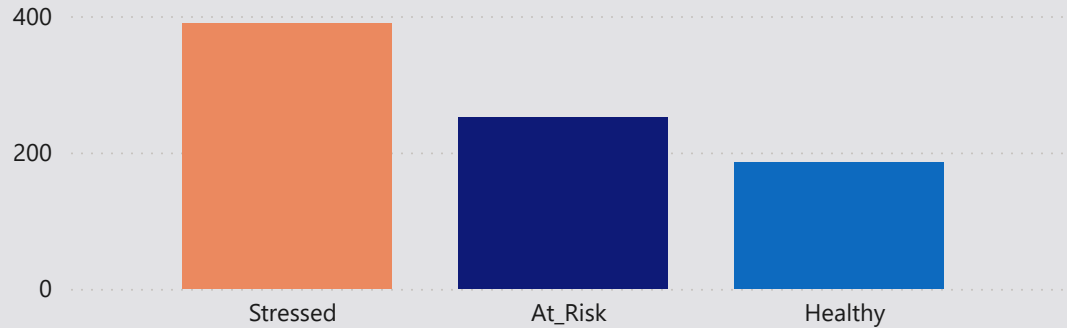
Total Participants by Mental State
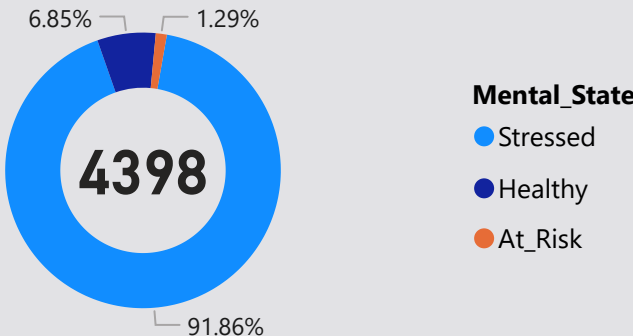
6.85%   1.29%

4398

91.86%

Mental_State
● Stressed
● Healthy
● At_Risk

Mental State
All

Age Group
All

Platform
All

Year, Month
All

7.11
Avg Stress Level

7.13
Avg Sleep Hours

373.49
Avg Screen Time

4398
Total Participants

Lifestyle Impact On Mental Health
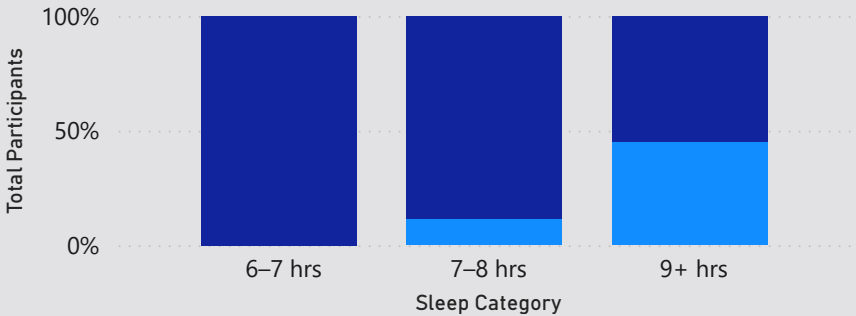
Mental State
All

Age Group
All

Platform
All

Year, Month
All

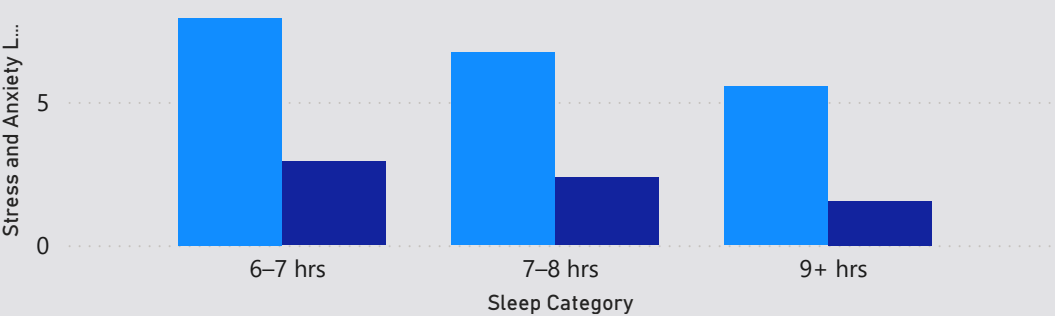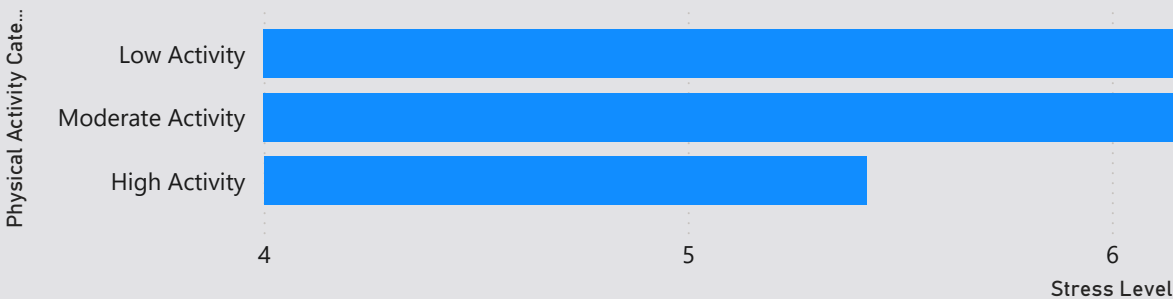## Mood Distribution by Sleep Category

Mood Category ● High Mood ● Moderate Mood

Total Participants (y-axis): 100%, 50%, 0%
Sleep Category (x-axis): 6–7 hrs, 7–8 hrs, 9+ hrs

Stress and Anxiety by Sleep Category

● Stress ● Anxiety Level

Stress and Anxiety L... (y-axis): 5, 0
Sleep Category (x-axis): 6–7 hrs, 7–8 hrs, 9+ hrs

Stress Level By Physical Activity

Physical Activity Cate... (y-axis): Low Activity, Moderate Activity, High Activity
Stress Level (x-axis): 4, 5, 6, 7, 8

7.11
Avg Stress Level

2.52
Average Anxiety Level

373.49
Avg Screen Time

68.01%
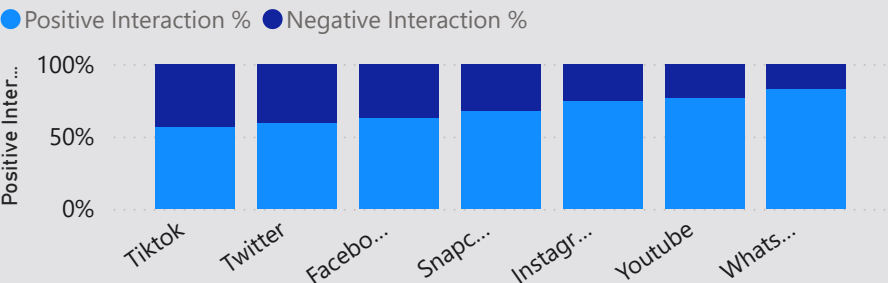Positive Interaction %

Mental Health Based On Platform

Mental_State
All

Gender
All

Age Group
All

Year, Month
All

Screen time by Platform
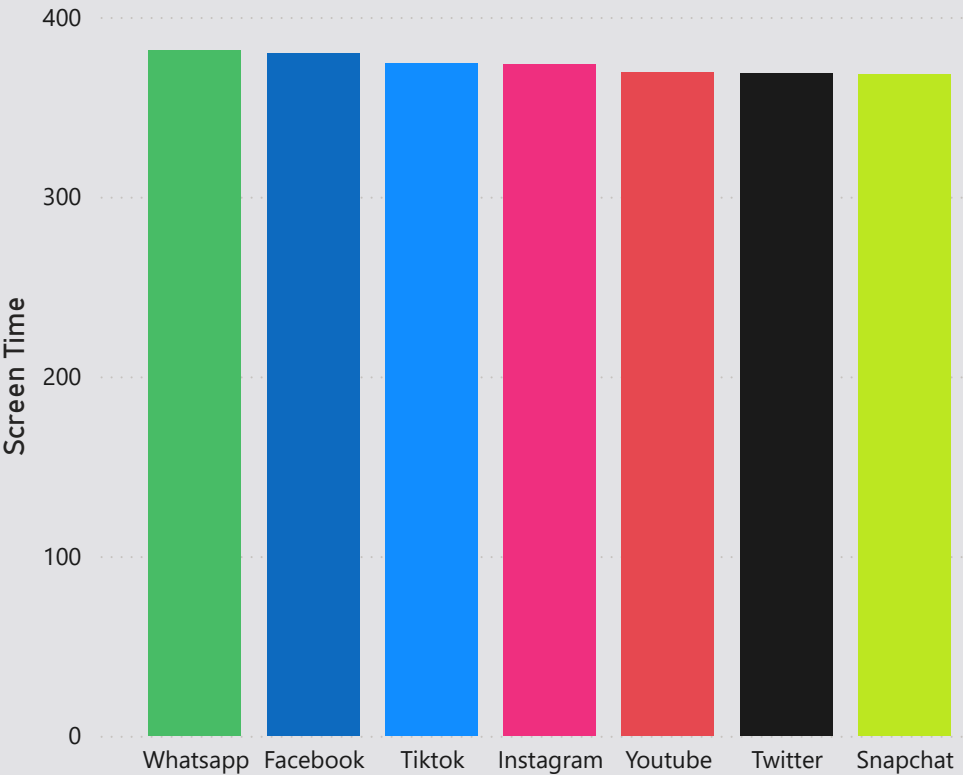
Stress and anxiety by Platform

● Stress Level ● Anxiety Level
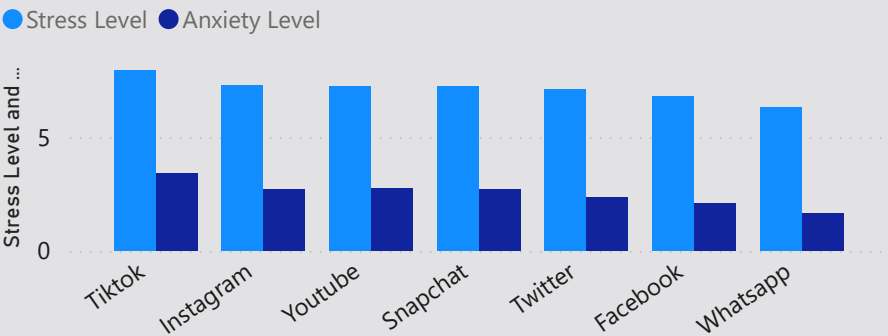
Positive &negative Interaction by Platform

● Positive Interaction % ● Negative Interaction %

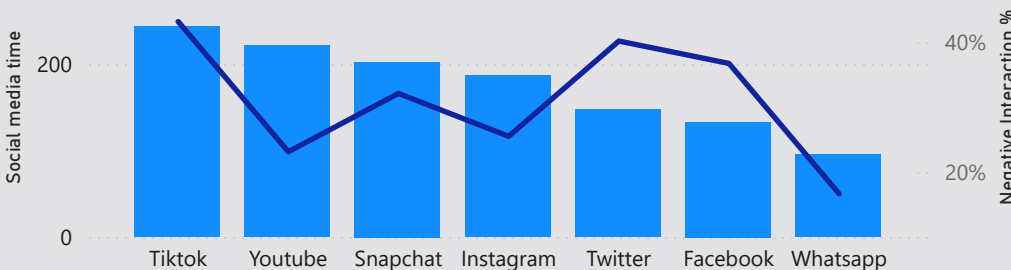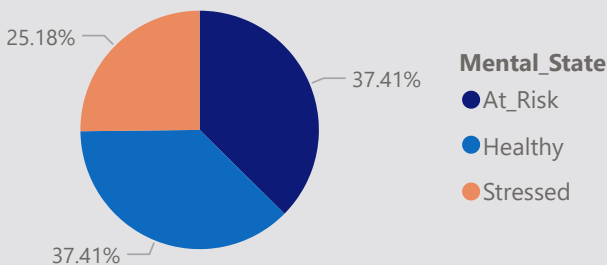| 1.28%	92.01%	68.01%	31.99%
At Risk %	stressed Users %	Positive Interaction %	Negative Interaction %

Social Media Interaction & Mental Health Risk

Social media time and Negative Interaction % by Platform

Positive Interaction % by Mental_State

25.18%

37.41%

37.41%

Mental_State
- At_Risk
- Healthy
- Stressed

stressed Users % by Platform
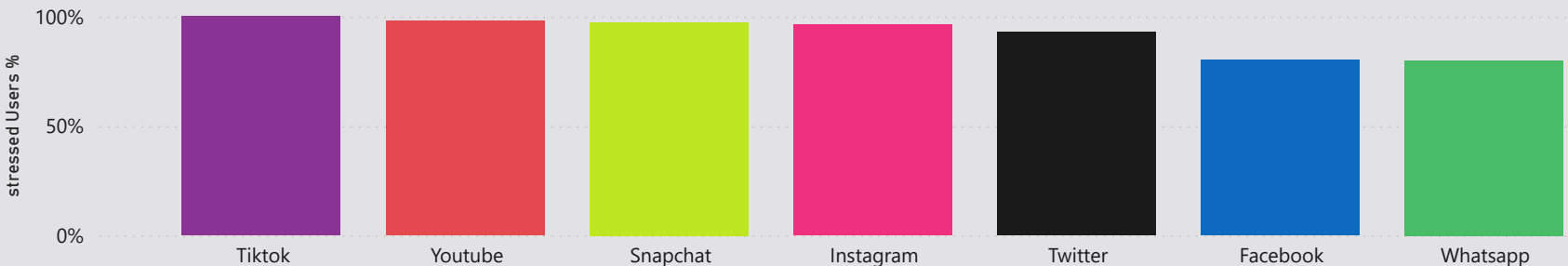
Mental_State
All

Platform
All

Age Group
All

Year, Month
All

Month Name	Avg Stress Level	Average Anxiety Level	Avg Screen Time (Min)
⊞ January	7.09	2.48	373.89
⊞ February	7.10	2.51	375.37
⊞ March	7.02	2.46	365.32
⊞ April	7.18	2.56	379.71
⊞ May	7.11	2.51	373.13
⊞ June	7.03	2.48	363.40
⊞ July	7.09	2.50	368.70
⊞ August	7.12	2.53	374.35
⊞ September	7.16	2.56	377.25
⊞ October	7.16	2.51	375.79
⊞ November	7.16	2.54	378.77
⊞ December	7.19	2.57	379.38