

## Executive Summary

The rise of mental health conditions worldwide is a growing concern, with a 13% increase in the last decade, according to the World Health Organization. Music has been shown to have a positive impact on mental health, particularly in reducing stress and lessening the impact of depression and anxiety. This study aims to investigate the types of music genres preferred by people experiencing depression, in order to gain insights into the potential benefits of music therapy.

## Why

The objective of this project is to understand the types of music genres preferred by people experiencing depression. The goal is to gain insights into the potential benefits of music therapy for individuals with depression, which can inform the development of more effective interventions. Specific outcomes of the project may include identifying the most common music genres preferred by people experiencing depression, exploring whether certain genres are more effective in reducing symptoms, and understanding the relationship between music and mood in individuals with depression.

## Who

*[Check the page below.]*

## What

Given the significance of music therapy for improving mental health and the potential impact of music genre on its effectiveness, this project will utilize the MxMH dataset, which can be found at <https://www.kaggle.com/datasets/catherinerasgaitis/mxmh-survey-results>. The dataset contains self-reported mental health information, including details on mental health diagnoses and music preferences of the participants. By analyzing this dataset, we aim to gain insights into the types of music genres preferred by people with depression and their potential effectiveness in music therapy interventions.

## How

After reviewing the objectives and context of the project, I believe that presenting the data using a Tableau dashboard would be an effective way to convey the insights gained from the analysis of the MxMH dataset. A well-designed dashboard can provide an interactive and visually appealing way to showcase trends, patterns, and correlations within the data. Additionally, Tableau allows for the inclusion of various data visualization techniques such as charts, graphs, and maps to enhance the audience's understanding and engagement with the data. However, as I progress through the milestones and gain a deeper understanding of the data, my opinion on the most appropriate method for presenting the findings may evolve.

## Challenges

I foresee some challenges in this project. One of the potential challenges is the limited scope of the dataset, which contains self-reported mental health information only. Another challenge is the potential for bias in self-reported data, as individuals may not always accurately report their mental health status or music preferences.

In terms of areas I hope to gain more experience, I am particularly interested in learning more about statistical techniques for analyzing survey data and data visualization techniques in Tableau. I would appreciate feedback from my peers on effective statistical techniques for this project and any recommendations for effective data visualization techniques in Tableau.



**Name:** John

**Age:** 35

**Goal:** John is a mental health counselor who wants to understand the relationship between music and mental health, specifically in people with depression. He wants to identify the most common music genres preferred by people with depression and how music can be used as a complementary to conventional treatment.

**Challenges and Needs:** John needs a comprehensive analysis of the types of music genres preferred by people with depression. He also needs insights into the potential benefits of music therapy and the role of music in mood regulation for individuals with depression. He requires a data visualization that is easy to understand and helps him to draw meaningful conclusions about the data.

**Context:** John will view or interact with the visualization or data story in his office or at home, during his free time. He will likely use a laptop or a desktop computer and needs a user-friendly visualization that can be easily navigated. The visualization should be able to present data in a visually appealing and informative way that helps John to make evidence-based decisions in this practice.

**Notes:** John may also be interested in the potential risks associated with music therapy for individuals with depression, such as triggering negative emotions or worsening symptoms.