Remote Work on Mental Health

Introduction

Research Topic: Investigating the Impact of Remote Work on Mental Health using Data Science Approaches.

The shift to remote work has been accelerated due to global events like COVID-19.

This project aims to explore both qualitative and quantitative data to understand the mental health implications.

Research Questions

1. How does remote work influence mental health indicators such as stress, isolation, and burnout?

2. Is there a statistically significant correlation between remote work and reported anxiety levels?

3. Can a predictive model be built to assess risk factors of poor mental health outcomes in remote settings?

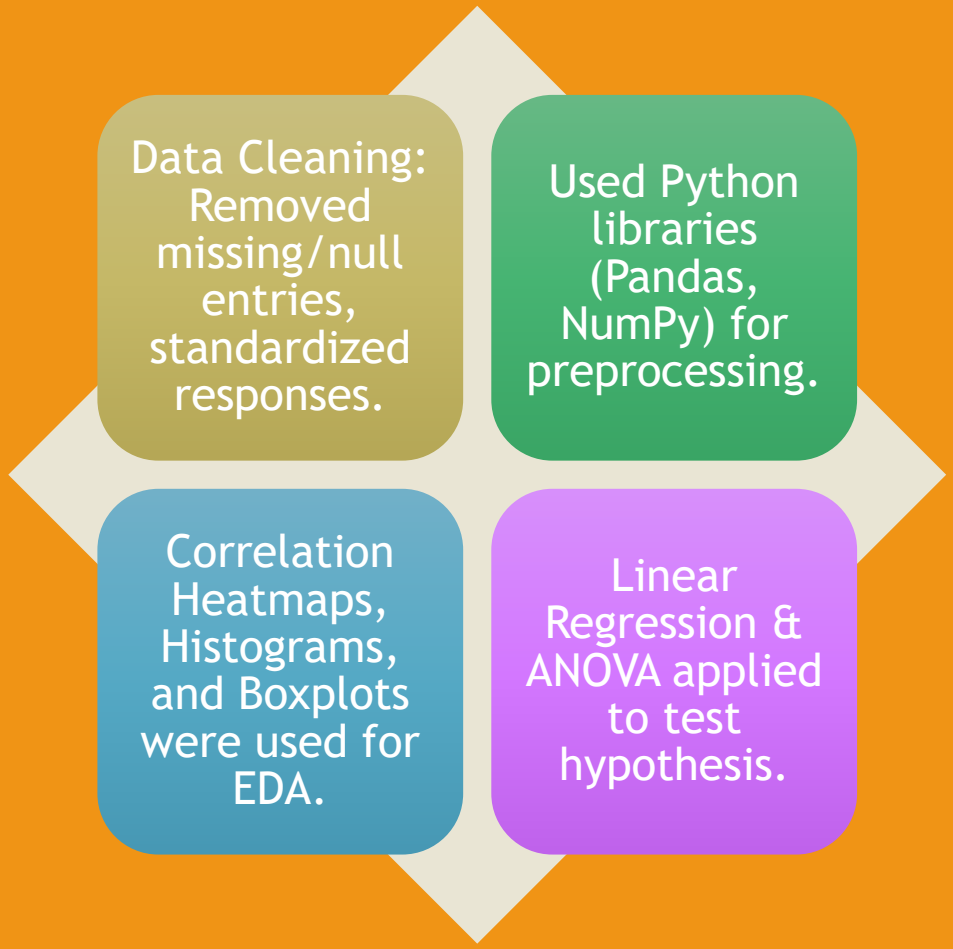
Methodology

Primary data collection using online surveys distributed to remote workers.

Secondary dataset sourced from publicly available mental health research databases.

Statistical tools and techniques used: correlation analysis, regression modeling, and ANOVA testing.

Data Preprocessing & Analysis



Analysis & Findings

- • Correlation and regression analysis
- • Key findings from primary data
- • Key findings from secondary data

Model Comparisons

	Model	Score_Type	Score_Value
0	OLS Regression	R-squared	0.0060
1	Binary Logistic Regression	Pseudo R-squared	0.0001
2	Decision Tree	Accuracy	0.5860
3	Random Forest	Accuracy	0.6250

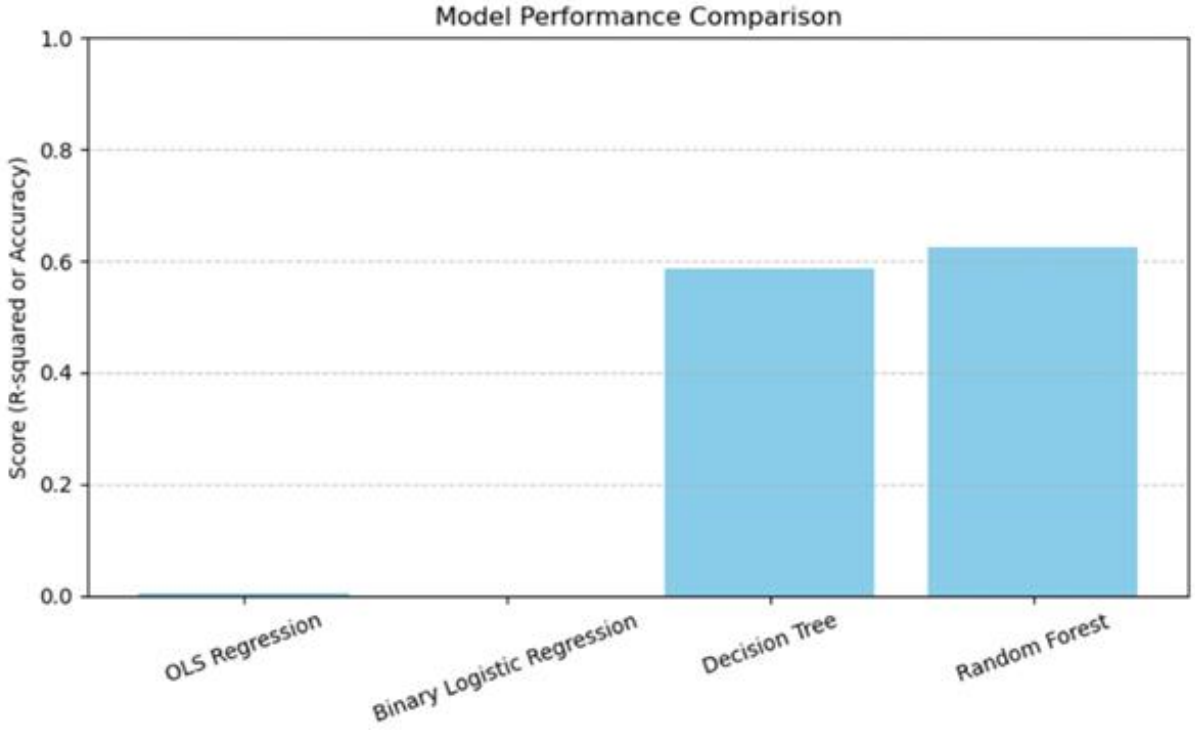


Figure 6 - Bar chart of Model Comparisons (Secondary Data)

Model Comparisons

Discussion & Conclusion

Findings showed a moderate negative correlation between number of hours worked remotely and social connectedness.

Regression indicated that age and workload were significant predictors of mental health score.

Conclusion: Remote work presents both risks and benefits—flexibility vs. isolation.

Recommendations: Employers should foster community and encourage regular check-ins.

Discussion

- Interpretation of results

- Comparison with existing literature

- Implications

Conclusion

- • Summary of findings
- • Limitations
- • Recommendations

Self-Reflection

Challenge: Planning and executing primary data collection required persistence and adaptability.

Data preprocessing for secondary data was time-intensive due to inconsistencies and noise.

Lessons learned: Importance of version control (used GitHub privately), and documenting all preprocessing steps clearly.

Challenges

- PERSONAL CHALLENGES

- LEARNING OUTCOMES

- PROJECT MANAGEMENT AND GITHUB TRACKING

Future Work

- Recommendations for future research

- Improvements and extensions

References

APA/Harvard style references

Tools used for citation

Thank You

- CONTACT INFORMATION
- OPEN TO QUESTIONS