Depression and life satisfaction among youths in Oslo

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264,000,000

people in the world 2017 having experienced depression

Nordic countries most happy in the world.
Yet, also have some of the most unhappy youths.

World Happiness Report 2019

1. Finland (7.769)
2. Denmark (7.600)
3. Norway (7.554)
4. Iceland (7.494)
5. Netherlands (7.488)
6. Switzerland (7.480)
7. Sweden (7.343)
8. New Zealand (7.307)
9. Canada (7.278)
10. Austria (7.246)

Research problem

Scope

Intra city differences in Oslo Norway.

Aim

Uncover new insight about depression and life satisfaction among the young.

Goals

1. Is income associated with depression and life satisfaction?

2. Is education associated with depression and life satisfaction?

3. Is the social security welfare benefits associated with depression and life satisfaction?

4. Is the number of venues in a borough associated with depression and life satisfaction?

5. Is the share of child protection services cases in a borough associated with depression and life satisfaction?

6. Is nature closeness associated with depression and life satisfaction?

Data sources

1. Foursquare API.

2. Oslo municipality statistics database. →

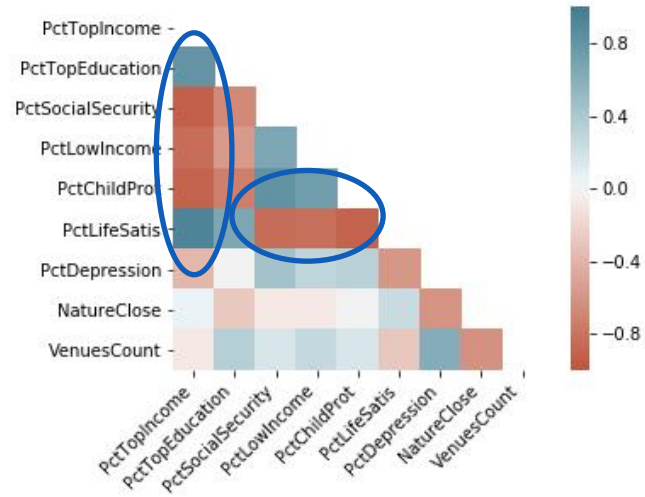3. Manually coded nature closeness levels and borough locations.

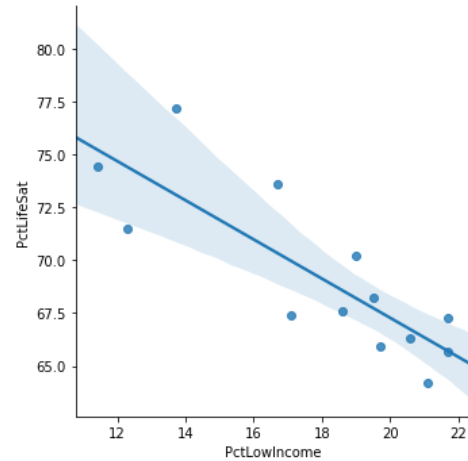# Borough depression levels among young
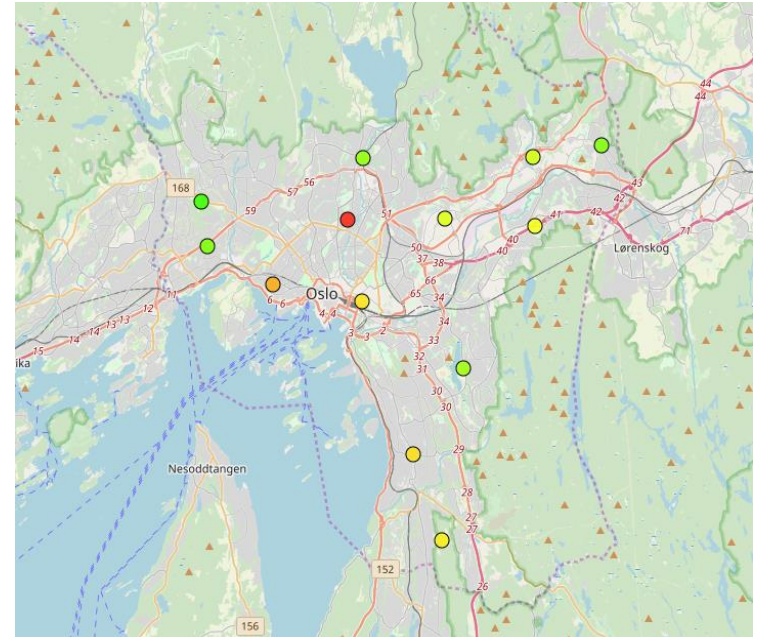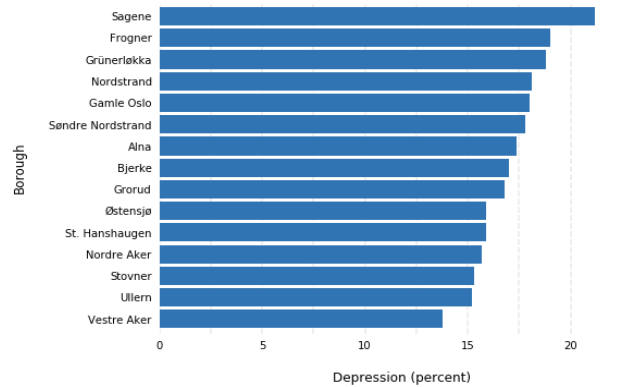
Borough life satisfaction levels among young
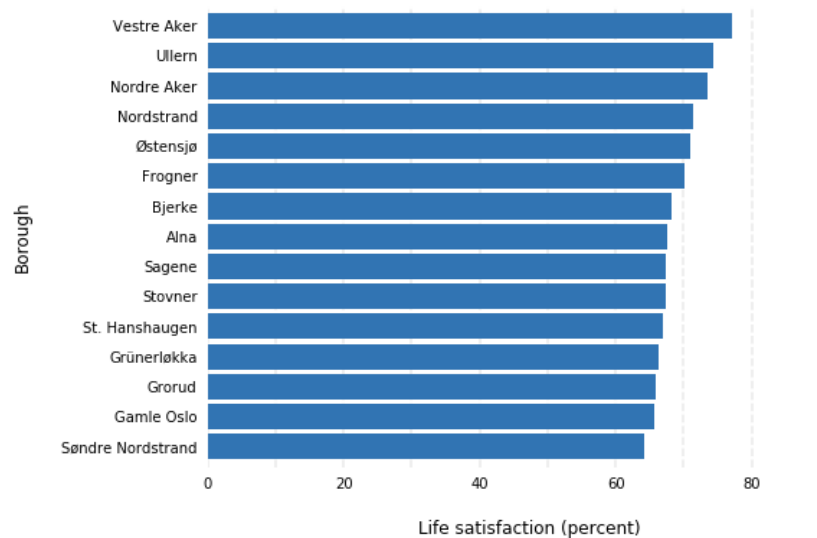
Discovering associations

Low income vs life satisfaction

Correlation coefficient -0.827   p-value 0.000484

FINDINGS

Income
High income level very strongly correlated with life satisfaction
(ρ 0.93, p-value 0.000004)

Education
High education level moderately strong correlated with life satisfaction
(ρ 0.67, p-value 0.012984)

Social security
Social security welfare benefits ages 50 to 59 strong negative correlation with life satisfaction
(ρ -0.83, p-value 0.000404)

Venues
Number of venues moderately correlated with depression
(ρ 0.61 p-value 0.026584)
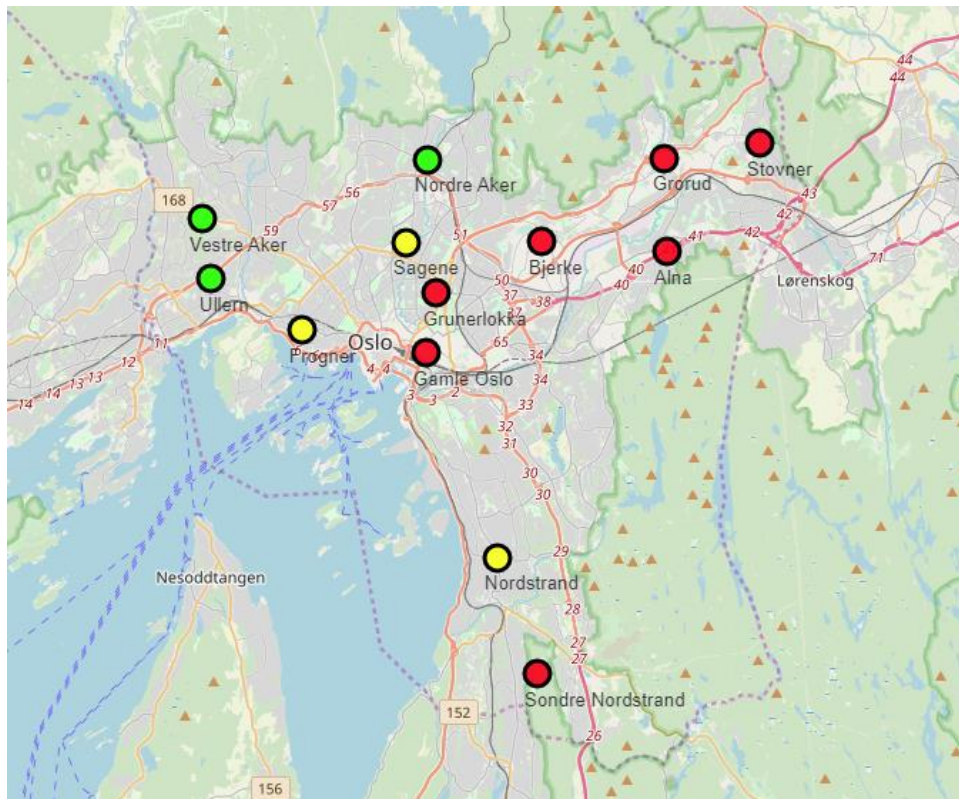
Child protection services
Child protection services cases strong negative correlation with life satisfaction
(ρ -0.89, p-value 0.000055)

Nature access
Nature closeness moderately negatively correlated with depression
(ρ 0.60, p-value: 0.029002)

Green: In the clear

Yellow: Keep an eye on

Red: Immediate policy actions recommended

Using *k*-means clustering

RECOMMENDED POLICY ACTIONS

- Stovner

- Grorud

- Alna

- Grunderlokka

- Bjerke

- Gamle Oslo

- Sondre Norstrand

- Low-threshold in neighborhood health services.

- School programs, classes etc. aimed at self worth, stress management, coping skills etc.

Higher income levels make children happier, but living in a high income family will not necessarily save children from depression.

Thank you

Questions?

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