

Music & Mental Health Dataset Report

Dataset Overview

- Total entries: 736
- Columns: 33
- Missing Values: Notable in BPM (107 missing), Music effects (8), and a few others with <=4 missing entries.

Mental Health Statistics

- Average Anxiety Score: 5.84
- Average Depression Score: 4.80
- Average Insomnia Score: 3.74
- Average OCD Score: 2.64
- Standard Deviation of Anxiety: 2.79 (indicating moderate variation)

Streaming Services & Mental Health

| Streaming Service | Anxiety | Depression | Insomnia | OCD |

|-----|-----|-----|-----|-----|

| Apple Music | 6.63 | 5.09 | 3.37 | 2.67 |

| Spotify | 5.98 | 5.09 | 3.78 | 2.80 |

| YouTube Music | 5.37 | 4.13 | 3.69 | 2.29 |

| Pandora | 5.27 | 3.55 | 2.27 | 1.45 |

| No Streaming | 5.42 | 4.07 | 3.82 | 2.31 |

| Other | 5.28 | 4.30 | 3.94 | 2.40 |

* Apple Music users report the highest anxiety; Spotify users show higher OCD scores.

Genre and Anxiety Trends

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Top 5 Genres with Highest Anxiety:

1. Folk - 6.57
2. K-pop - 6.23
3. Hip-hop - 6.20
4. Rock - 6.12
5. Lofi - 6.10

Genres with Lowest Anxiety:

- Classical - 4.89
- Rap - 5.09
- R&B - 5.17

* Classical and R&B listeners tend to report lower anxiety levels.

Instrumentalists vs. Anxiety

- Genres like Lofi and Hip-hop showed higher anxiety among instrumentalists.
- In contrast, instrumentalists listening to Rap had notably lower anxiety than non-instrumentalists.

Descriptive Highlights

- Mean age: 25.2 years
- Median hours of music per day: 3.0
- Heavy listeners (>8 hours/day): 43 individuals