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PROJECT REPORT

Depression: A Common Mental Disorder

INTRODUCTION

➤ Project Overview

Everyone experiences sadness and unhappiness at some point in their lives. Clinical Depression, however, is more intense and of longer duration than typical sadness or grief, which interferes with a person's ability to engage in daily activities. The symptoms of depression can include loss of interest or pleasure in previously enjoyable activities, major changes in appetite (either significantly reduced or increased), sleep problems (sleeping too much or too little), fatigue, a feeling of worthlessness or hopelessness, problems with concentration and making decisions, and thoughts of suicide. This mental disorder is common and the percentage of people suffering from depression varies according to country. In this project, we are trying to analyze the depression data for different countries and extract some insights from the data using Business Intelligence tools. To Extract the Insights from the data and put the data in the form of visualizations, Dashboards, and Stories we employed the Tableau tool.

➤ Purpose

The purpose of this project is to help those who are depressed by giving us a comprehensive overview of individuals from various countries who are suffering from different types of depression. By using business intelligence technologies, we can uncover previously unknown information, simplifying and unique zing treatment. Including predictive analysis: Create models that can identify when a person is likely to have a depressive episode so that support and intervention can be provided in a timely manner.

The other purpose is The nations affected by the depression will see a major economic impact from this project. The projects list the causes, pointing out that a number of factors can lead to depression. The fundamental causes of depression can be found in the nations where the illness affects a large portion of the populace. Acquiring insights and improving performance are the ultimate goals of employing data visualization techniques and developing a profitable business plan.

LITERATURE SURVEY

➤ Existing problem

Depression, a pervasive global mental health challenge, lacks a universally embraced risk management framework. Current literature reveals a multifaceted problem, highlighting the absence of a comprehensive approach to tackle the diverse causes and consequences of depression. The challenge lies in the intricate interplay of individual psychological factors, societal dynamics, and environmental influences. Scholars have identified the need for a holistic strategy to address not only individual predispositions but also broader risk factors. This existing problem emphasizes the urgency of developing an integrated approach that considers the complex nature of depression, recognizing the varied elements that contribute to its prevalence.

The absence of a comprehensive risk management framework for depression prompts the utilization of Tableau as a solution. Tableau tackles the multifaceted nature of depression by enabling a comprehensive analysis of individual and societal factors through its data visualization capabilities. The tool helps identify patterns and trends that are important for comprehending and mitigating depression by providing a visual representation of diverse data. Tableau's adaptability fits the demand for a global strategy by offering a flexible framework for creating focused interventions and tactics.

➤ References

The exploration of depression's complexities is evident in seminal works such as Kessler et al. (2003), emphasizing its societal impact. Hammen's (2005) focus on environmental stressors underscores the broader context of depression analysis. Kendler et al.'s (2011) comprehensive review delves into genetic and environmental risk factors. These references collectively illuminate the need for a nuanced understanding of depression, acknowledging its diverse origins. By synthesizing these contributions, a foundation for comprehensive research and intervention emerges, guiding the development of effective risk management strategies.

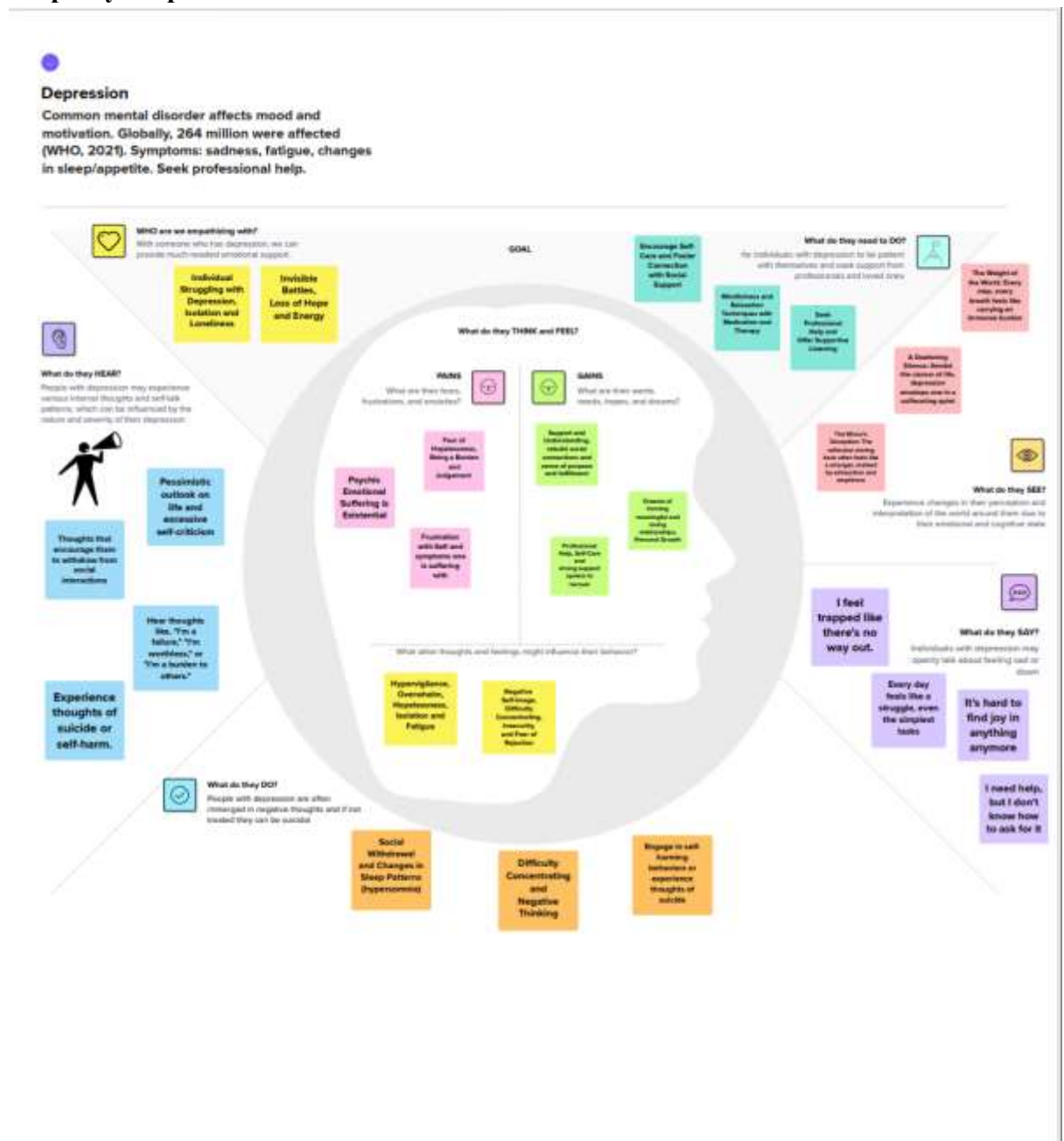
Incorporating Tableau into your literature survey aligns with the referenced studies' emphasis on comprehensive understanding. Kessler et al.'s (2003) societal impact findings, visualized through Tableau, can provide a compelling overview. Hammen's (2005) exploration of environmental stressors, when translated into visualizations, enhances the comprehension of external influences. Kendler et al.'s (2011) genetic and environmental factors can be effectively communicated through Tableau's visual storytelling, aiding in synthesizing complex information.

➤ Problem Statement Definition

The problem statement gains depth when approached with a Tableau-driven solution. Defining the lack of a standardized risk management framework is complemented by Tableau's ability to visualize the gaps and complexities. The tool enhances the call for a comprehensive framework by providing a dynamic platform to showcase the intricate web of causes supporting depression. As you progress, integrating Tableau into your project not only addresses the problem statement but also positions your research for impactful and visually compelling outcomes.

IDEATION & PROPOSED SOLUTION

➤ Empathy Map Canvas



➤ Ideation & Brainstorming



REQUIREMENT ANALYSIS

➤ Functional requirements

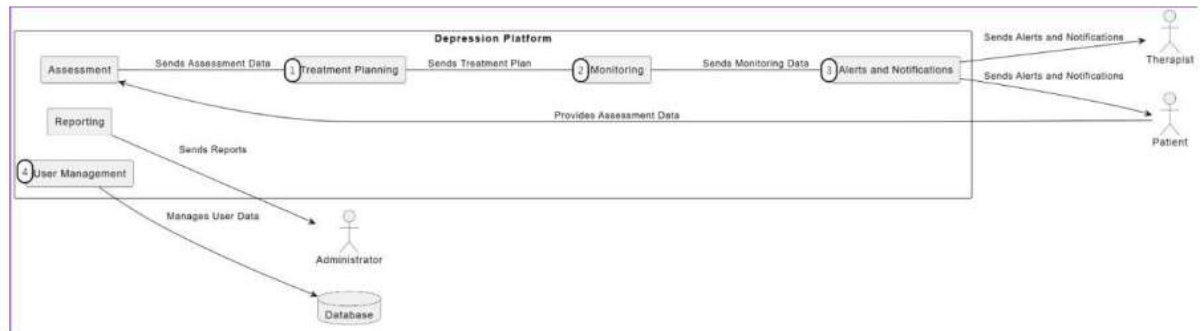
- mood tracking feature
- progress reports
- User management features
- Data sets
- Compliance reports
- Progress tracking features

➤ Non-Functional requirements

- Hosting Platform
- Domain Name
- SSL Certificate
- Content Delivery Network (CDN)
- Backup and Recovery
- Application Scalability
- Content Management System (CMS)
- Database
- Web Server
- Application Framework
- Frontend Framework/Libraries
- Security Measures

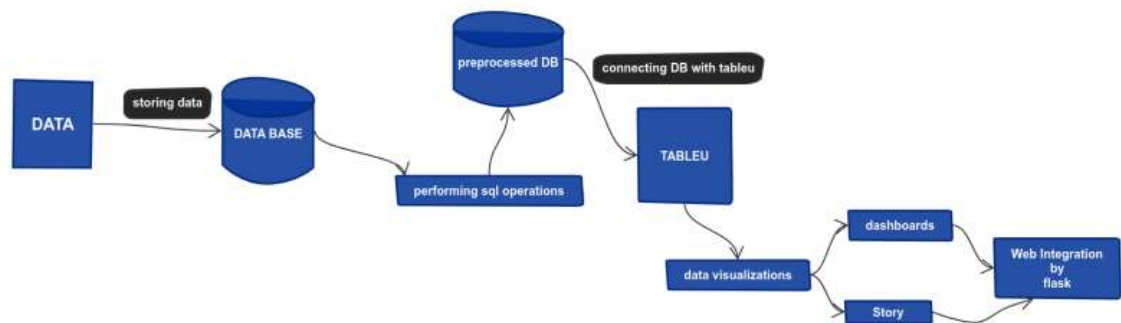
PROJECT DESIGN

➤ Data Flow Diagrams & User Stories



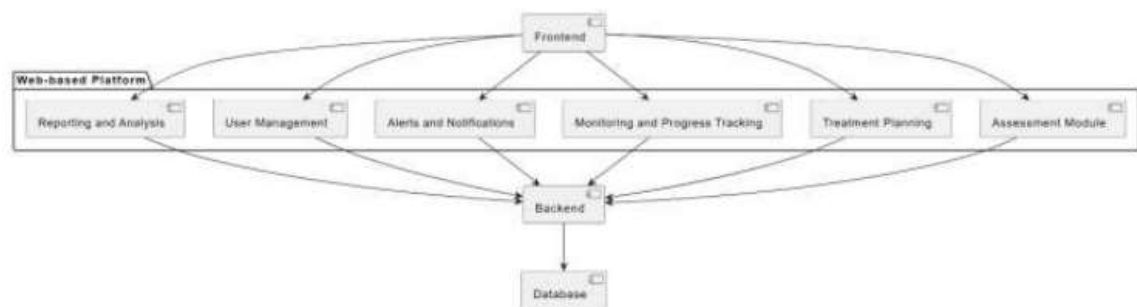
User Type	Functional requirement	User story number	User story/ Task	Acceptance criteria	Priority
Patient	mood tracking feature	USN-1	As a patient, I want to track my daily mood and activities so that I can better understand and manage my depression	Able to add and edit activities and notes for each mood entry	High
Mental Health Professional	progress reports	USN-2	As a mental health professional, I want to view comprehensive patient progress reports so that I can provide more effective and personalized treatment.	Activity history and patient notes should be easily accessible in the report.	Medium
Administrator	User management features	USN-3	As an administrator, I want to easily manage user accounts and ensure data security so that I can maintain the integrity and confidentiality of the platform.	User data should be securely encrypted and comply with data protection standards.	High
Researcher	Data sets	USN-4	As a researcher, I want access to anonymized depression data sets so that I can conduct meaningful studies to improve mental health treatment.	Should have secure access to the requested anonymized data.	Low
Government	Compliance reports	USN-5	As a government agency, I want access to compliance reports and data for program evaluation so that I can ensure the quality and effectiveness of mental health services.	Secure access to relevant data for program evaluation	High
Insurance Provider	Progress tracking features	USN-6	As an insurance provider, I want to verify treatment claims and monitor patient progress to ensure that our clients receive the best mental health care.	Able to submit claims for mental health treatment.	Medium

➤ Solution Architecture



PROJECT PLANNING & SCHEDULING

➤ Technical Architecture



➤ Sprint Planning & Estimation

Sprint	Functional requirement	User story number	User story/tasks	Story points	Priority	Team members
Sprint-1	Mood tracking feature	USN-1	As a patient, I want to track my daily mood and activities so that I can better understand and manage my depression	3	High	Akanksha
Sprint-2	Progress reports	USN-2	As a mental health professional, I want to view comprehensive patient progress reports so that I can provide more effective and personalized treatment.	2	Medium	Ramakanth
Sprint-2	User management features	USN-3	As an administrator, I want to easily manage user accounts and ensure data security so that I can maintain the integrity and confidentiality of the platform.	3	High	Mani Shankar
Sprint-3	Data sets	USN-4	As a researcher, I want access to anonymized depression data sets so that I can conduct meaningful studies to improve mental health treatment.	1	Low	Ramakanth
Sprint-4	Compliance reports	USN-5	As a government agency, I want access to compliance reports and data for program evaluation so that I can ensure the quality and effectiveness of mental health services.	3	High	Ramakrishna
Sprint-5	Progress tracking features	USN-6	As an insurance provider, I want to verify treatment claims and monitor patient progress to ensure that our clients receive the best mental health care.	2	Medium	Akanksha

➤ Sprint Delivery Schedule

Sprint	Total story points	Duration	Sprint start date	Sprint end date	Story points completed (As of planned date)	Sprint release date(actual)
Sprint-1	3	2 Days	13 Oct 2023	15 Oct 2023	15	15 Oct 2023
Sprint-2	5	4 Days	14 Oct 2023	17 Oct 2023	18	19 Oct 2023
Sprint-3	1	2 Days	17 Oct 2023	18 Oct 2023	10	19 Oct 2023
Sprint-4	3	5 Days	20 Oct 2023	24 Oct 2023	7	25 Oct 2023
Sprint-5	2	3 Days	19 Oct 2023	21 Oct 2023	5	21 Oct 2023

CODING & SOLUTIONING

Data collection is the systematic process of gathering and accumulating information or data from various sources and observations. This process involves identifying, recording, and storing data to facilitate analysis, decision-making, and the generation of insights.

➤ **Activity 1: Collect the dataset**

Dataset link:

<https://drive.google.com/file/d/1eMWjZzv1BnT5pBQv8kKLoLVs9KXXK3H5/view?usp=sharing>

Understanding dataset:

Here is the detailed information on the columns we are dealing with in the depression dataset

Columns and their description:

- a) Index: Serial number of entries
- b) Entity: Name of country
- c) Code: Code of country
- d) Year: Entry year
- e) Schizophrenia (%): Percentage of people affected by Schizophrenia
- f) Bipolar disorder (%): Percentage of People affected by Bipolar Disorder
- g) Eating disorder (%): Percentage of People affected by Eating Disorders
- h) Anxiety Disorder (%): Percentage of People affected by Anxiety Disorder
- i) Drug Use Disorder (%): Percentage of People affected by Drug Use Disorder
- j) Depression (%): Percentage of People affected by Depression
- k) Alcohol use Disorder (%): Percentage of people affected by Alcohol use

➤ **Activity 2: Storing Data in DB & Perform SQL Operations**

➤ **Activity 3: Connect DB with Tableau**

Milestone 3: Data pre-processing

➤ **Activity 1: Cleaning and filtering datasets**

Data preprocessing is an important step in the data mining process. It refers to the cleaning, transforming, and integrating of data to make it ready for analysis. The goal of data preprocessing is to improve the quality of the data and to make it more suitable for the specific data mining task. This process enhances data quality and suitability for analytical tasks and visualization, ultimately ensuring more accurate and reliable insights.

Milestone 4: Data Visualizations

Data visualization is the art of presenting data visually through charts, graphs, and other visual elements to simplify complex information and reveal insights at a glance. It's a powerful tool for making data more accessible and understandable, aiding in data-driven decision-making across numerous fields.

Milestone 5: Dashboard

A dashboard is a visual display of key information, often presented in the form of charts, graphs, tables, and other data visualizations, on a single screen or interface. Dashboards are designed to provide users with a concise and easily understandable overview of relevant data, enabling them to make informed decisions and gain insights from the presented information. Dashboards can be used in various fields, including business, analytics, and software applications, to track performance, monitor metrics, and facilitate data-driven decision-making.

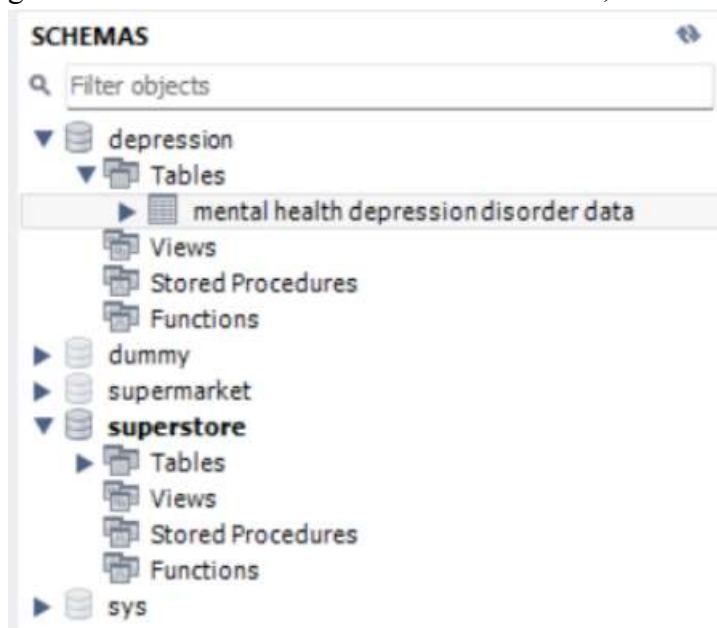
Milestone 6: Story

In data visualization, a "story" is a narrative-driven approach that uses a sequence of visualizations to convey data insights effectively. It serves to contextualize data, communicate a clear message, engage the audience, and facilitate in-depth analysis. By structuring data presentations in a storytelling format, data professionals and analysts can guide viewers through a logical progression of information, making it more relatable and influential in decision-making and education.

Milestone 7: Performance Testing

➤ Activity 1: Amount of Data Rendered to Database

On opening the MYSQL Workbench, in schemas go to the database and after finding depression click to expand the tables, select the table, and click on the table name to get information related to the table as columns, rows datatypes, etc.



Administration		Schemas
Information		
Table: mental health depression disorder data		
Columns:		
index		int
Entity		text
Code		text
Year		int
Schizophrenia (%)		double
Bipolar disorder (%)		double
Eating disorders (%)		double
Anxiety disorders (%)		double
Drug use disorders (%)		double
Depression (%)		double
Alcohol use disorders (%)		double

➤ **Activity2: Number of Calculation fields**

Abc	Code
⊕	Entity
#	Year
=T F	Year range
Abc	Measure Names
#	Alcohol use disorders (%)
#	Anxiety disorders (%)
#	Bipolar disorder (%)
#	Depression (%)
#	Drug use disorders (%)
#	Eating disorders (%)
#	Index
#	Schizophrenia (%)
⊕	Latitude (generated)
⊕	Longitude (generated)
#	mental health depression di...
#	Measure Values

➤ **Activity 3: Number of Visualizations/ Graphs**

- 1) Percentage of disorders
- 2) Disorders and their total percentage over the years
- 3) Countries and their disorder percentages
- 4) Country and its depression percentage
- 5) Depression percentage of the year
- 6) Maximum and Average Depression Percentage in Countries

- 7) Behavioural habits leading to depression
- 8) Behavioural habits leading to depression in countries
- 9) Average Alcohol use disorders (%) in Countries
- 10) Average Drug Use disorders (%) in Countries
- 11) Average Eating disorders (%) in Countries
- 12) Mental conditions leading to depression
- 13) Mental conditions leading to depression in countries
- 14) Average Anxiety disorders (%) in Countries
- 15) Average Bipolar disorders (%) in Countries
- 16) Average Schizophrenia (%) in Countries

Milestone 8: Web Integration

- **Activity 1: Embedding Dashboard and Story with UI using Flask**

PERFORMANCE TESTING

- **Performance Metrics**

S.No	Parameter	Screenshot / Values
1.	Dashboard design	No of Visualizations / Graphs – 16 Total number of dashboards - 4
2.	Data Responsiveness	Numerical Values - 2 types 1. Year 2. Disorders - 7
3.	Amount Data to Rendered (DB2 Metrics)	Size of dataset Columns: 11 Rows: 6469
4.	Utilization of Data Filters	Year Range - [Year]>=[start year] AND [Year]<=[end year]
5.	Effective User Story	No of Scene Added - 4
6.	Descriptive Reports	No of Visualizations / Graphs – 16 Total number of dashboards – 4 Number of scenes added in the story - 4

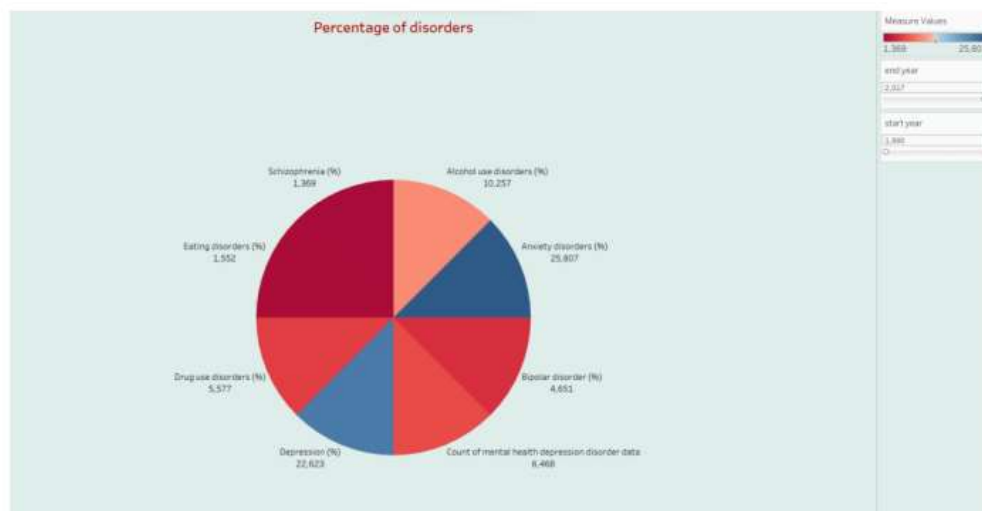
RESULTS

➤ Output Screenshots

➤ Activity 1: Unique Visualizations:

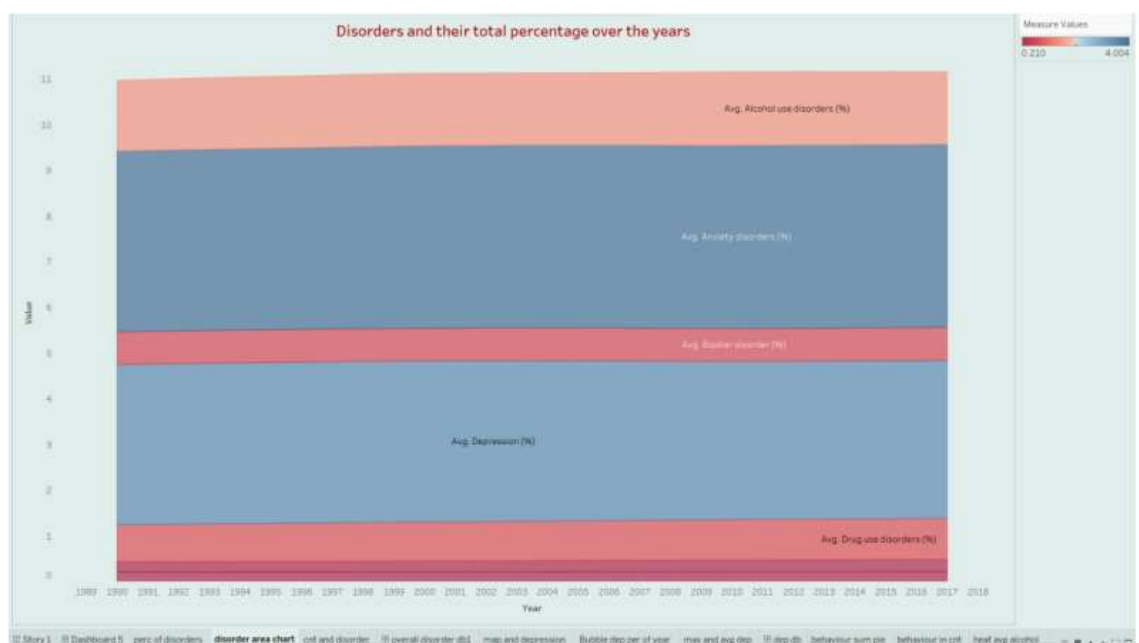
1. Percentage of disorders

<https://drive.google.com/file/d/1t0tHcXjrll1KhISFlam5oOpghavrJPO/view?usp=sharing>



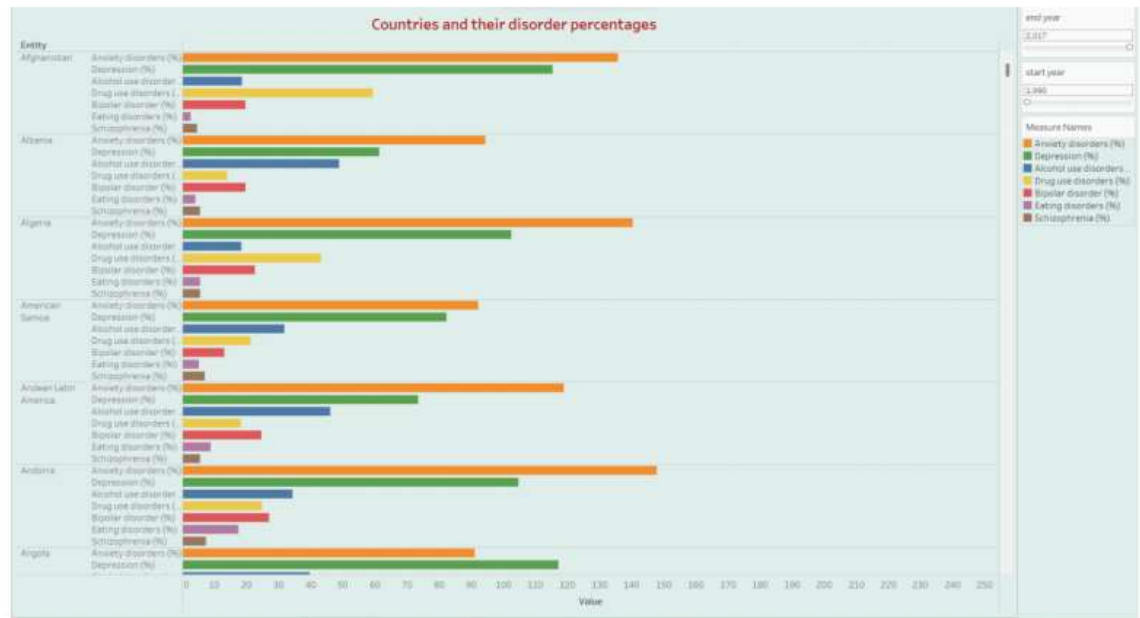
2. Disorders and their total percentage over the years

<https://drive.google.com/file/d/1VIOOc64KrkawgQBxg8cSIko5eZPm6g5/view?usp=sharing>



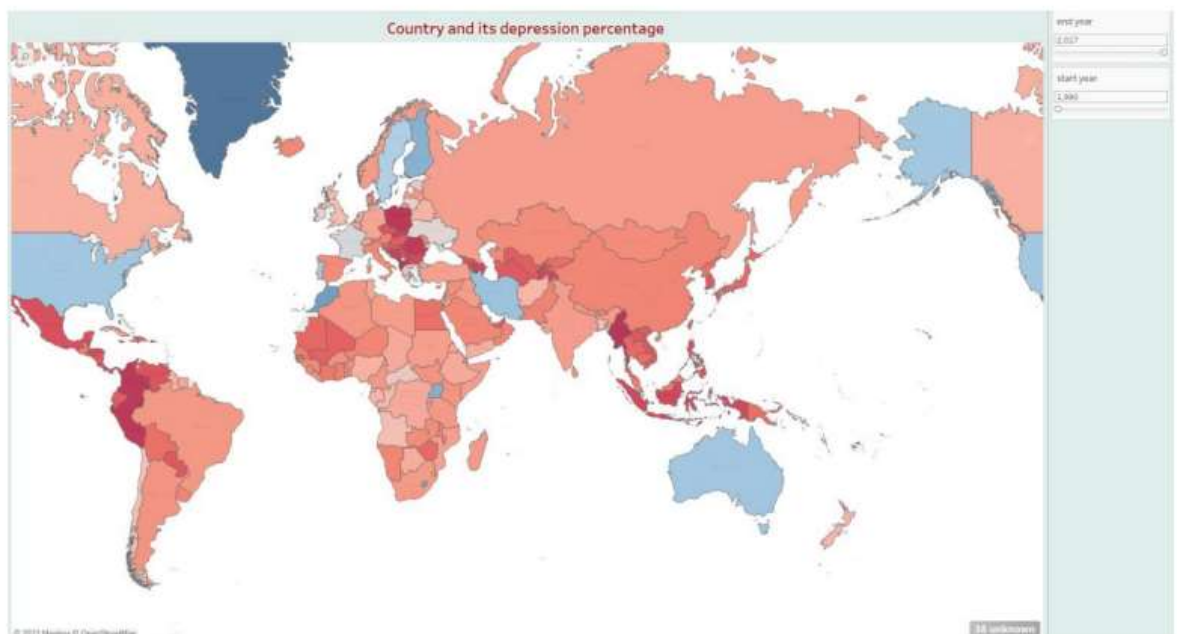
3. Countries and their disorder percentages

<https://drive.google.com/file/d/1wyDkriGTEawZY3eE0mJvPtdEh6Z6TIV/view?usp=sharing>



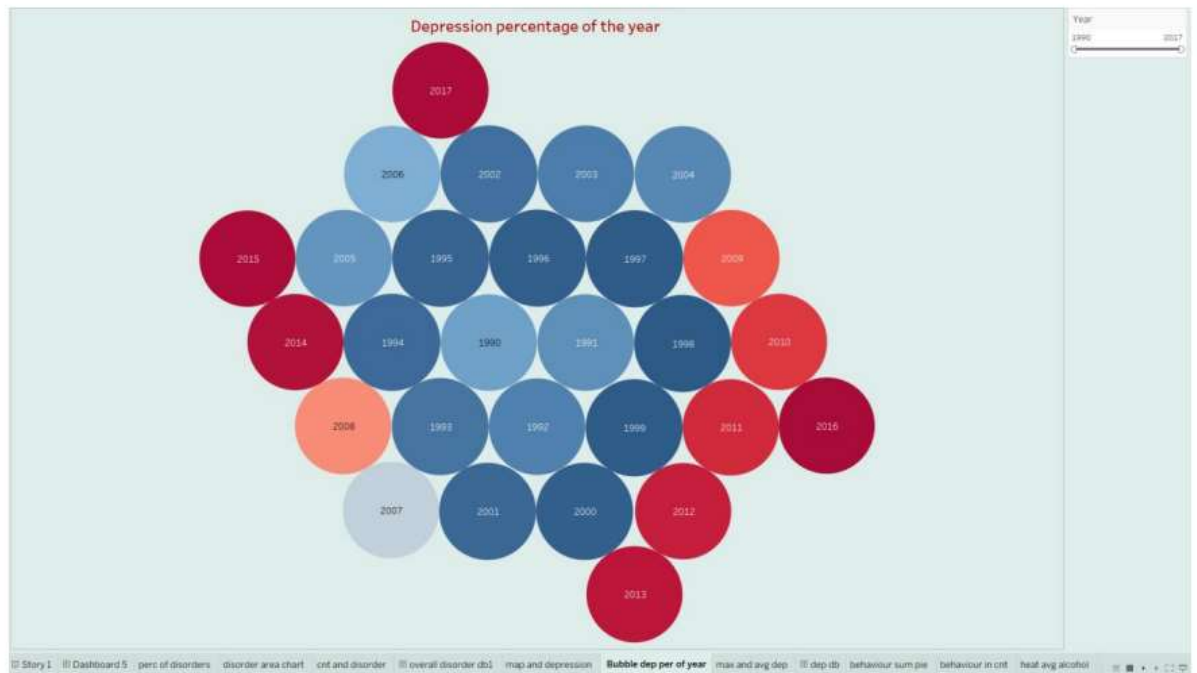
4. Country and its depression percentage

<https://drive.google.com/file/d/1qo2KMKFGwaOORAVqDjQsNX57HS7XouM/view?usp=sharing>



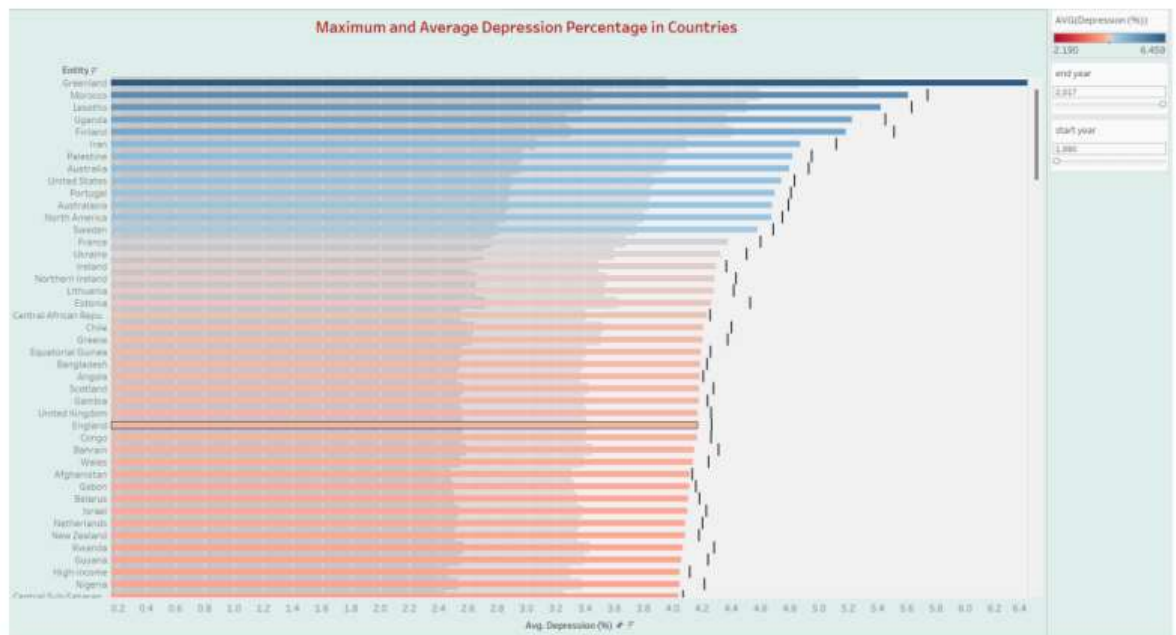
5. Depression percentage of the year

<https://drive.google.com/file/d/1KjGSKu0z64gRPFk7vCSmf8HP7vLAcvJ/view?usp=sharing>



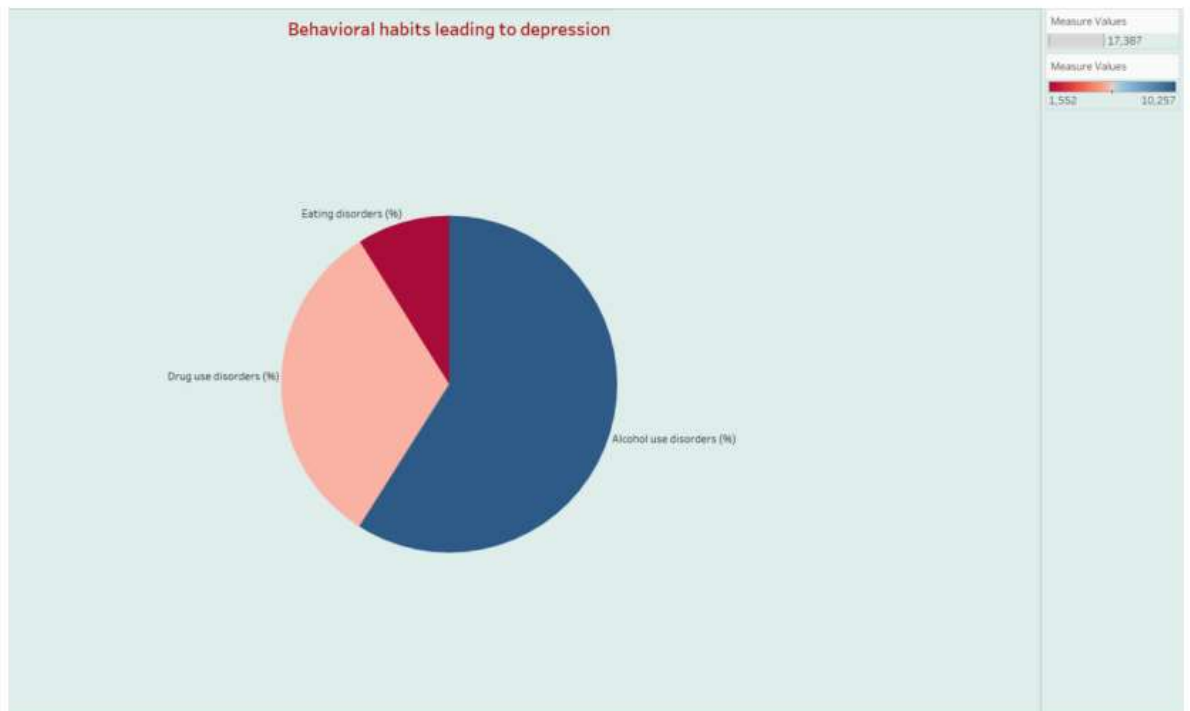
6. Maximum and Average Depression Percentage in Countries

<https://drive.google.com/file/d/1SSUf2JfGdDTa7vDhz5uORnvv3UvMcPvH/view?usp=sharing>



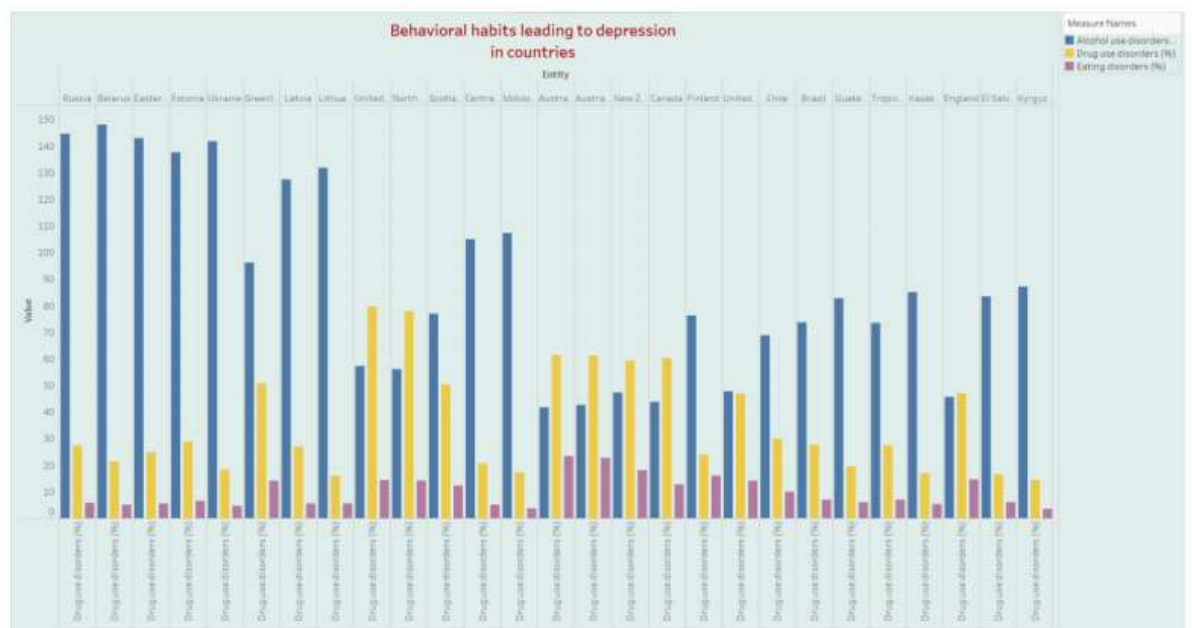
7. Behavioral habits leading to depression

<https://drive.google.com/file/d/1qfuVqoFmpzam1TAH8aWYyzLyFNfEuj2/view?usp=sharing>



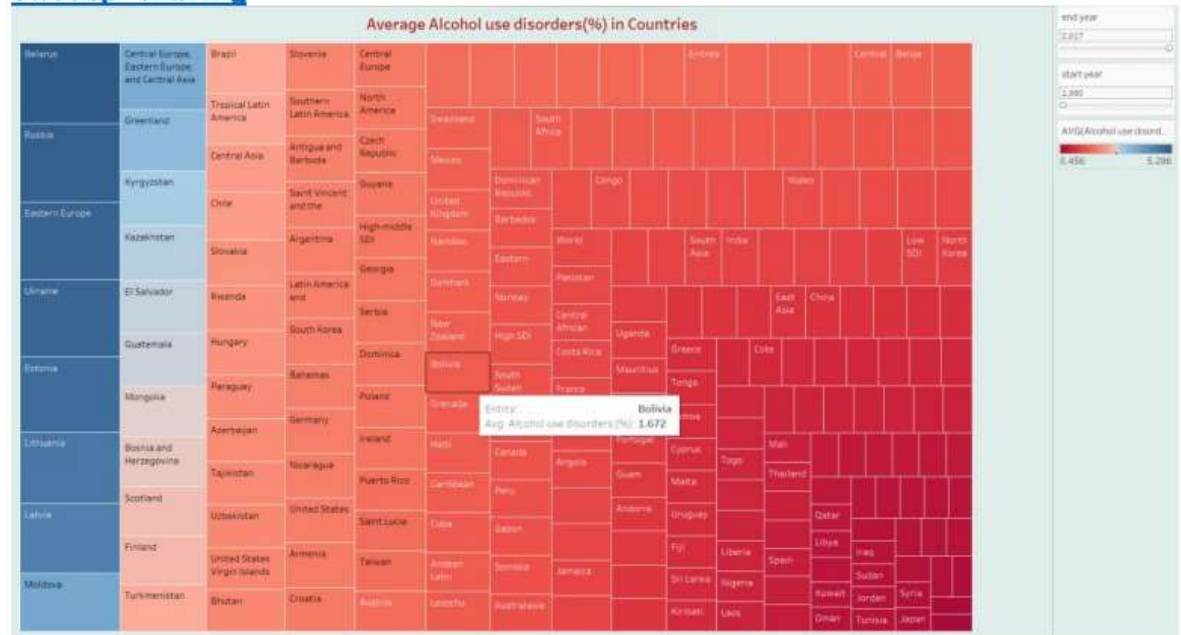
8. Behavioral habits leading to depression in countries

<https://drive.google.com/file/d/1KuV4oQT1B5TivKEmLmh42VjW7NVDCdr/view?usp=sharing>



9. Average Alcohol use disorders (%) in Countries

<https://drive.google.com/file/d/1wrMreXfXDBKjxTD5sYSWJqmpVHb4jLMe/view?usp=sharing>

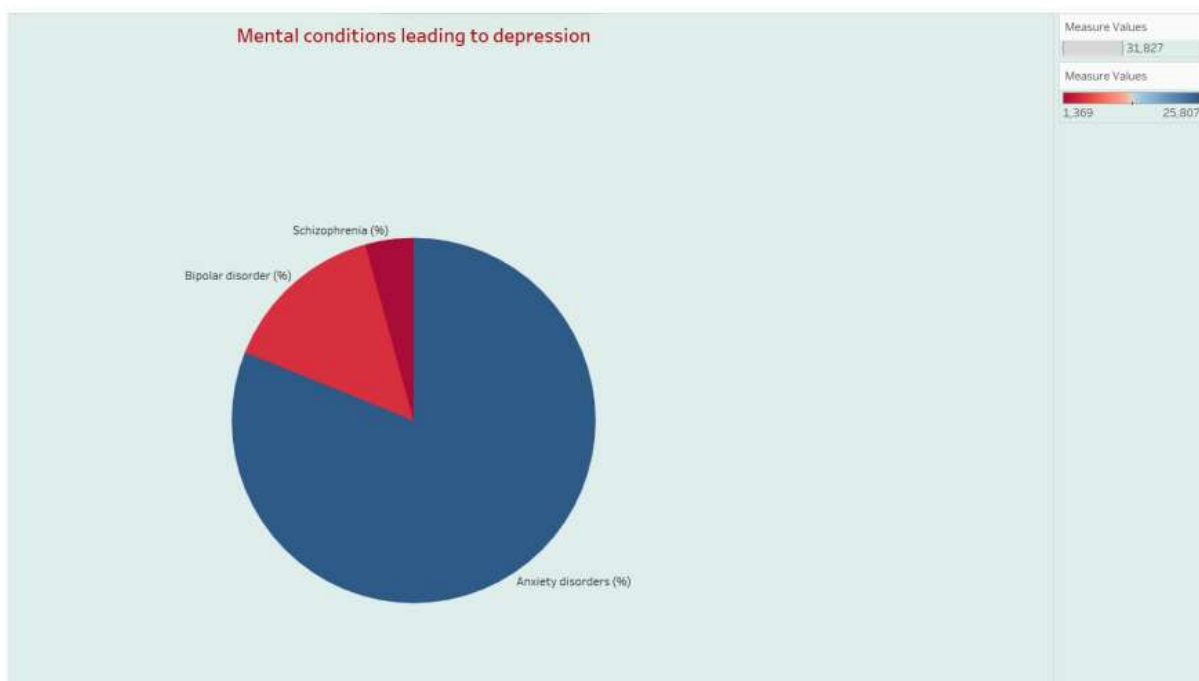


10. Average Drug Use disorders (%) in Countries

https://drive.google.com/file/d/1w0_sGEQYHVQ4WmRBo4PVYFHxdYB_8BEc/view?usp=sharing

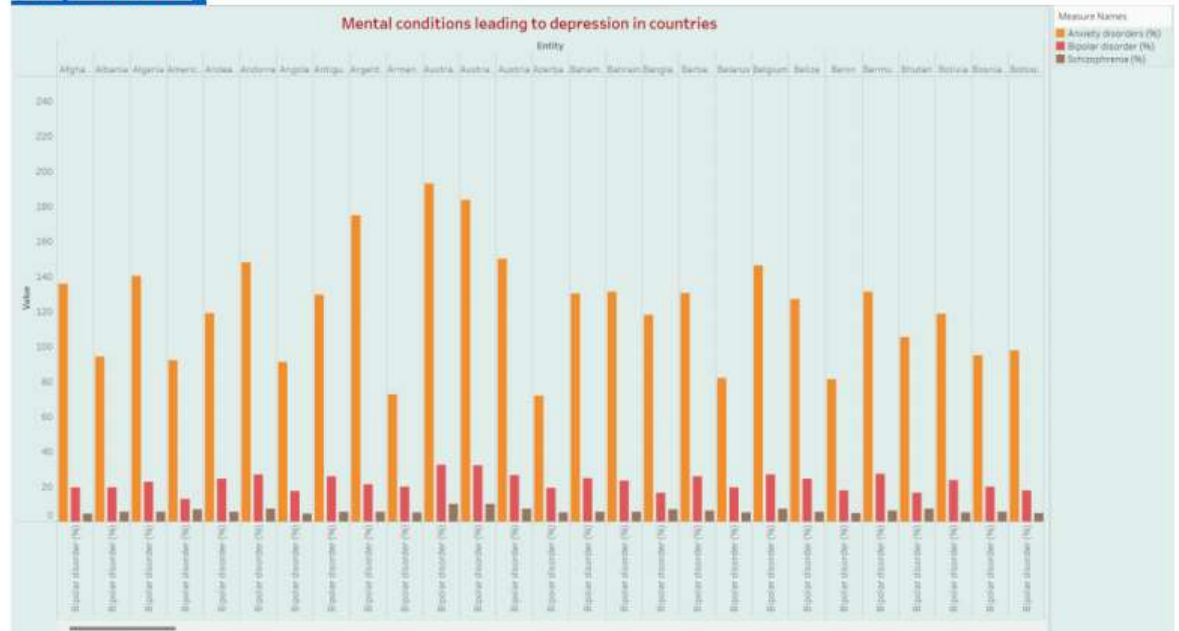


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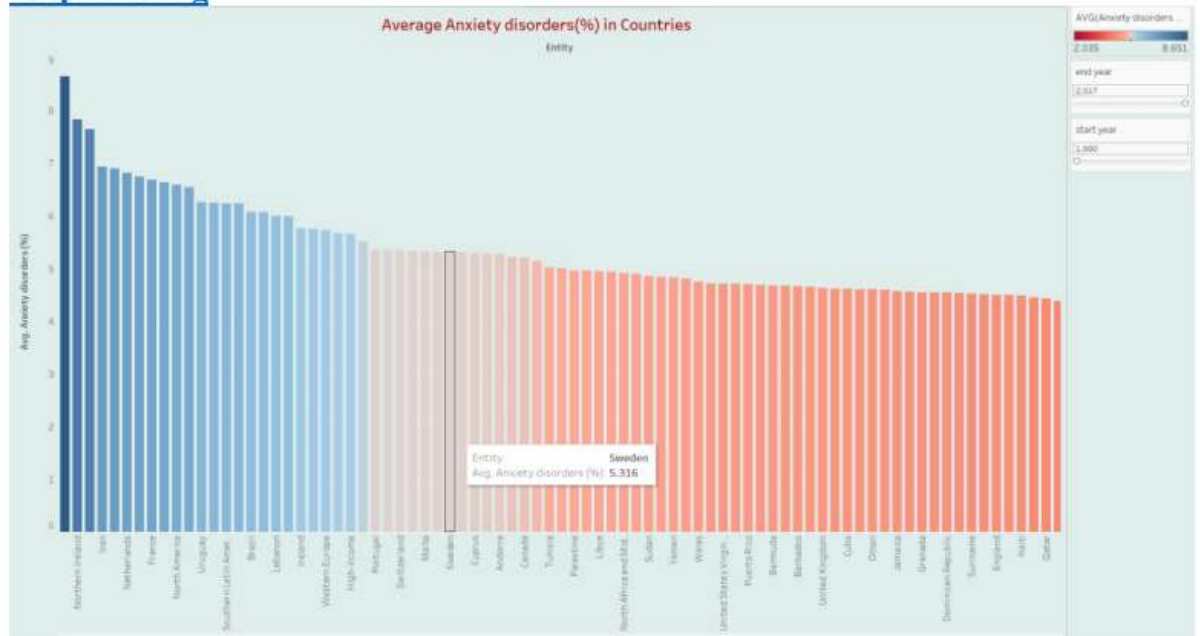
13. Mental conditions leading to depression in countries

<https://drive.google.com/file/d/1SSUf2JfGdDTa7vDhz5uORnv3UvMcPvH/view?usp=sharing>



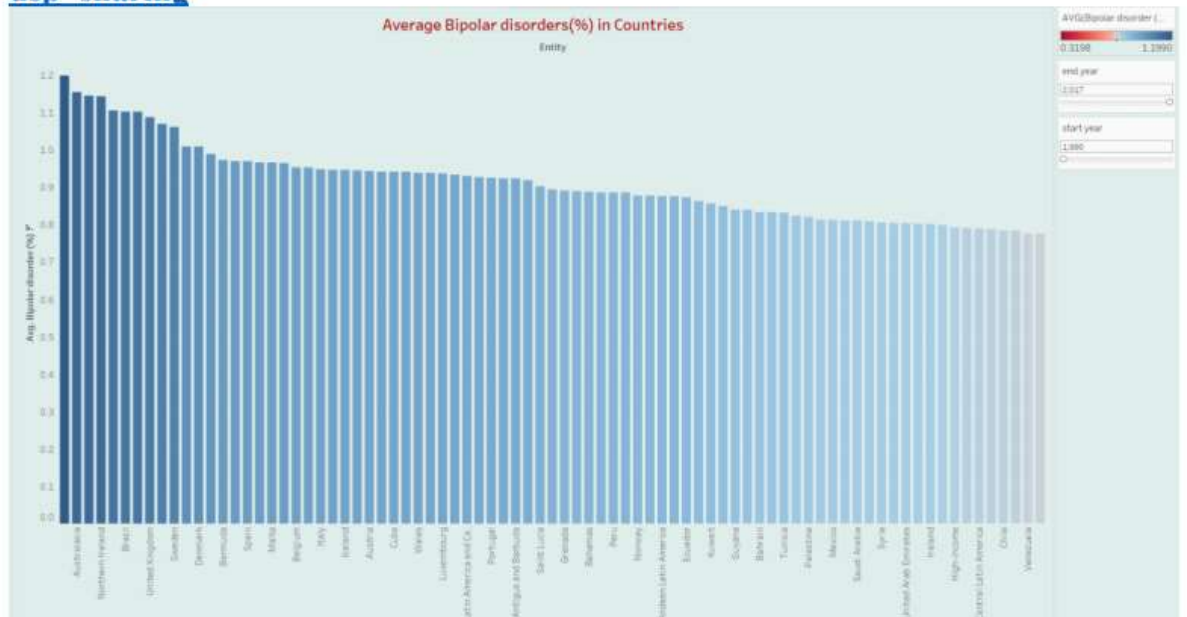
14. Average Anxiety disorders (%) in Countries

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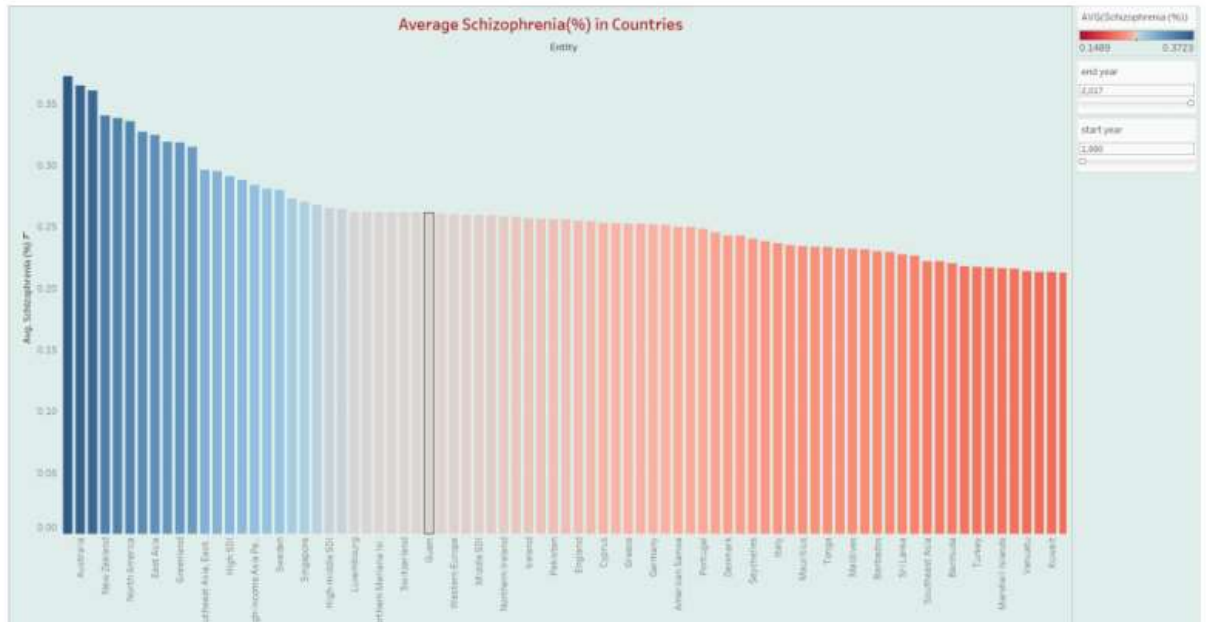
15. Average Bipolar disorders (%) in Countries

https://drive.google.com/file/d/1sc_27LBbKxN8J3VnfcfpRP8DuBcfPHTm/view?usp=sharing



16. Average Schizophrenia (%) in Countries

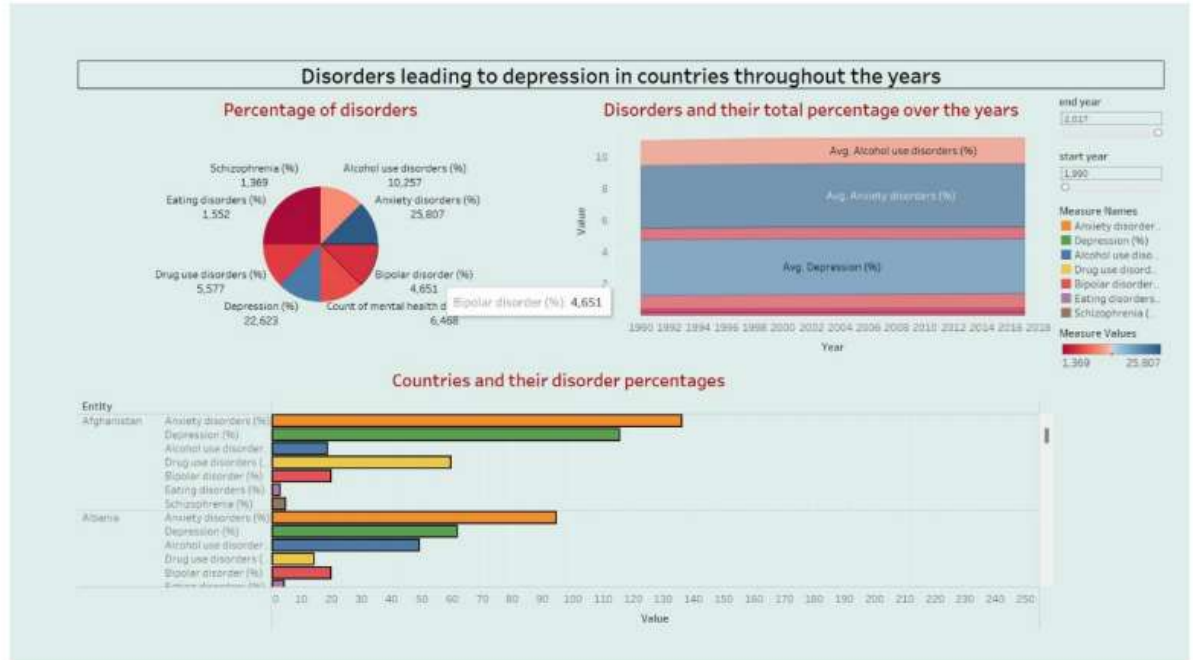
https://drive.google.com/file/d/10MeTGB_5PYdjFwLsLj4fRgAmKO05sE8t/view?usp=sharing



➤ **Number of dashboards:**

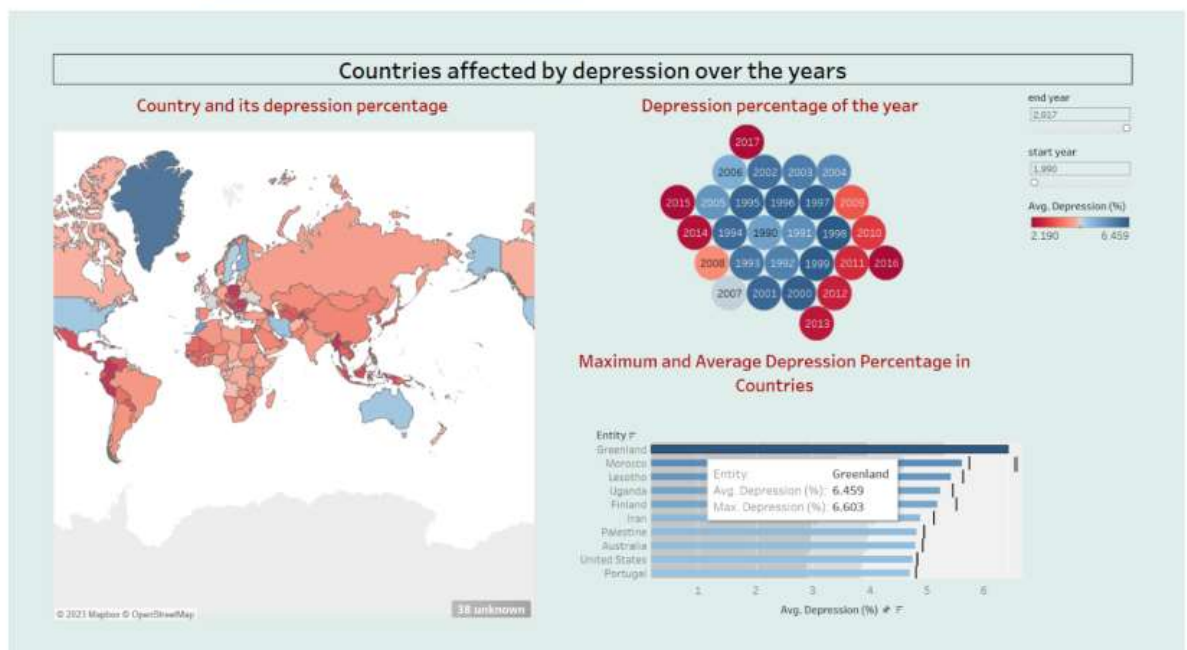
1. Disorders leading to depression in countries throughout the years

<https://drive.google.com/file/d/1OH418Ptsd8E1zHB-6Y6qtVJRfhtcZhKx/view?usp=sharing>



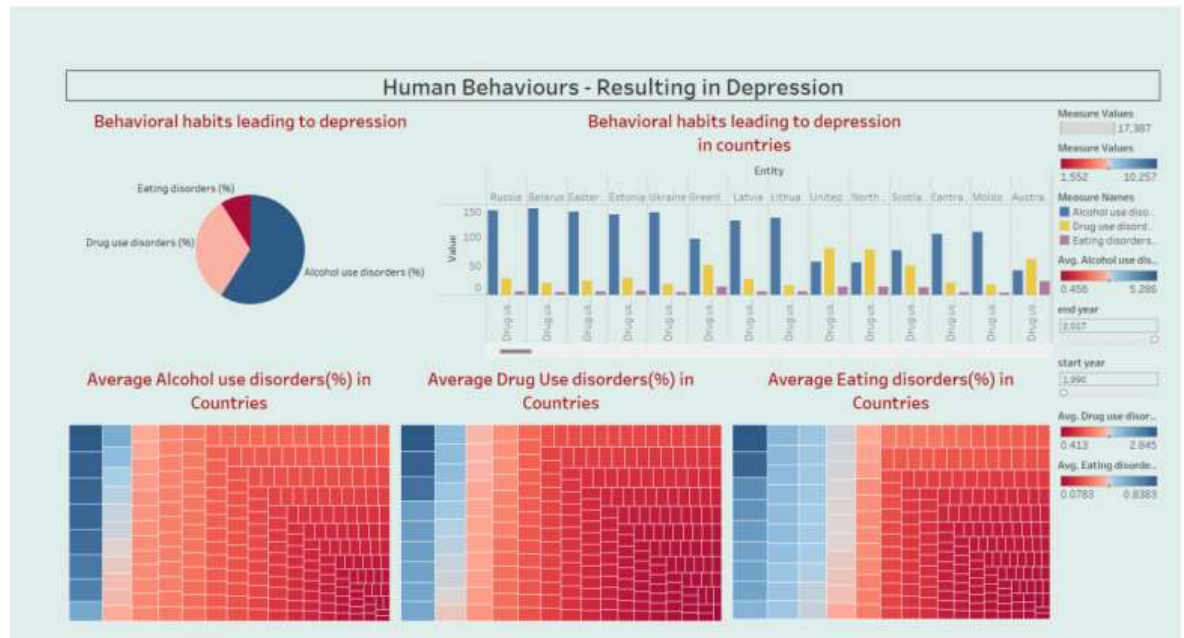
2. Countries affected by depression over the years

<https://drive.google.com/file/d/1pJt9K0pTlXukjRUgQeDBcRIhULyvNZqS/view?usp=sharing>



3. Human Behaviours - Resulting in Depression

https://drive.google.com/file/d/1FyXJoU2oct5EP5nRBiCO_QWzGofY_byz/view?usp=sharing



4. Mental Health Conditions - Resulting in Depression

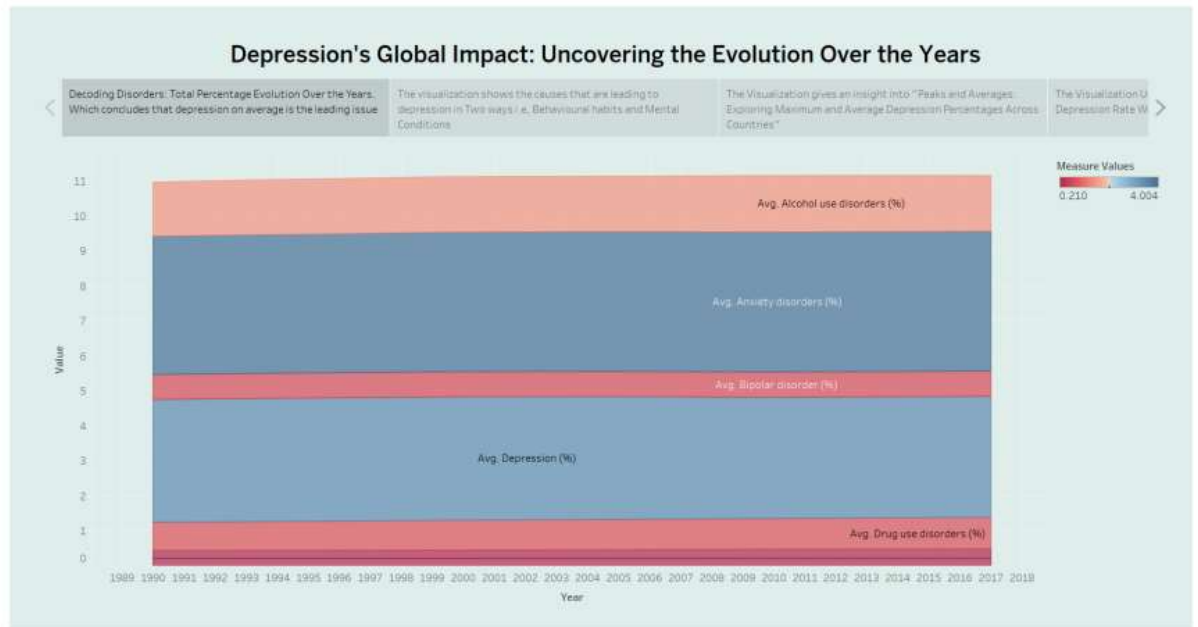
https://drive.google.com/file/d/1Ys0h43Vo7_TCiUICO7f1KEK1rioUzfN0/view?usp=sharing



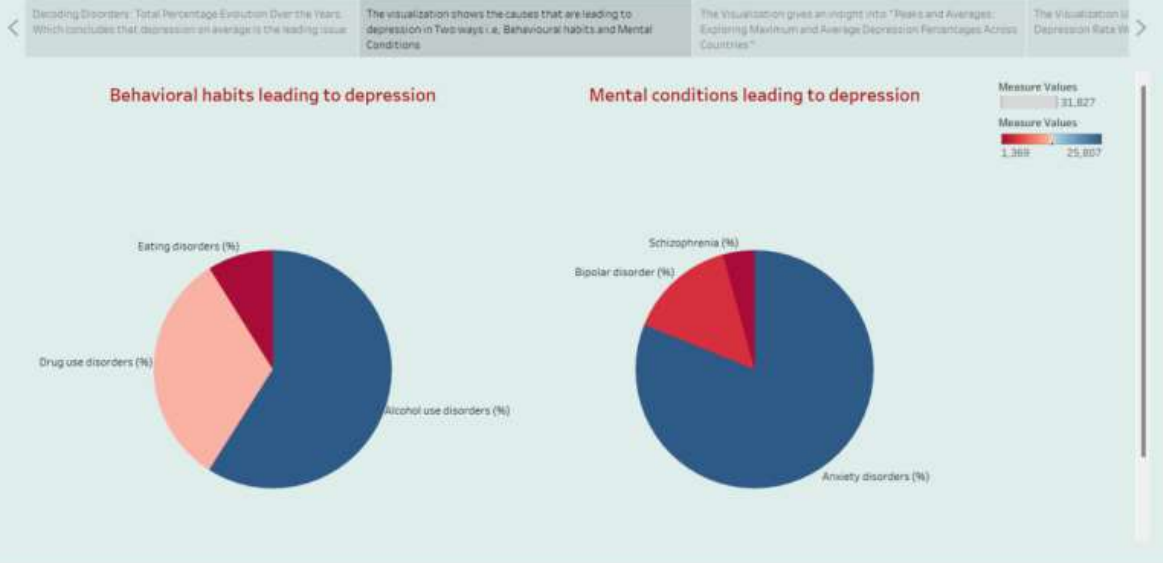
➤ **Number of scenes of story**

1. Depression's Global Impact: Uncovering the Evolution Over the Years

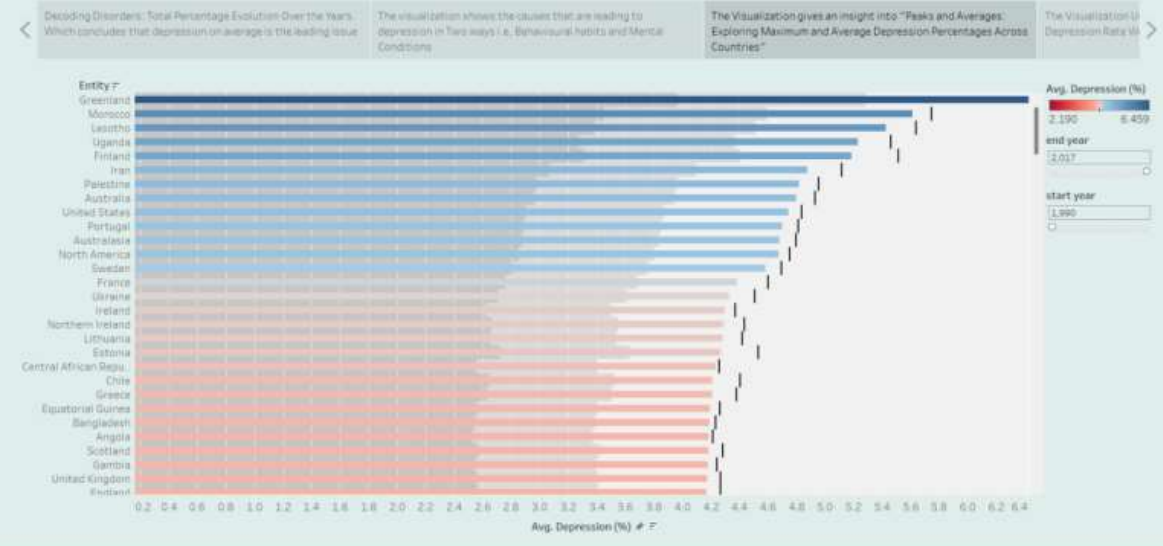
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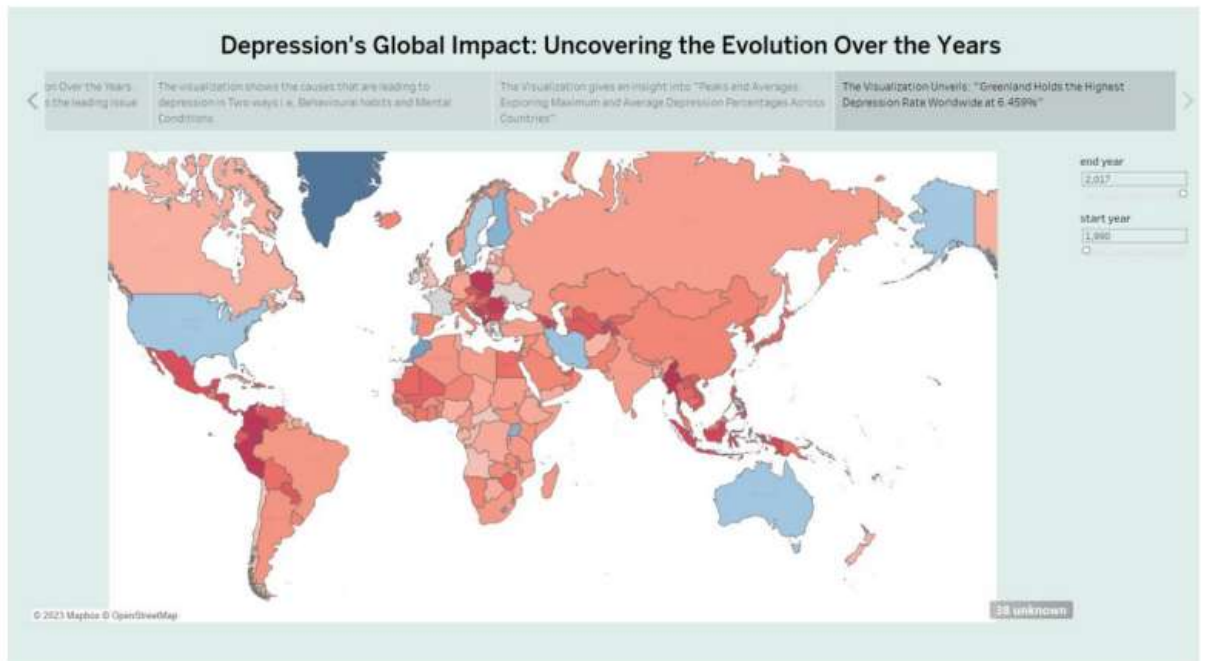


Depression's Global Impact: Uncovering the Evolution Over the Years



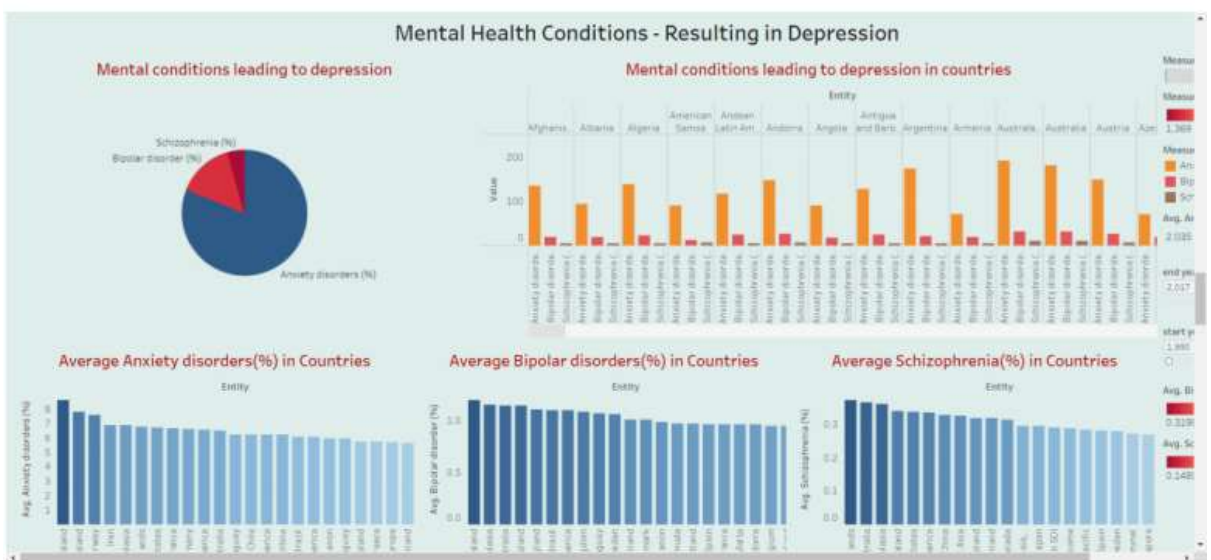
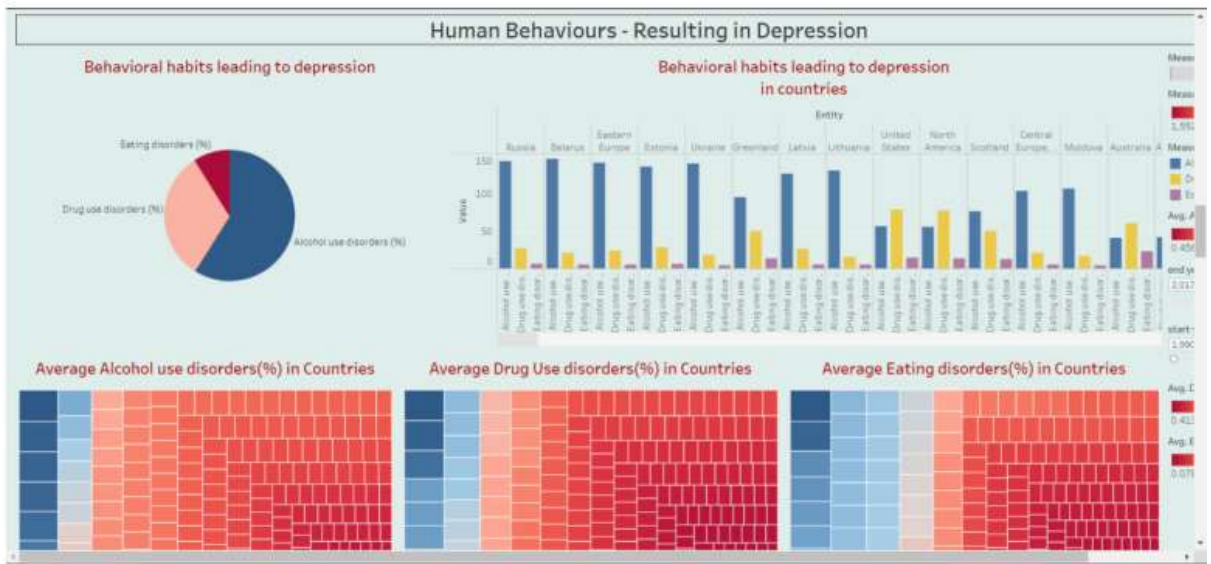
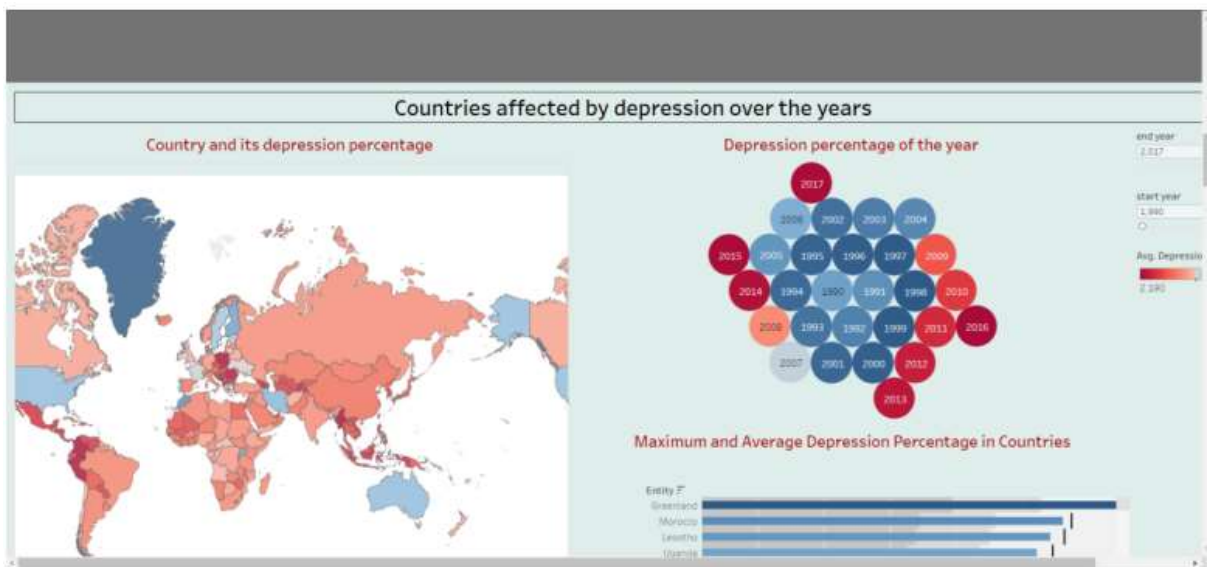
Depression's Global Impact: Uncovering the Evolution Over the Years





➤ Activity 1: Embedding Dashboard and Story with UI using Flask





Depression's Global Impact: Uncovering the Evolution Over the Years

Decoding Disorders: Total Percentage Evolution Over the Years. Which concludes that depression on average is the leading issue.

The visualization shows the causes that are leading to depression in Two ways i.e. Behavioral factors and Mental Conditions.

The Visualization gives an insight into "Peaks and Averages. Exploring Maximum and Average Depression Percentages Across Countries".

The "Big Wonder"

Year	Avg. Depression (%)	Avg. Bipolar disorder (%)	Avg. Anxiety disorders (%)	Avg. Alcohol use disorders (%)
1990	4.5	0.8	4.2	1.5
1995	4.6	0.8	4.3	1.6
2000	4.7	0.8	4.4	1.7
2005	4.8	0.8	4.5	1.8
2010	4.9	0.8	4.6	1.9
2015	5.0	0.8	4.7	2.0
2020	5.1	0.8	4.8	2.1

Understanding Depression

Here is some information about depression.

Commonly, there are five related points of depression:

1. **"Mental Health and Well-being"** Depression significantly affects an individual's mental health. It can lead to persistent feelings of sadness, hopelessness, and a loss of interest in activities that were once enjoyed. This can have a profound impact on a person's overall quality of life.
2. **"Physical Health"** Depression is not only linked to mental health; it can also have physical consequences. It has been linked to a variety of health issues, including changes in appetite, sleep patterns, fatigue, and a weakened immune system. It is crucial to consider both mental and physical aspects of depression.
3. **"Social Isolation and Relationships"** Depression can lead to social withdrawal and isolation. People with depression may find it difficult to engage in social activities, leading to strained relationships with friends, family, and colleagues. This isolation can exacerbate feelings of loneliness and worsen the symptoms of depression.
4. **"Thoughts and Productivity"** Depression can significantly impair an individual's ability to perform at work or in academic settings. Concentration and focus may be impaired, and overall productivity can decrease. In severe cases, it can lead to absenteeism or even long-term disability.
5. **"Quality of Life"** Depression can greatly diminish an individual's overall quality of life. It can affect one's ability to experience joy, engage in fulfilling activities, and pursue personal goals. It can also hinder the ability to take care of basic self-maintenance and self-care.

ADVANTAGES & DISADVANTAGES

➤ Advantages:

- **Comprehensive Analysis:** Utilizing Tableau facilitates a comprehensive analysis by visually integrating diverse datasets, allowing for a holistic understanding of individual, societal, and environmental factors contributing to depression.
- **Visual Impact:** Tableau's data visualization capabilities enhance the communication of complex information, making it accessible to a broader audience. Visualizations can highlight trends, patterns, and correlations, aiding in effective storytelling and decision-making.
- **Dynamic Exploration:** Tableau enables dynamic exploration of data, allowing for real-time updates and adjustments. This dynamic aspect is crucial in the ever-evolving field of mental health, ensuring that interventions and strategies remain relevant and responsive to changing circumstances.
- **Interdisciplinary Insights:** The project benefits from interdisciplinary insights as Tableau integrates data from various sources. This interdisciplinary approach is essential in addressing the multifaceted nature of depression, fostering collaboration between mental health professionals, researchers, and policymakers.

➤ Disadvantages:

- **Learning Curve:** Tableau has a learning curve, and proficiency in the tool may require time and training. This could potentially delay the project's timeline and impact the initial efficiency of data analysis.
- **Data Privacy Concerns:** Working with sensitive mental health data raises concerns about privacy and security. Ensuring compliance with ethical standards and data protection regulations becomes crucial, adding an extra layer of complexity to the project.
- **Dependency on Data Quality:** The effectiveness of Tableau's visualizations depends heavily on the quality of the input data. Inaccuracies or biases in the dataset may lead to misleading visualizations and, consequently, flawed conclusions.
- **Resource Intensity:** Implementing Tableau effectively may require significant computational resources, especially for large datasets. This could pose challenges in terms of infrastructure, especially for smaller research teams or organizations with limited resources.

CONCLUSION

In conclusion, embarking on the project "Depression: A Common Mental Disaster" utilizing Tableau presents a promising avenue for transformative insights into the multifaceted nature of depression. The advantages of employing Tableau are evident in its capacity for comprehensive analysis, dynamic exploration, and visual impact. By integrating individual, societal, and environmental factors within a visually compelling framework, the project gains the potential to unravel intricate patterns and correlations, fostering a deeper understanding of the root causes of depression.

The visual storytelling capabilities of Tableau not only enhance data communication but also bridge interdisciplinary perspectives, facilitating collaboration among mental health professionals, researchers, and policymakers. The tool's real-time adaptability ensures that interventions and strategies remain agile in response to the ever-evolving landscape of mental health.

However, it is essential to acknowledge the challenges inherent in this endeavours. The learning curve associated with Tableau and potential resource intensity demands careful consideration. Addressing data privacy concerns becomes paramount, requiring a meticulous approach to ethical standards and regulatory compliance.

In navigating these challenges, the project's potential for generating nuanced insights into depression's complexities is substantial. By leveraging Tableau's strengths and mitigating its limitations, the research has the capacity to contribute significantly to the development of effective risk management strategies. Ultimately, the project stands as a testament to the intersection of advanced data analysis tools and mental health research, offering a promising pathway toward a more comprehensive understanding and holistic approach to combatting depression as a common mental disaster.

FUTURE SCOPE

The future scope of the project "Depression: A Common Mental Disaster" utilizing Tableau is promising and extends beyond the current analysis. Firstly, the insights gained from this project can pave the way for targeted and personalized interventions. By continually updating and refining the dataset, the project can contribute to the development of predictive models that anticipate individual and societal vulnerabilities to depression.

Moreover, the integration of emerging technologies such as machine learning and artificial intelligence can enhance the predictive capabilities of the analysis. Implementing sentiment analysis on social media data, for example, could offer real-time monitoring of public mental health trends, allowing for proactive interventions and policy adjustments.

Collaboration with mental health practitioners and policymakers is crucial for translating the project's findings into practical solutions. The visualizations generated by Tableau can serve as powerful advocacy tools, influencing mental health policies and resource allocation. This collaboration can extend to the implementation of telehealth solutions, leveraging digital platforms for widespread mental health support.

As technology evolves, incorporating wearable devices and biometric data into the analysis can provide a more comprehensive understanding of the physiological aspects of depression. This expansion into physiological markers can open avenues for early detection and preventive measures.

Furthermore, the project's success may inspire similar initiatives in addressing other mental health challenges, contributing to a broader understanding of mental well-being. By continually updating and expanding the dataset, embracing technological advancements, and fostering collaboration, the future scope of this project holds the potential to revolutionize the landscape of mental health research and intervention strategies.

APPENDIX

➤ Source Code

```
➤ <!DOCTYPE html>
➤ <html lang="en">
➤ <head>
➤ <meta charset="UTF-8">
➤ <meta name="viewport" content="width=device-width, initial-scale=1.0">
➤ <!-- Favicons -->
➤ <link href="assets/img/favicon.png" rel="icon">
➤ <link href="assets/img/apple-touch-icon.png" rel="apple-touch-icon">
➤
➤ <!-- Google Fonts -->
➤ <link
➤ href="https://fonts.googleapis.com/css?family=Open+Sans:300,300i,400,400i,600,600i,700,700i|Raleway:300,300i,400,400i,500,500i,600,600i,700,700i|Poppins:300,300i,400,400i,500,500i,600,600i,700,700i"
➤ rel="stylesheet">
➤
➤ <!-- Vendor CSS Files -->
➤ <link href="assets/vendor/animate.css/animate.min.css"
➤ rel="stylesheet">
➤ <link href="assets/vendor/aos/aos.css" rel="stylesheet">
➤ <link href="assets/vendor/bootstrap/css/bootstrap.min.css"
➤ rel="stylesheet">
➤ <link href="assets/vendor/bootstrap-icons/bootstrap-icons.css"
➤ rel="stylesheet">
➤ <link href="assets/vendor/boxicons/css/boxicons.min.css"
➤ rel="stylesheet">
➤ <link href="assets/vendor/remixicon/remixicon.css" rel="stylesheet">
```



```
➤ <link href="assets/vendor/swiper/swiper-bundle.min.css"
rel="stylesheet">
➤ <title>Depression: A Common Mental Disorder</title>
➤ <style>
➤   body {
➤     background-image:
url('https://static.vecteezy.com/system/resources/previews/003/597/520/
original/depressed-woman-sitting-with-her-head-down-free-vector.jpg');
/* Replace 'background.jpg' with your actual image file path */
➤     background-size: cover;
➤     background-repeat: no-repeat;
➤     background-attachment: fixed;
➤     font-family: Arial, sans-serif;
➤     margin: 0;
➤     padding: 0;
➤   }
➤
➤   .navbar {
➤     background-color: #333;
➤     overflow: hidden;
➤   }
➤
➤   .navbar a {
➤     float: left;
➤     display: block;
➤     color: #f2f2f2;
➤     text-align: center;
➤     padding: 14px 16px;
➤     text-decoration: none;
➤   }
➤
➤   .navbar a:hover {
➤     background-color: #ddd;
➤     color: black;
➤   }
➤
➤   .main-content {
➤     text-align: center;
➤     color: white;
➤     padding: 100px 20px;
➤     background-color: rgba(0, 0, 0, 0.5);
➤   }
➤
➤   .location-map {
➤     text-align: center;
➤     color: white;
➤     padding: 50px 20px;
➤     background-color: rgba(0, 0, 0, 0.5);
```

```

➤ }
➤
➤ .map-image {
➤     max-width: 100%;
➤     height: auto;
➤ }
➤ iframe {
➤     width: 100%;
➤     height: 500px; /* Adjust the height as needed */
➤     border: none;
➤ }
➤ #footer {
➤     color: #37423b;
➤     font-size: 14px;
➤     background: #eef0ef;
➤ }
➤
➤ #footer .footer-top {
➤     padding: 60px 0 30px 0;
➤     background: #f9faf9;
➤ }
➤
➤ #footer .footer-top .footer-contact {
➤     margin-bottom: 30px;
➤ }
➤
➤ #footer .footer-top .footer-contact h4 {
➤     font-size: 22px;
➤     margin: 0 0 30px 0;
➤     padding: 2px 0 2px 0;
➤     line-height: 1;
➤     font-weight: 700;
➤ }
➤
➤ #footer .footer-top .footer-contact p {
➤     font-size: 14px;
➤     line-height: 24px;
➤     margin-bottom: 0;
➤     font-family: "Raleway", sans-serif;
➤     color: #777777;
➤ }
➤
➤ #footer .footer-top h4 {
➤     font-size: 16px;
➤     font-weight: bold;
➤     color: #444444;
➤     position: relative;
➤     padding-bottom: 12px;

```



```
➤ }
➤
➤ #footer .footer-top .footer-links {
➤   margin-bottom: 30px;
➤ }
➤
➤ #footer .footer-top .footer-links ul {
➤   list-style: none;
➤   padding: 0;
➤   margin: 0;
➤ }
➤
➤ #footer .footer-top .footer-links ul i {
➤   padding-right: 2px;
➤   color: #5fcf80;
➤   font-size: 18px;
➤   line-height: 1;
➤ }
➤
➤ #footer .footer-top .footer-links ul li {
➤   padding: 10px 0;
➤   display: flex;
➤   align-items: center;
➤ }
➤
➤ #footer .footer-top .footer-links ul li:first-child {
➤   padding-top: 0;
➤ }
➤
➤ #footer .footer-top .footer-links ul a {
➤   color: #777777;
➤   transition: 0.3s;
➤   display: inline-block;
➤   line-height: 1;
➤ }
➤
➤ #footer .footer-top .footer-links ul a:hover {
➤   text-decoration: none;
➤   color: #5fcf80;
➤ }
➤
➤ #footer .footer-newsletter {
➤   font-size: 15px;
➤ }
➤
➤ #footer .footer-newsletter h4 {
➤   font-size: 16px;
➤   font-weight: bold;
```

```
➤ color: #444444;  
➤ position: relative;  
➤ padding-bottom: 12px;  
➤ }  
➤  
➤ #footer .footer-newsletter form {  
➤   margin-top: 30px;  
➤   background: #fff;  
➤   padding: 6px 10px;  
➤   position: relative;  
➤   border-radius: 50px;  
➤   text-align: left;  
➤   border: 1px solid #e0e5e2;  
➤ }  
➤  
➤ #footer .footer-newsletter form input[type=email] {  
➤   border: 0;  
➤   padding: 4px 8px;  
➤   width: calc(100% - 100px);  
➤ }  
➤  
➤ #footer .footer-newsletter form input[type=submit] {  
➤   position: absolute;  
➤   top: -1px;  
➤   right: -1px;  
➤   bottom: -1px;  
➤   border: 0;  
➤   background: none;  
➤   font-size: 16px;  
➤   padding: 0 20px 2px 20px;  
➤   background: #5fcf80;  
➤   color: #fff;  
➤   transition: 0.3s;  
➤   border-radius: 50px;  
➤   box-shadow: 0px 2px 15px rgba(0, 0, 0, 0.1);  
➤ }  
➤  
➤ #footer .footer-newsletter form input[type=submit]:hover {  
➤   background: #3ac162;  
➤ }  
➤  
➤ #footer .credits {  
➤   padding-top: 5px;  
➤   font-size: 13px;  
➤ }  
➤  
➤ #footer .credits a {  
➤   color: #3ac162;
```

```

➤ transition: 0.3s;
➤ }
➤
➤ #footer .credits a:hover {
➤   color: #5fcf80;
➤ }
➤
➤ #footer .social-links a {
➤   font-size: 18px;
➤   display: inline-block;
➤   background: #5fcf80;
➤   color: #fff;
➤   line-height: 1;
➤   padding: 8px 0;
➤   margin-right: 4px;
➤   border-radius: 50%;
➤   text-align: center;
➤   width: 36px;
➤   height: 36px;
➤   transition: 0.3s;
➤ }
➤
➤ #footer .social-links a:hover {
➤   background: #3ac162;
➤   color: #fff;
➤   text-decoration: none;
➤ }
➤ </style>
➤ </head>
➤ <body>
➤
➤ <div class="navbar">
➤   <a href="#home">Home</a>
➤   <a href="about.html">About</a>
➤   <a href="contact.html">Contact</a>
➤ </div>
➤
➤ <div id="home" class="main-content">
➤   <h1>Depression: A Common Mental Disorder</h1>
➤   <p>Introduction and information about depression.</p>
➤ </div>
➤
➤ <div id="about" class="main-content">
➤   <h2>About Depression</h2>
➤   <p>More details about depression and its effects.</p>
➤   <div class='tableauPlaceholder' id='viz1699353938969'
➤     style='position: relative'><noscript><a href='#><img alt='Disorders
➤     leading to depression in countries throughout the years

```

```

src='https://public.tableau.com/static/images/DA&#4
7;DASHBOARD_1_16993493451520&#47;overalldisorderdb1&#47;1_rss.png'
style='border: none' /></a></noscript><object
class='tableauViz' style='display:none;'><param name='host_url'
value='https%3A%2F%2Fpublic.tableau.com%2F' /> <param
name='embed_code_version' value='3' /> <param name='site_root' value=''
/><param name='name'
value='DASHBOARD_1_16993493451520&#47;overalldisorderdb1' /><param
name='tabs' value='no' /><param name='toolbar' value='yes' /><param
name='static_image'
value='https://public.tableau.com/static/images/DA&
#47;DASHBOARD_1_16993493451520&#47;overalldisorderdb1&#47;1.png' />
<param name='animate_transition' value='yes' /><param
name='display_static_image' value='yes' /><param name='display_spinner'
value='yes' /><param name='display_overlay' value='yes' /><param
name='display_count' value='yes' /><param name='language' value='en-US'
/><param name='filter' value='publish=yes'
/></object></div>
<script
type='text/javascript'>
var divElement =
document.getElementById('viz1699353938969');
vizElement =
divElement.getElementsByTagName('object')[0];
vizElement.style.width='1600px';vizElement.style.height='877px';
var scriptElement =
document.createElement('script');
scriptElement.src
=
'https://public.tableau.com/javascripts/api/viz_v1.js';
vizElement.parentNode.insertBefore(scriptElement,
vizElement);
</script>
> </div>
> <div class='tableauPlaceholder' id='viz1699354134052' style='position:
relative'><noscript><a href='#'><img alt='Countries affected by
depression over the years '
src='https://public.tableau.com/static/images/DA&#4
7;DASHBOARD_2_16993494345030&#47;depdb&#47;1_rss.png' style='border:
none' /></a></noscript><object
class='tableauViz' style='display:none;'><param name='host_url'
value='https%3A%2F%2Fpublic.tableau.com%2F' /> <param
name='embed_code_version' value='3' /> <param name='site_root' value=''
/><param name='name' value='DASHBOARD_2_16993494345030&#47;depdb'
/><param name='tabs' value='no' /><param name='toolbar' value='yes'
/><param name='static_image'
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#47;DASHBOARD_2_16993494345030&#47;depdb&#47;1.png' /> <param
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name='display_static_image' value='yes' /><param name='display_spinner'
value='yes' /><param name='display_overlay' value='yes' /><param
name='display_count' value='yes' /><param name='language' value='en-GB'

```

```

/><param name='filter' value='publish=yes'
/></object></>
<script
type='text/javascript'>
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document.getElementById('viz1699354134052');
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divElement.getElementsByTagName('object')[0];
    if (
divElement.offsetWidth > 800 ) {
vizElement.style.width='1600px';vizElement.style.height='877px';} else
if ( divElement.offsetWidth > 500 ) {
vizElement.style.width='1600px';vizElement.style.height='877px';} else
{
vizElement.style.width='100%';vizElement.style.height='1177px';}
    var scriptElement =
document.createElement('script');
    scriptElement.src
=
'https://public.tableau.com/javascripts/api/viz_v1.js';
    vizElement.parentNode.insertBefore(scriptElement,
vizElement);
</script></div>
➤ <div class='tableauPlaceholder' id='viz1699354165530' style='position:
relative'><noscript><a href='#'><img alt='Human Behaviours - Resulting
in Depression '
src='https://public.tableau.com/static/images/DA/
7/DASHBOARD_3_16993494980520/behaviourdb/1_rss.png'
style='border: none' /></a></noscript><object
class='tableauViz' style='display:none;'><param name='host_url'
value='https://public.tableau.com/' /> <param
name='embed_code_version' value='3' /> <param name='site_root' value='
' /><param name='name' value='DASHBOARD_3_16993494980520/behaviourdb'
/><param name='tabs' value='no' /><param name='toolbar' value='yes'
/><param name='static_image'
value='https://public.tableau.com/static/images/DA/
7/DASHBOARD_3_16993494980520/behaviourdb/1.png' /> <param
name='animate_transition' value='yes' /><param
name='display_static_image' value='yes' /><param name='display_spinner'
value='yes' /><param name='display_overlay' value='yes' /><param
name='display_count' value='yes' /><param name='language' value='en-GB'
/><param name='filter' value='publish=yes'
/></object></>
<script
type='text/javascript'>
    var divElement =
document.getElementById('viz1699354165530');
    var
vizElement =
divElement.getElementsByTagName('object')[0];
    if (
divElement.offsetWidth > 800 ) {
vizElement.style.width='1650px';vizElement.style.height='877px';} else
if ( divElement.offsetWidth > 500 ) {
vizElement.style.width='1650px';vizElement.style.height='877px';} else
{
vizElement.style.width='100%';vizElement.style.height='2127px';}

```

```

        var scriptElement =
document.createElement('script');                                scriptElement.src
=
'https://public.tableau.com/javascripts/api/viz_v1.js';
        vizElement.parentNode.insertBefore(scriptElement,
vizElement);                                </script></div>
➤ <div class='tableauPlaceholder' id='viz1699354183243' style='position:
relative'><noscript><a href='#'><img alt='Mental Health Conditions -
Resulting in Depression '
src='https://public.tableau.com/static/images/DA&#4
7;DASHBOARD_4&#47;mentald&#47;1_rss.png' style='border: none'
/></a></noscript><object
class='tableauViz' style='display:none;'><param name='host_url'
value='https%3A%2F%2Fpublic.tableau.com%2F' /> <param
name='embed_code_version' value='3' /> <param name='site_root' value=''
/><param name='name' value='DASHBOARD_4&#47;mentald' /><param
name='tabs' value='no' /><param name='toolbar' value='yes' /><param
name='static_image'
value='https://public.tableau.com/static/images/DA&#4
7;DASHBOARD_4&#47;mentald&#47;1.png' /> <param
name='animate_transition' value='yes' /><param
name='display_static_image' value='yes' /><param name='display_spinner'
value='yes' /><param name='display_overlay' value='yes' /><param
name='display_count' value='yes' /><param name='language' value='en-GB'
/><param name='filter' value='publish=yes'
/></object></script>
type='text/javascript'>                                var divElement =
document.getElementById('viz1699354183243');                                var
vizElement =
divElement.getElementsByTagName('object')[0];                                if (
divElement.offsetWidth > 800 ) {
vizElement.style.width='1650px';vizElement.style.height='877px';} else
if ( divElement.offsetWidth > 500 ) {
vizElement.style.width='1650px';vizElement.style.height='877px';} else
{
vizElement.style.width='100%';vizElement.style.height='2127px';}
        var scriptElement =
document.createElement('script');                                scriptElement.src
=
'https://public.tableau.com/javascripts/api/viz_v1.js';
        vizElement.parentNode.insertBefore(scriptElement,
vizElement);                                </script></div>
➤ <div class='tableauPlaceholder' id='viz1699350556615' style='position:
relative'><noscript><a href='#'><img alt='Depression&#39;s Global
Impact: Uncovering the Evolution Over the Years '
src='https://public.tableau.com/static/images/RN&#4
7;RN&#47;RN&#47;1_rss.png' style='border: none'
/></a></noscript><object

```

```

class='tableauViz' style='display:none; '><param name='host_url'
value='https%3A%2F%2Fpublic.tableau.com%2F' /> <param
name='embed_code_version' value='3' /> <param name='path'
value='shared&#47;RNX7W6RZZ' /> <param name='toolbar' value='yes'
/><param name='static_image'
value='https:&#47;&#47;public.tableau.com&#47;static&#47;images&#47;RN&
#47;RNX7W6RZZ&#47;1.png' /> <param name='animate_transition'
value='yes' /><param name='display_static_image' value='yes' /><param
name='display_spinner' value='yes' /><param name='display_overlay'
value='yes' /><param name='display_count' value='yes' /><param
name='language' value='en-GB' /><param name='filter'
value='publish=yes' /></object></> <script
type='text/javascript'> var divElement =
document.getElementById('viz1699350556615'); var
vizElement =
divElement.getElementsByTagName('object')[0]; vizEle
ment.style.width='1650px';vizElement.style.height='877px';
var scriptElement =
document.createElement('script'); scriptElement.src
=
'https://public.tableau.com/javascripts/api/viz_v1.js';
vizElement.parentNode.insertBefore(scriptElement,
vizElement); </script></div>
➤ </div>
➤
➤ <div id="contact" class="main-content">
➤ <h2>Contact Us</h2>
➤ <p>Contact information for support and help.</p>
➤ </div>
➤
➤ <div class="location-map">
➤ <h2>Locations</h2> <iframe
src="https://www.google.com/maps/embed?pb=!1m18!1m12!1m3!1d497878.42812
59845!2d-
74.2590898484375!3d40.697149399805256!2m3!1f0!2f0!3f0!3m2!1i1024!2i768!
4f13.1!3m3!1m2!1s0x89c259d0112f016b%3A0x8ee6991667a4c28b!2sNew%20York%2
C%20NY!5e0!3m2!1sen!2sus!4v1587498822006!5m2!1sen!2sus"
allowfullscreen></iframe>
➤ </div>
➤ <footer id="footer">
➤
➤ <div class="footer-top">
➤ <div class="container">
➤ <div class="row">
➤
➤ <div class="col-lg-3 col-md-6 footer-contact">
➤ <h3>Mentor</h3>
➤ <p>

```

```

➤         A108 Adam Street <br>
➤         New York, NY 535022<br>
➤         United States <br><br>
➤         <strong>Phone:</strong> +1 5589 55488 55<br>
➤         <strong>Email:</strong> info@example.com<br>
➤     </p>
➤ </div>
➤
➤     <div class="col-lg-2 col-md-6 footer-links">
➤         <h4>Useful Links</h4>
➤         <ul>
➤             <li><i class="bx bx-chevron-right"></i> <a
➤ href="#">Home</a></li>
➤             <li><i class="bx bx-chevron-right"></i> <a href="#">About
➤ us</a></li>
➤             <li><i class="bx bx-chevron-right"></i> <a
➤ href="#">Services</a></li>
➤             <li><i class="bx bx-chevron-right"></i> <a href="#">Terms
➤ of service</a></li>
➤             <li><i class="bx bx-chevron-right"></i> <a
➤ href="#">Privacy policy</a></li>
➤         </ul>
➤     </div>
➤
➤     <div class="col-lg-4 col-md-6 footer-newsletter">
➤         <h4>Join Our Newsletter</h4>
➤         <p>Tamen quem nulla quae legam multos aute sint culpa legam
➤ noster magna</p>
➤         <form action="" method="post">
➤             <input type="email" name="email"><input type="submit"
➤ value="Subscribe">
➤         </form>
➤     </div>
➤
➤ </div>
➤ </div>
➤ </div>
➤
➤ <div class="container d-md-flex py-4">
➤
➤     <div class="me-md-auto text-center text-md-start">
➤         <div class="copyright">
➤             &copy; Copyright <strong><span>Mentor</span></strong>. All
➤ Rights Reserved
➤         </div>
➤         <div class="credits">
➤             <!-- All the links in the footer should remain intact. -->

```



```

➤      <!-- You can delete the links only if you purchased the pro
version. -->
➤      <!-- Licensing information:
https://bootstrapmade.com/license/ -->
➤      <!-- Purchase the pro version with working PHP/AJAX contact
form: https://bootstrapmade.com/mentor-free-education-bootstrap-theme/
-->
➤      Designed by <a
href="https://bootstrapmade.com/">BootstrapMade</a>
➤      </div>
➤      </div>
➤      <div class="social-links text-center text-md-right pt-3 pt-md-0">
➤          <a href="#" class="twitter"><i class="bx bxl-twitter"></i></a>
➤          <a href="#" class="facebook"><i class="bx bxl-
facebook"></i></a>
➤          <a href="#" class="instagram"><i class="bx bxl-
instagram"></i></a>
➤          <a href="#" class="google-plus"><i class="bx bxl-
skype"></i></a>
➤          <a href="#" class="linkedin"><i class="bx bxl-
linkedin"></i></a>
➤      </div>
➤      </div>
➤      </footer>
➤  </body>
➤  </html>

```

Project Demo Link:

<https://drive.google.com/file/d/1UWoods71mqh5lVoXz-LL4hz1cui1UEZ9/view?usp=sharing>

