

# Smartinternz Externship



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Externship Title : Data Analytics with IBM cognos Analytics

Project Name: Depression: A Common Mental Disorder

## Team Members

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# Brainstorm & Idea Prioritization Template:

Brainstorming provides a free and open environment that encourages everyone within a team to participate in the creative thinking process that leads to problem solving. Prioritizing volume over value, out-of-the-box ideas are welcome and built upon, and all participants are encouraged to collaborate, helping each other develop a rich amount of creative solutions.

Link :

<https://app.mural.co/t/hennayasmine6370/m/hennayasmine6370/1697978882677/efd5ed3ea556857fce55c112df76974d0bc3ec64?sender=u77e045999192463f29ab4701>

Template



### Brainstorm & idea prioritization

1

Define your problem statement

"Depression is a common and debilitating mental disorder that affects millions of individuals worldwide, leading to a significant burden on both the affected individuals and society as a whole. This problem statement highlights the need to understand, address, and find effective solutions for depression, which impacts people's overall well-being, quality of life, and productivity."

PROBLEM

How might we approach depression(a common mental disorder)

2

Interview Questions

What age group do you think is most commonly affected by depression?  
Have you or someone you know ever experienced depression? What was that experience like?  
Do you believe that depression affects individuals from upper-class and lower-class backgrounds differently?  
Do you think that depression is a legitimate medical condition, or do you believe it's sometimes portrayed as hype or exaggeration by some people?  
What strategies or approaches do you believe are effective in addressing and overcoming depression?

Person 1

1 Middle aged people  
2 I have personally experienced depression in my early 30s. It felt like a heavy cloud hanging over me, making everything seem dark and hopeless. I lost interest in things I once enjoyed, and daily tasks became overwhelming.  
3 Yes, I believe depression can affect individuals from different socioeconomic backgrounds differently. People from lower-class backgrounds may face additional stressors like financial struggles, which can exacerbate their depressive symptoms. Access to quality healthcare and mental health services may also be more limited, making it harder for them to seek and receive treatment.  
4 Absolutely, depression is a legitimate medical condition. I've witnessed the devastating effects it can have on individuals and their families. It's crucial to take it seriously and provide support.  
5 They believe in the power of cognitive-behavioral therapy (CBT) to address depression. They found that identifying and challenging negative thought patterns, combined with regular counseling sessions, they helped her manage her depression effectively. Also emphasizes the importance of a strong support system, including friends and family.

Person 2

1 Teenagers  
2 My best friend struggled with depression for a few years. She described it as feeling completely disconnected from her usual self, like she was watching life through a foggy window. She often felt exhausted and unable to find joy in anything.  
3 While socioeconomic status can influence the experience of depression, I think depression itself is a universal condition. People from all backgrounds can experience the same core symptoms, but the factors and stressors contributing to their depression may vary. Social support networks and coping mechanisms can also differ, impacting how individuals manage their depression.  
4 I think some people might misunderstand depression, but that doesn't make it any less legitimate. Mental health conditions can be challenging to grasp for those who haven't experienced them, but they are very real and should not be trivialized.  
5 They approach centers on lifestyle changes. They incorporate regular exercise into his routine, maintains a balanced diet, and ensures they get enough sleep. These habits have made a significant difference in their depressive symptoms, emphasizing the mind-body connection.

Person 3

1 Young Adults  
2 My cousin went through a severe bout of depression during his college years. He said it was like being trapped in a deep, dark hole with no way out. He withdrew from friends and family, and even simple tasks felt like monumental challenges.  
3 I don't believe that depression inherently affects people from upper or lower-class backgrounds differently. Depression is a mental health condition that can impact anyone. However, the way individuals from different backgrounds experience and cope with depression may vary due to their unique life circumstances and access to resources.  
4 I believe that some individuals may exaggerate their feelings, but that doesn't negate the reality of depression. It's essential to differentiate between people seeking attention and those genuinely struggling with a medical condition.  
5 There strategy is to combine therapy with medication when necessary. They found that antidepressants, prescribed by a mental health professional, provided the necessary stabilization to engage effectively in talk therapy. This combination approach has allowed them to manage the depression more effectively.

Person 4

1 Working people  
2 I have a coworker who has been dealing with depression for a while. She mentioned that it's like carrying around a heavy backpack filled with negative thoughts and emotions. Even on good days, that weight is always there, making everything harder.  
3 Yes, depression can affect individuals from different socioeconomic backgrounds differently. People from lower-class backgrounds may face a higher risk due to economic stressors, lack of access to quality healthcare, and limited resources for coping and recovery. This can create disparities in how depression is experienced and managed.  
4 Depression is often mischaracterized by some who don't understand it, but it's unquestionably legitimate. As someone who has experienced it personally, I can attest to the profound impact it can have on one's life.  
5 They focuses on creative outlets for addressing their depression. Engaging in art, writing, and other creative activities provides an emotional release and a sense of accomplishment. These activities serve as therapeutic tools to cope with their feelings of sadness and hopelessness.

Need some inspiration?

See a finished version of this template to kickstart your work.

Open example

3

### Group ideas

Here we have displayed our group ideas regarding the problem depression.

#### Accessible Mental Health Services

Ensure that affordable and accessible mental health services, including therapy and counseling, are available to everyone.

#### Early Intervention Programs

Develop and implement programs that identify and support individuals at risk of depression, especially in schools and workplaces.

#### Community Support Groups

Create local support groups where individuals with depression can connect, share their experiences, and find a sense of belonging.

#### Peer Support Programs

Develop peer support networks where individuals with lived experience of depression can help and guide others in their recovery.

#### Mental Health Apps

Promote the use of mental health apps that offer self-help tools, and strategies for those experiencing depressive symptoms.

4

### Prioritize

Here we have placed our ideas on this grid to determine which ideas are important and which are feasible.

