

SmartInternz Externship



Date	09 November 2023
Externship Title	Data Analytics with IBM cognos Analytics
Project Name	Depression: A Common Mental Disorder

Team Members

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Registration Number: 21BEC7214

Project Report

1. INTRODUCTION

1.1 Project Overview:

The project aims to analyze depression data from various countries using Business Intelligence tools, specifically Tableau. Depression is a prevalent mental health issue that affects a significant number of people globally. Understanding the patterns and variations in depression rates across different countries can provide valuable insights for healthcare professionals, policymakers, and the general public.

The analysis will involve exploring data related to depression, including prevalence rates, demographic factors, and potential correlations with other socio-economic indicators. By leveraging the capabilities of Tableau, we aim to create visualizations, dashboards, and a cohesive narrative that will help in comprehending the nuances of depression on a global scale.

1.2 Purpose:

The primary purpose of this project is to gain actionable insights into depression data for different countries, fostering a better understanding of the prevalence and impact of depression worldwide. Key objectives include:

Data Exploration: Investigate and understand the available depression data, identifying key variables and their interrelationships.

Visual Representation: Utilize Tableau to create visually compelling and informative charts, graphs, and dashboards that effectively communicate patterns and trends in depression data.

Comparative Analysis: Compare depression rates among different countries, considering demographic, cultural, and socio-economic factors.

Identification of Hotspots: Identify regions or countries with particularly high or low rates of depression, enabling targeted interventions and resource allocation.

Impact Assessment: Examine the potential impact of depression on daily activities and productivity, providing a comprehensive view of the societal burden.

Stigma Reduction: Through visualizations and insights, work towards reducing the stigma associated with depression by presenting it as a common and treatable mental health issue.

Recommendations: Based on the analysis, provide recommendations for strategies to address and manage depression on a global scale.

2. LITERATURE SURVEY

2.1 Existing Problem:

The existing problem revolves around the global prevalence of depression and the need for a comprehensive understanding of its patterns, contributing factors, and impact on various countries. While depression is a widespread mental health issue, there is often a lack of in-depth analysis and visual representation of the data. Existing challenges include:

Limited Comprehensive Analysis: Many studies focus on individual aspects of depression, but there is a need for a holistic and comparative analysis that considers multiple factors across different countries.

Stigma and Awareness: Stigma surrounding mental health issues, including depression, still exists in various societies. Lack of awareness contributes to delayed intervention and treatment.

Inconsistent Data Availability: Data on depression may vary in terms of consistency, reliability, and coverage across different countries, making it challenging to draw accurate global comparisons.

2.2 References:

To address the existing problem and formulate a solid foundation for the project, references from reputable sources on mental health, depression statistics, and global health databases will be consulted. These may include:

World Health Organization (WHO) reports on mental health and depression.

National mental health surveys and reports from relevant health agencies.

Published research articles and studies on depression prevalence, risk factors, and treatment outcomes.

Global databases such as the World Bank, providing socio-economic indicators for cross-referencing with depression data.

2.3 Problem Statement Definition:

The problem statement for this project is defined as follows:

"There is a global need for a comprehensive analysis and visualization of depression data across different countries to better understand its prevalence, contributing factors, and societal impact. Limited comparative studies and inconsistent data availability hinder our ability to develop effective strategies for addressing and managing depression on a global scale. By leveraging Business Intelligence tools, specifically Tableau, this project aims to bridge the gap in knowledge, reduce stigma, and contribute to evidence-based decision-making in the field of mental health."

The project will address this problem by conducting a thorough analysis of available depression data, creating meaningful visualizations, and providing insights that can inform policies, interventions, and awareness campaigns related to depression on a global level.

3. IDEATION & PROPOSED SOLUTION

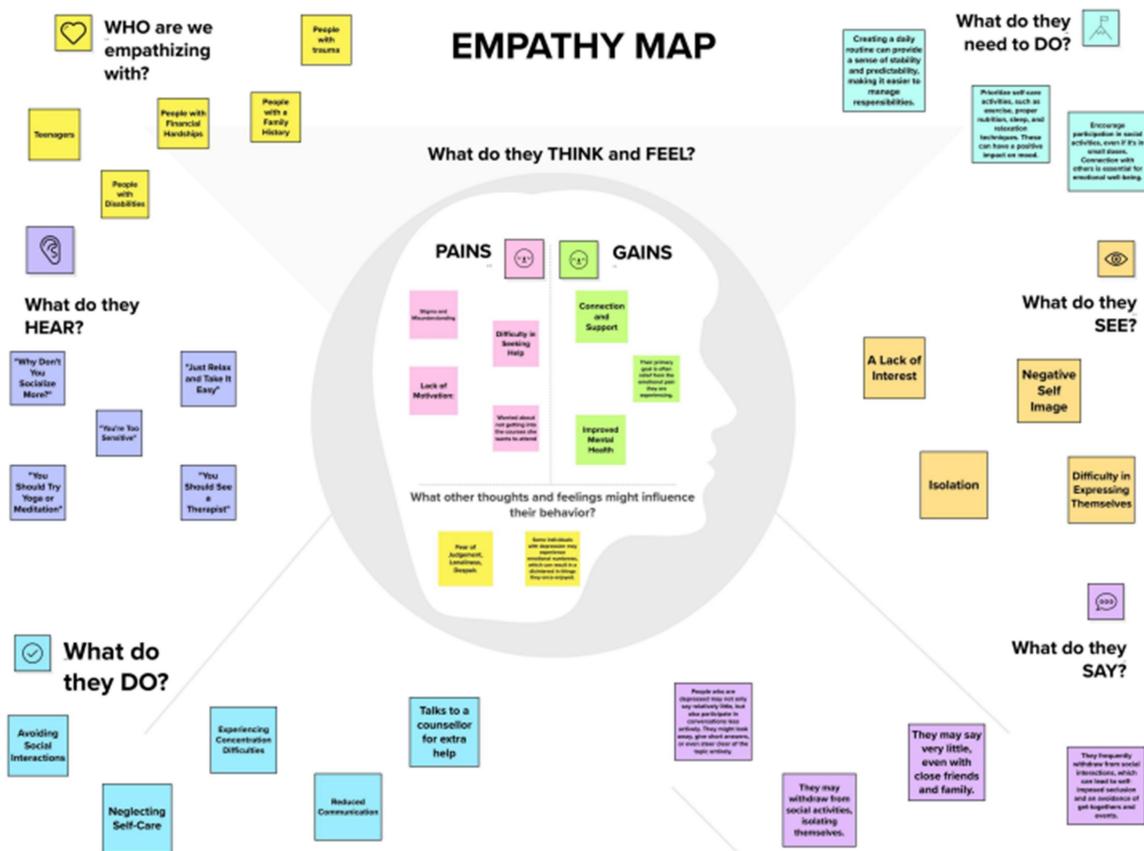
3.1 Empathy Map Canvas

Empathy Map Canvas: An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviour and attitudes. It is a useful tool to help teams better understand their users. Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

Link :

<https://app.mural.co/t/hennayasmine6370/m/hennayasmine6370/1697732605400/f8051bf4a163ad803c1e45fe39e5fd54aad24e17?sender=u77e045999192463f29ab4701>

DEPRESSION: A COMMON MENTAL DISORDER



3.2 Ideation & Brainstorming

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 resolutions.

Link :

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

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 unique challenges and stressors that 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 cognitive behavioral therapy (CBT) to address depression. They found that identifying and challenging negative thought patterns, combined with regular cognitive behavioral therapy, can effectively 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 living in a fog. She had trouble sleeping. She often felt exhausted and unable to find joy in anything.

3. While socioeconomic status can influence the experience of depression, it's important to remember that 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 are real, and they're not just for people who haven't experienced them; they're 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 these 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 stopped going to school. It was really challenging for him to cope.

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 it manifests and is managed can differ based on individual circumstances and access to resources.

4. I believe that some individuals may exaggerate their feelings, but that doesn't mean the reality of depression. It's essential to differentiate between people seeking attention and those genuinely struggling with a medical condition.

5. There is no one-size-fits-all approach to managing depression. Therapy, medication, and anti-depressants, 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.

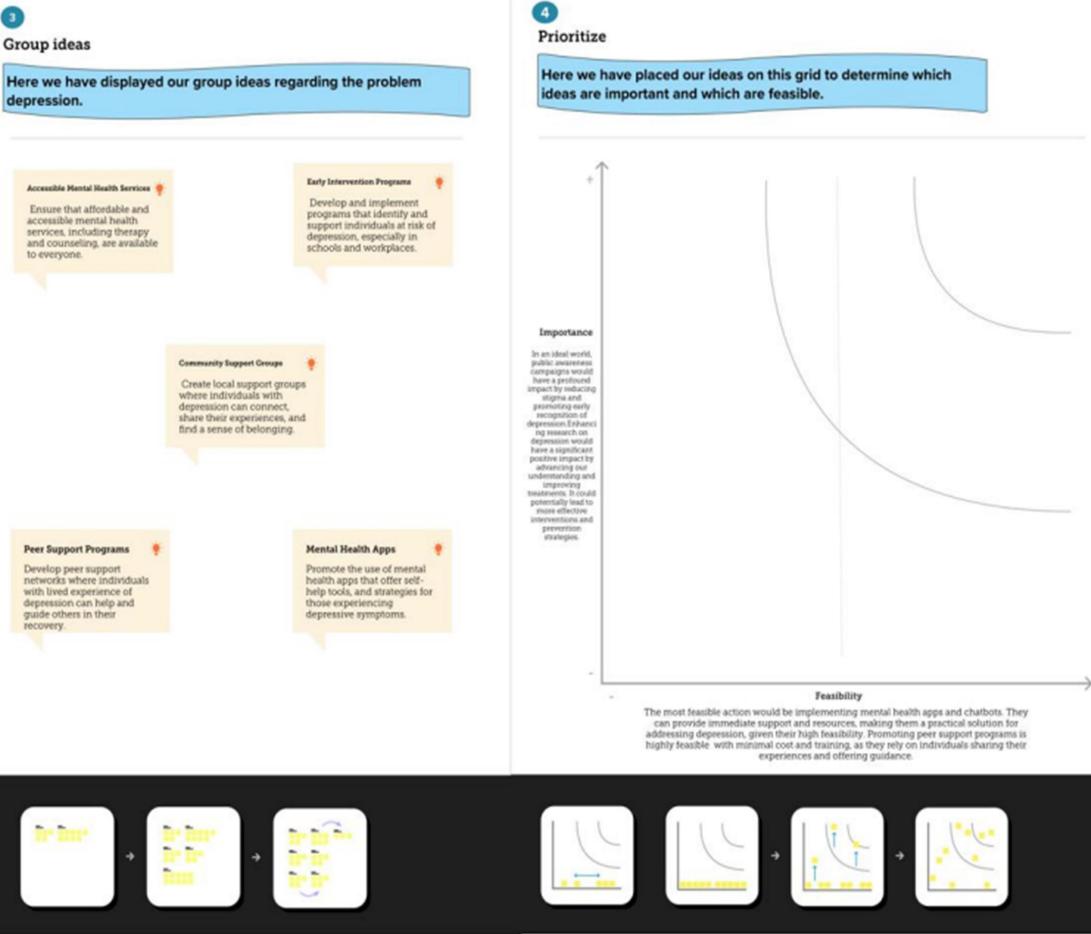
Person 4

1. Working people
2. I have a colleague 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 seems to drag them down, 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 social support, and limited access to mental health resources and recovery. This can create disparities in how depression is experienced and managed.

4. Depression is often mischaracterized by some who don't understand the reality of depression. As someone who has experienced it personally, I can attest to the profound impact it can have on one's life.

5. They focus on creative outlets for addressing their depression. Doing art, writing, and other creative activities provides an emotional release and a sense of accomplishment. These activities serve as therapeutic tools to cope with those feelings of sadness and hopelessness.



4. REQUIREMENT ANALYSIS

4.1 Functional Requirements:

Functional requirements describe the specific functionalities and features that the system or project must have to meet its objectives. In the context of the depression data analysis project using Tableau, the following functional requirements are identified:

Data Integration:

Import and integrate depression data from various sources, ensuring compatibility with Tableau.

Data Exploration:

Enable users to explore and filter depression data based on different criteria such as country, age group, gender, and socio-economic indicators.

Visualization Creation:

Provide tools and functionalities within Tableau to create a variety of visualizations (e.g., bar charts, line graphs, heatmaps) for representing depression prevalence, demographic correlations, and other relevant factors.

Dashboard Creation:

Allow the creation of interactive dashboards to consolidate multiple visualizations, providing a comprehensive overview of depression data for each country.

Comparative Analysis:

Facilitate the comparison of depression rates and related factors among different countries through interactive features in the visualizations and dashboards.

User Authentication and Authorization:

Implement user authentication and authorization mechanisms to ensure secure access to the Tableau project, with different levels of access based on user roles.

Export and Sharing:

Enable users to export visualizations and dashboards in various formats (e.g., images, PDFs) for sharing and collaboration purposes.

Update and Maintenance:

Allow for regular updates of depression data to keep the analysis current, with an easy mechanism for maintenance and data refresh.

Cross-Device Compatibility:

Ensure that the Tableau project is accessible and functional across different devices (desktops, tablets, and mobile phones) for a diverse user base.

4.2 Non-Functional Requirements:

Non-functional requirements focus on the qualities or attributes of the system rather than specific functionalities. For the depression data analysis project, the following non-functional requirements are identified:

Performance:

The system should provide fast response times when querying and visualizing data to ensure a smooth user experience.

Scalability:

The system should be scalable to handle an increasing volume of depression data and users over time.

Reliability:

Ensure the system's reliability, minimizing the risk of downtime and data loss.

Security:

Implement robust security measures to protect sensitive depression data and user information, adhering to relevant data protection regulations.

Usability:

The user interface should be intuitive and user-friendly, allowing users with varying levels of Tableau proficiency to navigate and utilize the system effectively.

Compatibility:

Ensure compatibility with different web browsers to accommodate users with various browser preferences.

Accessibility:

Design the Tableau project to be accessible to users with disabilities, following accessibility standards and guidelines.

Documentation:

Provide comprehensive documentation, including user guides and technical documentation, to assist users and administrators in understanding and maintaining the system.

Collaboration:

Enable collaborative features, allowing multiple users to work on and contribute to the analysis concurrently.

Compliance:

Ensure compliance with relevant data privacy and security regulations governing the handling of depression data.

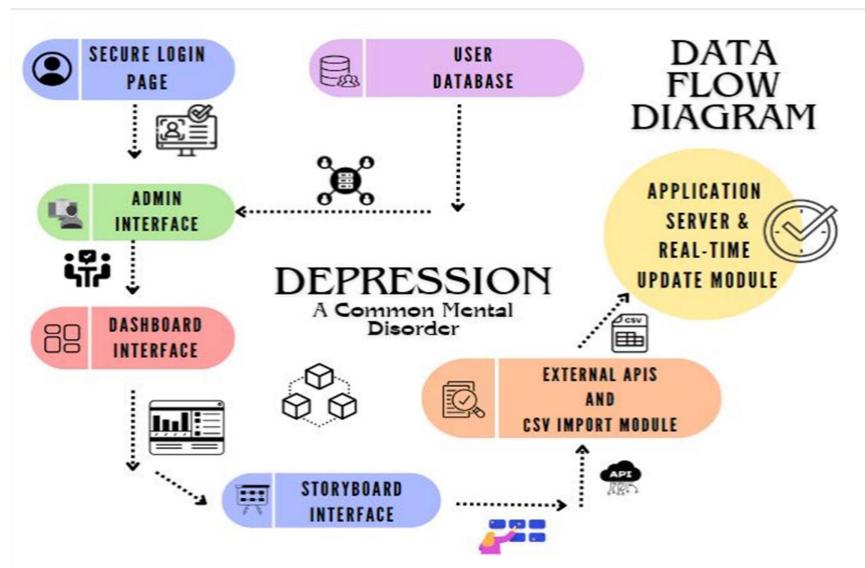
5. PROJECT DESIGN

5.1 Data Flow Diagrams & User Stories

Data Flow Diagram: A Data Flow Diagram (DFD) is a traditional visual representation of the information flows within a system. A neat and clear DFD can depict the right amount of the system requirement graphically. It shows how data enters and leaves the system, what changes the information, and where data is stored.

LINK :

https://www.canva.com/design/DAFz-Mfq8tU/wii_WLLG831ujp_1_RGuRQ/edit?utm_content=DAFz-Mfq8tU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton



5.2 User Stories

In this table: User Type: Represents different personas involved in the project (User and Admin). Functional Requirement (Epic): Describes the broader functionality or theme of the user stories. User Story Number: Provides a unique identifier for each user story. User Story / Task: Describes what the user wants or needs. Acceptance Criteria: Outlines the conditions that must be met for the user story to be considered complete. Priority: Indicates the importance or urgency of implementing the user story. Release: Specifies the release version or time frame when the user story is planned for implementation. This table outlines user stories for both users (those taking the test) and administrators (those managing the system).

User Type	Functional Requirement	User Story Number	User Task / story	Acceptance Criteria	Priority	Release
User	Authentication and Authorization	US001	As a user, I want to be able to log in securely	Users should be able to access a secure login page. Upon successful login, users should be granted access to the system.	High	Sprint-1
Admin	Authentication and Authorization	US002	As an admin, I want to manage user roles and permissions.	Admins should have access to a dedicated interface for managing user roles and permissions. Admins can add new users and assign them specific roles.	Medium	Sprint-1
User	Dashboard Design and Layout	US003	As a user, I want an intuitive dashboard layout	The dashboard should have an intuitive and user-friendly layout. Users should be able to easily navigate between different sections of the dashboard.	High	Sprint-2
User	Storyboard	US004	As a user, I want customizable widgets on the Storyboard	Users should have the ability to customize widgets on the Storyboard. Widgets can be added, removed, or rearranged based on user preferences.	Medium	Sprint-2
User	Data Integration	US005	As a user, I want the system to integrate with external APIs	The system should provide a feature to integrate with external APIs securely. Data retrieved from external APIs should	High	Sprint-3

				be displayed and stored appropriately within the system.		
User	Data Integration	US006	As a user, I want to import data from CSV files	Users should have the capability to import data from CSV files. Imported data should be seamlessly integrated into the application's database.	Medium	Sprint 2
User	Performance Optimization	US007	As a user, I want the application to load quickly and I want to see real-time updates on the dashboard	The application should load quickly, providing a responsive user experience. Real-time updates on the dashboard should reflect changes in the underlying data immediately.	Medium	Sprint 4

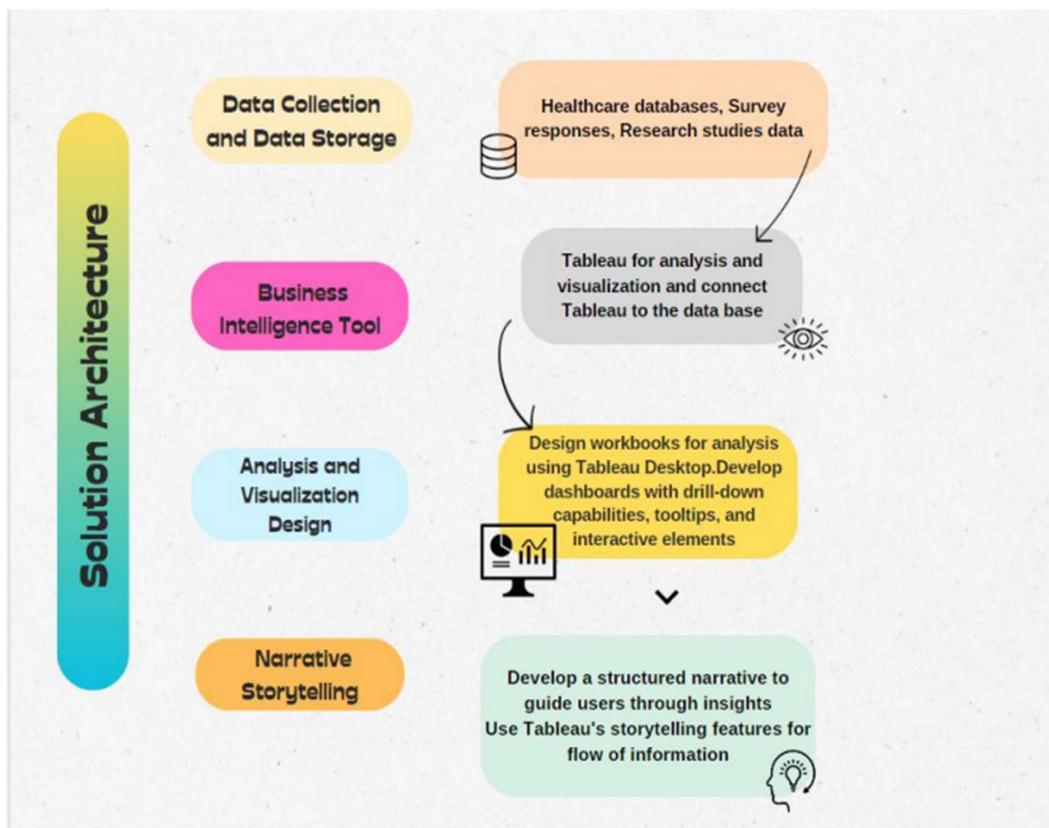
5.3 Solution Architecture

The solution architecture for addressing "Depression, A Common Mental Disorder" comprises four essential layers: 1. Data Collection and Data Storage: Gathering diverse depression data from healthcare sources, surveys, and research studies. Utilizing a scalable and secure data warehouse for integrated data storage. 2. Business Intelligence Tool: Implementing Tableau for robust analysis and visualizations. 3. Analysis and Visualization Design: Leveraging Tableau's analytical features to explore trends in depression data. Designing interactive visualizations and dashboards for dynamic data exploration. 4. Narrative Storytelling: Develop a cohesive narrative to guide users through visualizations, providing context and emphasizing key findings.

Link:

https://www.canva.com/design/DAFzCd_OU6s/dgA5CxQaYLazOVVwfnfWIQ/edit?utm_content=DAFzCd_OU6s&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

➤ Solution Architecture Diagram



6. PROJECT PLANNING & SCHEDULING

6.1 Technical Architecture

Technical Architecture: The Deliverable shall include the architectural diagram as below and the information as per the table1 & table 2

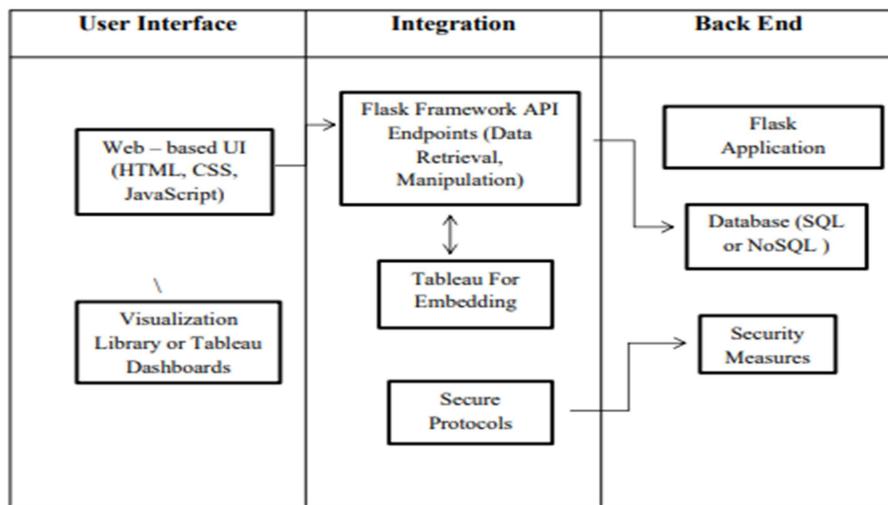


Table-1: Components & Technologies:

Component	Description	Technology
User Interface	Front-end layer for user interaction	HTML, CSS, JavaScript
Web – Based UI	User interface designed for web browsers	Responsive design frameworks (e.g., Bootstrap)
Visualizations Library	Library for rendering interactive visualizations	Tableau
Tableau Dashboards	Integrated dashboards for data analysis and visualization	Tableau
Tableau Integration	Embedding visualizations and dashboards within the UI	Tableau JavaScript API, Tableau Server
Back End	Handles data processing, storage, and serves as a bridge between the UI and data sources	Database (e.g., SQL or NoSQL)
Flask Application	Back-end server for processing requests and serving data	Flask
Database	Stores and retrieves data securely	MySQL, NoSQL
Security Measures	Implementation of security protocols for data protection	HTTPS, Authentication, Authorization

Table-2: Application Characteristics:

Characteristic	Description	Technology
User Interface Design	Intuitive design for user interaction and engagement	HTML, CSS, JavaScript
Responsiveness	Ensuring optimal user experience across devices	Bootstrap
Performance	Efficient data processing and rendering	Performance optimization techniques, Caching
Integration	Seamless communication between components	API (Application Programming Interface)
Analytics	Gathering insights from user interactions and system usage	Analytics tools (Tableau)
Security	Protection of data and user authentication	HTTPS, Encryption, Secure protocols
Data Storage	Stores user responses and predefined feedback messages	MySQL
Usability	User-friendly design and intuitive interface	User testing, UI/UX design principles

6.2 Sprint Planning & Estimation

Product Backlog, Sprint Schedule, and Estimation

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	Authentication and Authorization	US001	As a user, I want to be able to log in securely	5	High	Mahiyah & Yasmine
Sprint-1	Authentication and Authorization	US002	As an admin, I want to manage user roles and permissions	5	Medium	Mahiyah & Yasmine
Sprint-2	Dashboard Design and Layout	US003	As a user, I want an intuitive dashboard layout	10	High	Mahiyah & Yasmine
Sprint-2	Storyboard	US004	As a user, I want customizable widgets on the Storyboard	10	Medium	Mahiyah & Yasmine
Sprint-2	Data Integration	US005	As a user, I want the system to integrate with external APIs	10	High	Mahiyah & Yasmine
Sprint-1	Data Integration	US006	As a user, I want to import data from CSV files	10	Medium	Mahiyah & Yasmine
Sprint-1	Performance Optimization	US007	As a user, I want the application to load quickly and I want to see real-time updates on the dashboard	10	Medium	Mahiyah & Yasmine

6.3 Sprint Delivery Schedule

Project Tracker, Velocity & Burn down Chart:

Sprint	Total Story Points	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	30	6 Days	23-10-2023	29-11-2023	30	24-10-2023
Sprint-2	30	6 Days	28-10-2023	4-11-2023	30	30-10-2023

Velocity: Imagine we have a 10-day sprint duration, and the velocity of the team is 20 (points per sprint). Let's calculate the team's average velocity (AV) per iteration unit (story points per day)

$$AV = (30/6+30/6) = 10$$

Burndown Chart:



8. CODING & SOLUTIONING (Explain the features added in the project along with code)

8.1 Feature 1 – DASHBOARD

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      <p>It's important to note that depression is a complex and multifaceted condition, and a dashboard may not replace professional medical advice or diagnosis. However, a dashboard could be designed to provide insights into potential factors affecting an individual's mental health and serve as a tool for self-awareness</p>
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(divElement.offsetWidth > 500 )                   { vizElement.style.width='1000px';vizElement.style.height='827px';} else
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vizElement);                                     </script></div>

</section><!-- End DASHBOARD Section -->

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8.2 Feature 2 – STORY

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            a common mental disorder. Please keep in mind that depression is a serious
            and complex condition, and this story is meant for educational purposes to
            foster understanding and empathy</p>
        </div>
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value='yes' /><param name='language' value='en-US'
/></object></div>

```

```

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'
/></object></div>                                <script
type='text/javascript'>
document.getElementById('viz1700564761729');           var
vizElement =
divElement.getElementsByTagName('object')[0];
.style.width='1016px';vizElement.style.height='991px';
var scriptElement =
document.createElement('script');                     scriptElement.src =
'https://public.tableau.com/javascripts/api/viz_v1.js';
vizElement.parentNode.insertBefore(scriptElement,
vizElement);                                     </script></div>

</div>
</section><!-- End STORY Section -->

```

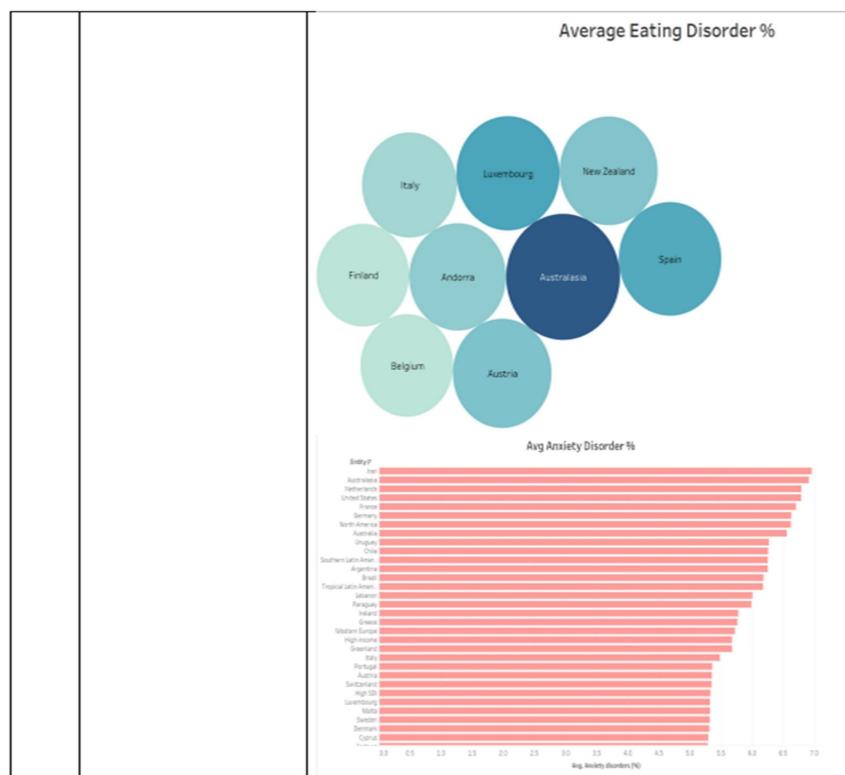
9. PERFORMANCE TESTING

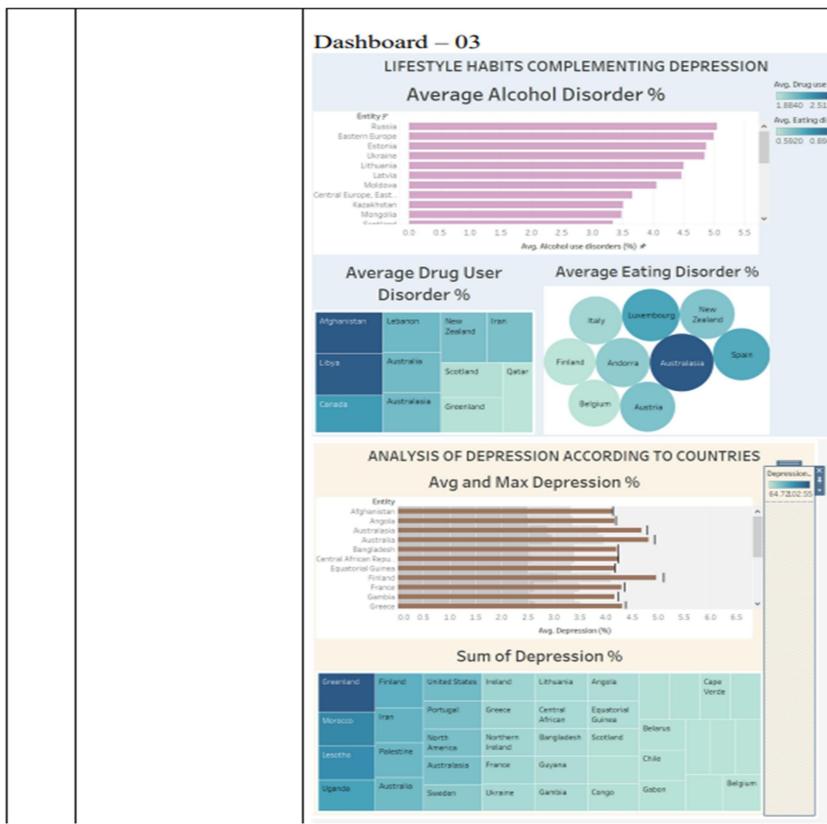
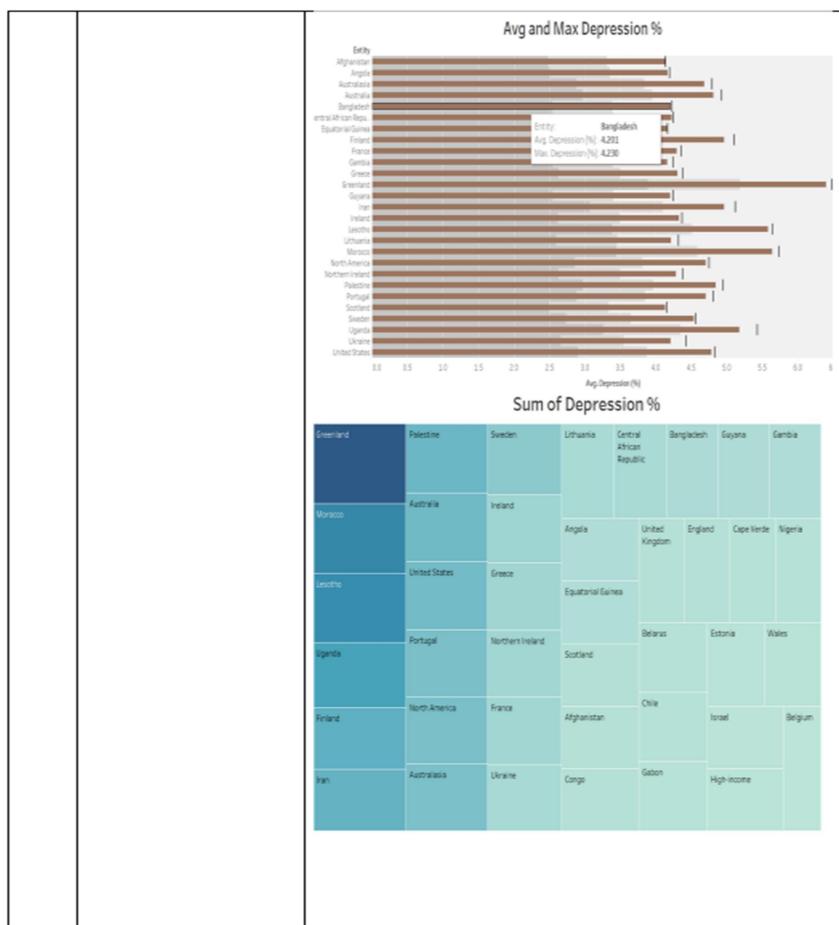
9.1 Performance Metrics

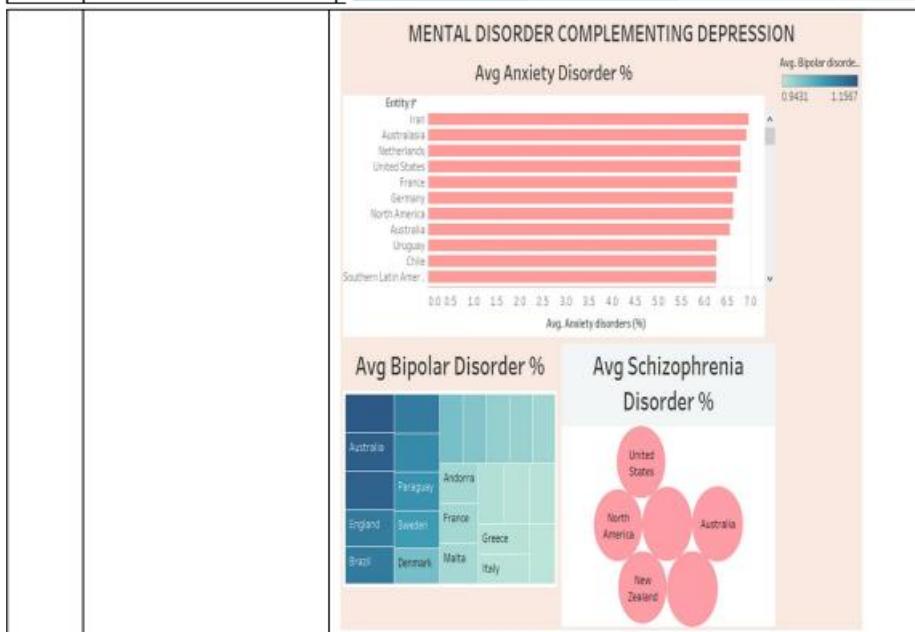
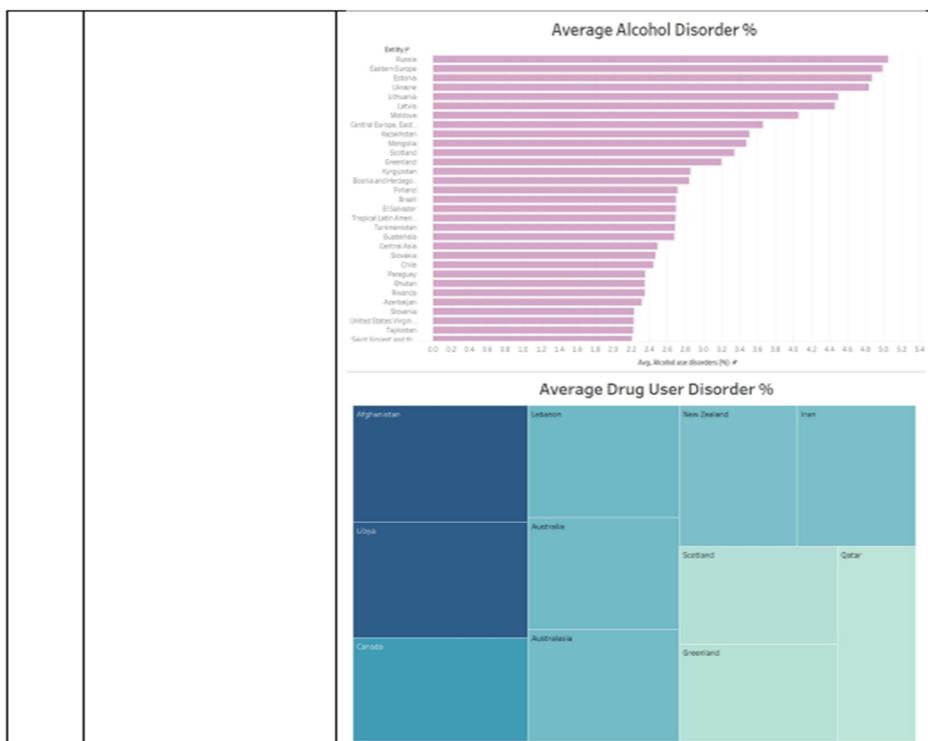
Model Performance Testing:

Project team shall fill the following information in model performance testing template.

S.N o.	Parameter	Screenshot / Values
1.	Dashboard design	<p>No of Visualizations / Graphs – 08</p> <p>The dashboard displays two charts. The top chart is a horizontal bar chart titled "Average Alcohol Disorder %". The x-axis ranges from 0.0 to 54.0. The y-axis lists countries: Belarus, Russia, Eastern Europe, Estonia, Ukraine, Georgia, Armenia, Mongolia, Scotland, Norway, Kyrgyzstan, Bosnia and Herzegovina, Finland, Brazil, Ethiopia, Tropical Latin America, Turkmenistan, Azerbaijan, Georgia, Chile, Paraguay, Uruguay, Rwanda, Asia (Iran), United States Virgin Islands, and Saudi Arabian airports. The bars show a general downward trend from left to right. The bottom chart is a treemap titled "Average Drug User Disorder %". It shows the relative size of drug user disorder percentages for various countries: Afghanistan, Lebanon, New Zealand, Iran, Libya, Australia, Scotland, Canada, Australia, Greenland, and Qatar.</p>







2.	Data Responsiveness	TRUE
3.	Amount Data to Rendered (DB2 Metrics)	All of the data - 6469x11 records
4.	Utilization of Data Filters	No of Filters – 04



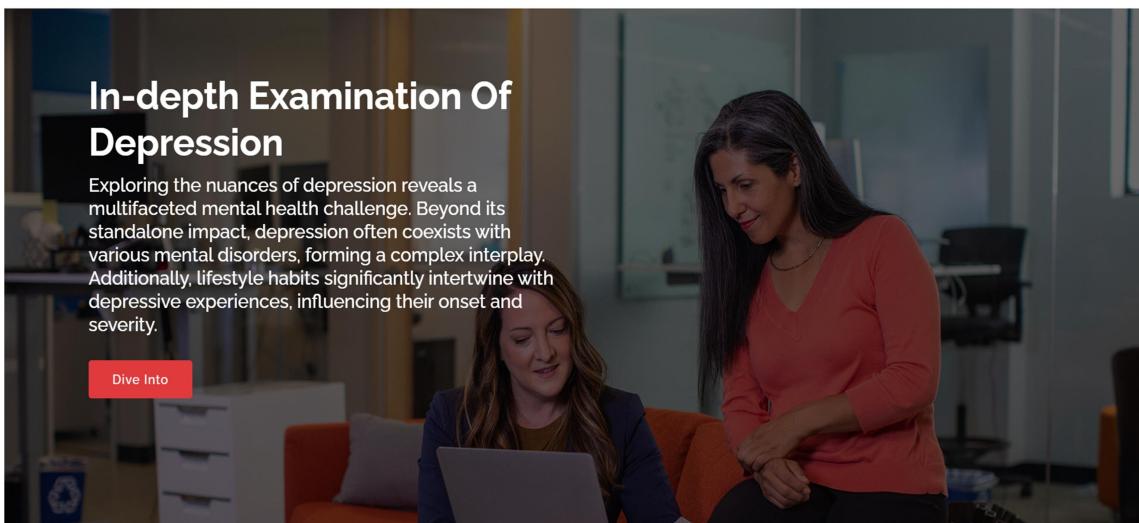
5.	Effective User Story	No of Scene Added – 01 ANALYSIS OF DEPRESSION AMONG THE COUNTRIES <div style="display: flex; justify-content: space-around;"> < The visualization shows average The visualization shows average > </div> <table border="1"> <thead> <tr> <th>Entity</th> <th>Avg. Depression (%)</th> </tr> </thead> <tbody> <tr><td>Afghanistan</td><td>~4.5</td></tr> <tr><td>Lebanon</td><td>~4.5</td></tr> <tr><td>New Zealand</td><td>~5.0</td></tr> <tr><td>Iran</td><td>~5.0</td></tr> <tr><td>Uzbekistan</td><td>~4.5</td></tr> <tr><td>Australia</td><td>~4.5</td></tr> <tr><td>Scotland</td><td>~4.5</td></tr> <tr><td>Qatar</td><td>~4.5</td></tr> <tr><td>Canada</td><td>~4.5</td></tr> <tr><td>Australasia</td><td>~4.5</td></tr> <tr><td>Greenland</td><td>~4.5</td></tr> </tbody> </table>	Entity	Avg. Depression (%)	Afghanistan	~4.5	Lebanon	~4.5	New Zealand	~5.0	Iran	~5.0	Uzbekistan	~4.5	Australia	~4.5	Scotland	~4.5	Qatar	~4.5	Canada	~4.5	Australasia	~4.5	Greenland	~4.5
Entity	Avg. Depression (%)																									
Afghanistan	~4.5																									
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Uzbekistan	~4.5																									
Australia	~4.5																									
Scotland	~4.5																									
Qatar	~4.5																									
Canada	~4.5																									
Australasia	~4.5																									
Greenland	~4.5																									
6.	Descriptive Reports	No of Visualizations / Graphs -																								

10.RESULTS

10.1 Output Screenshots

DEPRESSION "A COMMON MENTAL DISORDER"

Home About Dashboard Story Contact Dive Into



DEPRESSION

Utilizing Tableau and MySQL Server, this project offers concise insights in four key areas

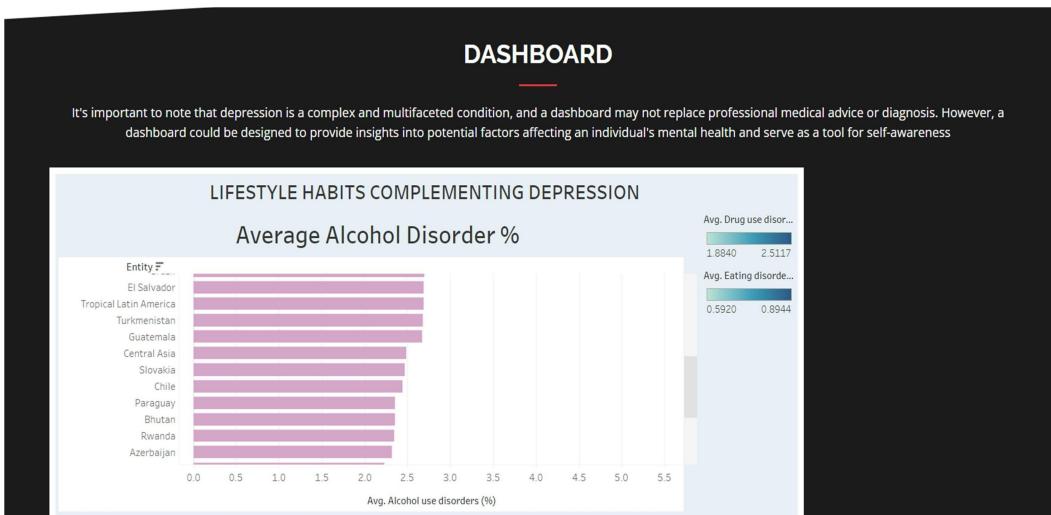
[ABOUT US >](#)

Lifestyle Habits and Depression
Unveiling the interplay between lifestyle habits and depression, this analysis delves into the intricate connections that shape and complement depressive experiences.

Complementary Mental Health Disorders
Exploring the project's dataset reveals not only the complexities of depression but also sheds light on the spectrum of mental health disorders that often accompany and interact with depressive states.

Global Insights on Depression
Through data visualization, this project offers concise perspectives on depression's prevalence, patterns, and impacts worldwide, providing a comprehensive snapshot of its global significance.

Treatment Efficacy and Trends
Leveraging both Tableau and MySQL Server, this area of the project could analyze data related to the effectiveness of different treatments for depression. It may explore trends in therapeutic interventions, medication adherence rates, and the correlation between specific treatments and positive outcomes.



Average Drug User Disorder %

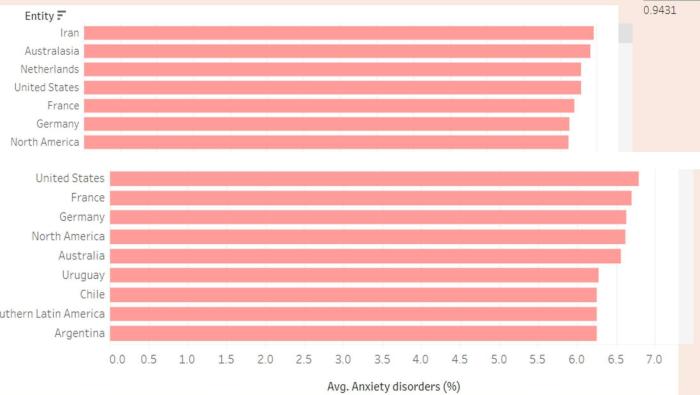


Average Eating Disorder %



MENTAL DISORDER COMPLEMENTING DEPRESSION

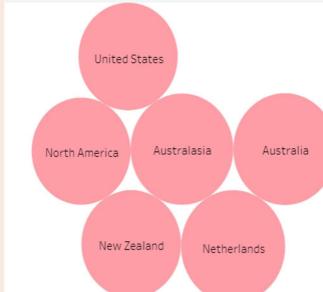
Avg Anxiety Disorder %



Avg Bipolar Disorder %

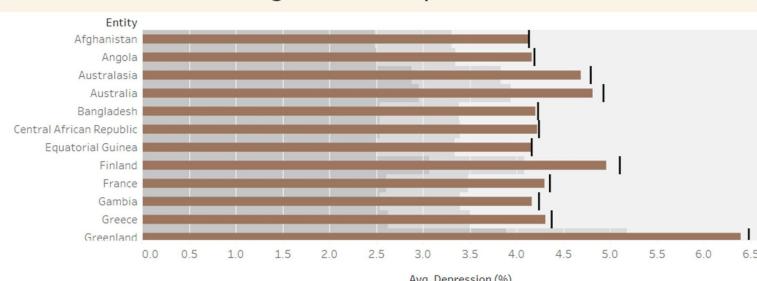


Avg Schizophrenia Disorder %

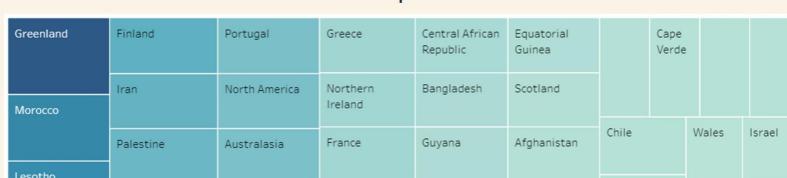


ANALYSIS OF DEPRESSION ACCORDING TO COUNTRIES

Avg and Max Depression %



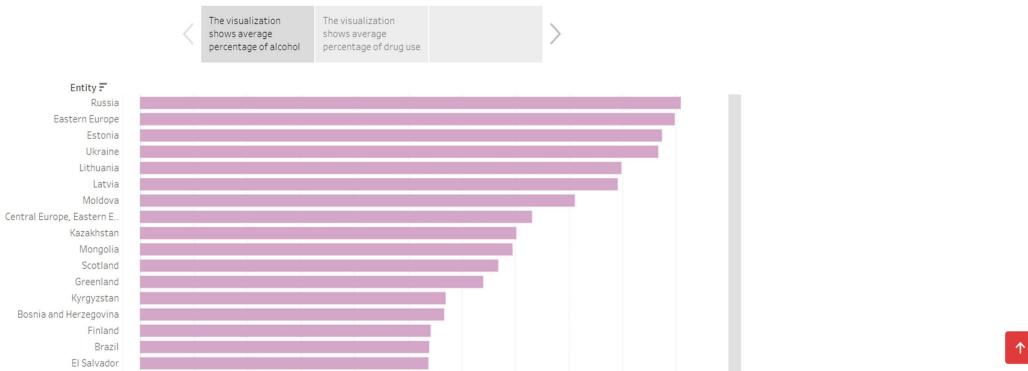
Sum of Depression %



STORY

Let's create a story highlighting some aspects of depression, a common mental disorder. Please keep in mind that depression is a serious and complex condition, and this story is meant for educational purposes to foster understanding and empathy.

ANALYSIS OF DEPRESSION AMONG THE COUNTRIES



CONTACT

If you or someone you know is struggling with depression, it's important to reach out for support. Please be free to contact us.

Our Address
VIT AP UNIVERSITY, AMARAVATHI

Email Us
henna.21bec7206@vitapstudent.ac.in
mahiyyah.21bec7214@vitapstudent.ac.in

Call Us
+91 90143 86709
+91 84979 43328

Your Name _____ Your Email _____
Subject _____
Message _____

Send Message

Depression "A Common Mental Disorder".

VIT AP
UNIVERSITY
AMARAVATHI

Phone: +91 84979 43328
Email: VITAP@gmail.com

Useful Links

- > Home
- > About us
- > Dashboard
- > Story
- > Team

Join Our Newsletter

"Stay in the Loop: Join Our Newsletter for Exclusive Updates, Insights, and Info!"

© Copyright Depression. All Rights Reserved
Designed by H&M

[Twitter](#) [Facebook](#) [Instagram](#) [Snapchat](#) [LinkedIn](#)

11. ADVANTAGES & DISADVANTAGES

Advantages:

User-Friendly Interface:

Tableau provides a user-friendly and intuitive interface, making it accessible to users with varying levels of technical expertise. This ease of use facilitates widespread adoption and collaboration among team members.

Powerful Visualization Capabilities:

Tableau offers powerful and diverse visualization options, allowing users to create compelling charts, graphs, and dashboards. This capability is essential for conveying complex depression data in a clear and understandable manner.

Interactive Dashboards:

The interactive features of Tableau dashboards enable users to explore and interact with the data dynamically. This enhances the user experience and allows for deeper insights into depression trends and patterns.

Data Integration:

Tableau can seamlessly integrate with various data sources, including databases, spreadsheets, and cloud based platforms. This flexibility in data integration is crucial for accessing and analyzing diverse datasets related to depression.

Real-Time Updates:

The platform allows for real-time updates and refreshes of data, ensuring that the analysis is based on the most current information. This is particularly important for monitoring changes in depression rates and related factors over time.

Collaboration and Sharing:

Tableau facilitates collaboration among team members by allowing them to work on the same project simultaneously. Additionally, users can easily share their visualizations and dashboards with stakeholders, promoting knowledge dissemination.

Scalability:

Tableau is scalable, capable of handling large datasets and accommodating an increasing number of users as the project expands. This scalability is crucial for long-term sustainability and growth.

Disadvantages:

Cost:

Tableau can be relatively expensive, particularly for organizations or users requiring advanced features and capabilities. The cost of licenses, training, and maintenance can pose a barrier to entry for some users.

Learning Curve:

While Tableau is user-friendly, there is still a learning curve, especially for individuals new to data visualization and business intelligence tools. Training may be necessary to unlock the full potential of the platform.

Dependency on IT Infrastructure:

Tableau relies on the underlying IT infrastructure, including data storage and processing capabilities. Issues with infrastructure can impact the performance and reliability of the Tableau project.

Limited Data Transformation Features:

While Tableau is excellent for visualization, its data transformation capabilities are somewhat limited compared to dedicated data preparation tools. Users may need to preprocess data outside of Tableau for more complex transformations.

Security Concerns:

Security considerations are important when handling sensitive depression data. While Tableau provides security features, organizations must implement and configure them appropriately to ensure data protection.

Offline Access Limitations:

Tableau is primarily designed for online access, and while there are ways to export visualizations for offline use, the platform's full functionality may be limited without an internet connection.

12. CONCLUSION

In conclusion, this project represents a pivotal step towards comprehensively understanding and addressing global depression dynamics. Through the adept utilization of Tableau, we have developed a user-friendly platform that not only captures the current landscape of depression but also serves as a dynamic tool for continuous monitoring and response. The scalability and real-time update features ensure its relevance in navigating the evolving terrain of mental health.

As we look ahead, the future scope holds promise, with plans to integrate predictive analytics, optimize mobile accessibility, and link electronic health records for a more nuanced analysis. Collaborative efforts on a global scale and the exploration of longitudinal data aim to enrich our insights, contributing to a holistic understanding of depression. Leveraging the platform for public awareness campaigns and integration with mental health interventions underscores our commitment to fostering a proactive and informed approach.

This project, with its innovative strategies and collaborative ethos, not only provides critical insights into depression but also lays the foundation for a dynamic, data driven paradigm in addressing mental health challenges on a global scale.

13. FUTURE SCOPE

The project's horizon involves incorporating predictive analytics for forecasting depression trends, optimizing mobile accessibility, and implementing a user feedback mechanism. Furthermore, linking electronic health records promises a more nuanced analysis, while global collaboration could expand the dataset and enrich insights.

Longitudinal analysis over time is envisioned to deepen our understanding of depression trends and contributing factors. Leveraging the platform for public awareness campaigns through compelling visualizations is a strategic direction, fostering broader education and reducing stigma. Additionally, collaborating with mental health interventions aligns with a comprehensive approach, providing a seamless connection between data analysis and practical intervention strategies.

These multifaceted advancements aim to not only enhance the system's impact but also contribute to the proactive formulation of mental health strategies on a global scale, ultimately reducing the burden of depression.

11. APPENDIX

11.1 Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="utf-8">
    <meta content="width=device-width, initial-scale=1.0" name="viewport">

    <title>Depression "A common Mental Disorder" - Index</title>
    <meta content="" name="description">
    <meta content="" name="keywords">

    <!-- 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/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/glightbox/css/glightbox.min.css" rel="stylesheet">
    <link href="assets/vendor/remixicon/remixicon.css" rel="stylesheet">
    <link href="assets/vendor/swiper/swiper-bundle.min.css" rel="stylesheet">
    <!-- Template Main CSS File -->
    <link href="assets/css/style.css" rel="stylesheet">
</head>

<body>

    <!-- ===== Header ===== -->
    <header id="header" class="fixed-top d-flex align-items-center">
        <div class="container d-flex align-items-center">
            <h1 class="logo me-auto"><a href="index.html">DEPRESSION "A COMMON MENTAL
DISORDER"<span></span></a></h1>
            <!-- Uncomment below if you prefer to use an image logo -->
            <a href="index.html" class="logo me-auto"></a>
        </div>
    </header>

    <!-- ===== Content ===== -->
    <div class="container">
        <h2>DEPRESSION "A COMMON MENTAL DISORDER</h2>
        <p>Depression is a common mental disorder characterized by persistent feelings of sadness, loss of interest, and a general sense of hopelessness. It can affect anyone at any age and is often accompanied by physical symptoms like fatigue, sleep problems, and changes in appetite. Treatment typically involves therapy and medication, and support from family and friends is also important.</p>
    </div>

```

```
<nav id="navbar" class="navbar order-last order-lg-0">
  <ul>
    <li><a class="nav-link scrollto active" href="#hero">Home</a></li>
    <li><a class="nav-link scrollto" href="#about">About</a></li>
    <li><a class="nav-link scrollto" href="#services">Dashboard</a></li>
    <li><a class="nav-link scrollto" href="#portfolio">Story</a></li>

    <li><a class="nav-link scrollto" href="#contact">Contact</a></li>
  </ul>
  <i class="bi bi-list mobile-nav-toggle"></i>
</nav><!-- .navbar -->

  <a href="#about" class="get-started-btn scrollto">Dive Into</a>
</div>
</header><!-- End Header -->

<!-- ===== Hero Section ===== -->
<section id="hero" class="d-flex align-items-center">

  <div class="container" data-aos="zoom-out" data-aos-delay="100">
    <div class="row">
      <div class="col-xl-6">
        <h1>In-depth Examination Of Depression</h1>
        <h2>Exploring the nuances of depression reveals a multifaceted mental health challenge. Beyond its standalone impact, depression often coexists with various mental disorders, forming a complex interplay. Additionally, lifestyle habits significantly intertwine with depressive experiences, influencing their onset and severity.</h2>
        <a href="#about" class="btn-get-started scrollto">Dive Into</a>
      </div>
    </div>
  </div>
</div>

</section><!-- End Hero -->

<main id="main">

  <!-- ===== About Section ===== -->
  <section id="about" class="about section-bg">
    <div class="container" data-aos="fade-up">

      <div class="row no-gutters">
        <div class="content col-xl-5 d-flex align-items-stretch">
          <div class="content">
            <h3>DEPRESSION</h3>
            <p>
```

Utilizing Tableau and MySQL Server, this project offers concise insights in four key areas

```
</p>
<a href="#" class="about-btn"><span>About us</span> <i class="bx bx-chevron-right"></i></a>
</div>
</div>
<div class="col-xl-7 d-flex align-items-stretch">
  <div class="icon-boxes d-flex flex-column justify-content-center">
    <div class="row">
      <div class="col-md-6 icon-box" data-aos="fade-up" data-aos-delay="100">
        <i class="bx bx-receipt"></i>
        <h4>Lifestyle Habits and Depression</h4>
        <p>Unveiling the interplay between lifestyle habits and depression, this analysis delves into the intricate connections that shape and complement depressive experiences.</p>
      </div>
      <div class="col-md-6 icon-box" data-aos="fade-up" data-aos-delay="200">
        <i class="bx bx-cube-alt"></i>
        <h4>Complementary Mental Health Disorders</h4>
        <p>Exploring the project's dataset reveals not only the complexities of depression but also sheds light on the spectrum of mental health disorders that often accompany and interact with depressive states.</p>
      </div>
      <div class="col-md-6 icon-box" data-aos="fade-up" data-aos-delay="300">
        <i class="bx bx-images"></i>
        <h4>Global Insights on Depression</h4>
        <p>Through data visualization, this project offers concise perspectives on depression's prevalence, patterns, and impacts worldwide, providing a comprehensive snapshot of its global significance.</p>
      </div>
      <div class="col-md-6 icon-box" data-aos="fade-up" data-aos-delay="400">
        <i class="bx bx-shield"></i>
        <h4>Treatment Efficacy and Trends</h4>
        <p>Leveraging both Tableau and MySQL Server, this area of the project could analyze data related to the effectiveness of different treatments for depression. It may explore trends in therapeutic interventions, medication adherence rates, and the correlation between specific treatments and positive outcomes.</p>
      </div>
    </div>
  </div>
</div><!-- End .content-->
</div>
</div>
```

```

        </div>
    </section><!-- End About Section -->

    <!-- ===== DASHBOARD Section ===== -->
    <section id="services" class="services section-bg">
        <div class="container" data-aos="fade-up">

            <div class="section-title">
                <h2>DASHBOARD</h2>
                <p>It's important to note that depression is a complex and multifaceted condition, and a dashboard may not replace professional medical advice or diagnosis. However, a dashboard could be designed to provide insights into potential factors affecting an individual's mental health and serve as a tool for self-awareness</p>
            </div>
            <div><div class='tableauPlaceholder' id='viz1700563661562' style='position: relative'><noscript><a href='#'><img alt='LIFESTYLE HABITS COMPLEMENTING DEPRESSION '>
src='https://public.tableau.com/static/images/DA/DASHBOARD1_1_17005628495870/1_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='DASHBOARD1_1_17005628495870/1' /><param name='tabs' value='no' /><param name='toolbar' value='yes' /><param name='static_image' value='https://public.tableau.com/static/images/DA/DASHBOARD1_1_17005628495870/1.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' /></object></div> <script type='text/javascript'>
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var vizElement = divElement.getElementsByTagName('object')[0];
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{ vizElement.style.width='1000px';vizElement.style.height='827px';} else if (divElement.offsetWidth > 500 )
{ vizElement.style.width='1000px';vizElement.style.height='827px';} else
{ vizElement.style.width='100%';vizElement.style.height='1127px';}
var scriptElement =
document.createElement('script');
scriptElement.src =
'https://public.tableau.com/javascripts/api/viz_v1.js';
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name='display_overlay' value='yes' /><param name='display_count' value='yes'
/><param name='language' value='en-US' /></object></div> <script
type='text/javascript'> var divElement =
document.getElementById('viz1700563961568'); var vizElement
= divElement.getElementsByTagName('object')[0]; if
( divElement.offsetWidth > 800 )
{ vizElement.style.width='1000px';vizElement.style.height='827px';} else if
( divElement.offsetWidth > 500 )
{ vizElement.style.width='1000px';vizElement.style.height='827px';} else
{ vizElement.style.width='100%';vizElement.style.height='1027px';}
var scriptElement =
document.createElement('script'); scriptElement.src =
'https://public.tableau.com/javascripts/api/viz_v1.js'; vizE
lement.parentNode.insertBefore(scriptElement,
vizElement); </script></div>
<div><div class='tableauPlaceholder' id='viz1700564041354'
style='position: relative'><noscript><a href='#'><img alt='ANALYSIS OF
DEPRESSION ACCORDING TO COUNTRIES '
src='https:&#47;&#47;public.tableau.com&#47;static&#47;images&#47;Da&#47;Dashbo
ard1_3_17002309845010";Dashboard3";1_rss.png' style='border: none'
/></a></noscript><object class='tableauViz' style='display:none;'><param
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value='yes' /><param name='display_spinner' value='yes' /><param
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/><param name='language' value='en-US' /></object></div> <script
type='text/javascript'> var divElement =
document.getElementById('viz1700564041354'); var vizElement
= divElement.getElementsByTagName('object')[0]; if
( divElement.offsetWidth > 800 )
{ vizElement.style.width='1000px';vizElement.style.height='827px';} else if
( divElement.offsetWidth > 500 ) {
```



```
</div>
</section><!-- End STORY Section -->

<!-- ===== Contact Section ===== -->

<section id="contact" class="contact">
<div class="container" data-aos="fade-up">

    <div class="section-title">
        <h2>CONTACT</h2>
        <p>If you or someone you know is struggling with depression, it's important to reach out for support. Please be free to contact us.</p>
    </div>

    <div class="row" data-aos="fade-up" data-aos-delay="100">

        <div class="col-lg-6">

            <div class="row">
                <div class="col-md-12">
                    <div class="info-box">
                        <i class="bx bx-map"></i>
                        <h3>Our Address</h3>
                        <p>VIT AP UNIVERSITY , AMARAVATHI</p>
                    </div>
                </div>
                <div class="col-md-6">
                    <div class="info-box mt-4">
                        <i class="bx bx-envelope"></i>
                        <h3>Email Us</h3>
                        <p>henna.21bec7206@vitapstudent.ac.in<br>mahiyah.21bec7214@vitapstudent.ac.in</p>
                    </div>
                </div>
                <div class="col-md-6">
                    <div class="info-box mt-4">
                        <i class="bx bx-phone-call"></i>
                        <h3>Call Us</h3>
                        <p>+91 90143 86709<br>+91 84979 43328</p>
                    </div>
                </div>
            </div>
        </div>

        <div class="col-lg-6">
            <form action="forms/contact.php" method="post" role="form"
class="php-email-form">
                <div class="row">
```

```
<div class="col form-group">
    <input type="text" name="name" class="form-control" id="name"
placeholder="Your Name" required>
</div>
<div class="col form-group">
    <input type="email" class="form-control" name="email"
id="email" placeholder="Your Email" required>
</div>
<div class="form-group">
    <input type="text" class="form-control" name="subject"
id="subject" placeholder="Subject" required>
</div>
<div class="form-group">
    <textarea class="form-control" name="message" rows="5"
placeholder="Message" required></textarea>
</div>
<div class="my-3">
    <div class="loading">Loading</div>
    <div class="error-message"></div>
    <div class="sent-message">Your message has been sent. Thank
you!</div>
</div>
<div class="text-center"><button type="submit">Send
Message</button></div>
</form>
</div>

</div>
</div>
</section><!-- End Contact Section -->

</main><!-- End #main -->

<!-- ===== Footer ===== -->
<footer id="footer">

    <div class="footer-top">
        <div class="container">
            <div class="row">

                <div class="col-lg-3 col-md-6 footer-contact">
                    <h3>Depression "A Common Mental Disorder" <span>. </span></h3>
                    <p>
                        VIT AP <br>
                        UNIVERSITY<br>
                        AMARAVATHI<br><br>
                    <strong>Phone:</strong> +91 84516 78246<br>
                </div>
            </div>
        </div>
    </div>
</footer>
```

```
<strong>Email:</strong> VITAP@gmail.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="#">Dashboard</a></li>
                <li><i class="bx bx-chevron-right"></i> <a
href="#">Story</a></li>
                    <li><i class="bx bx-chevron-right"></i> <a href="#">Team</a></li>
            </ul>
        </div>

<div class="col-lg-4 col-md-6 footer-newsletter">
    <h4>Join Our Newsletter</h4>
    <p>"Stay in the Loop: Join Our Newsletter for Exclusive Updates,
Insights, and Info!"</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>Depression</span></strong>. All Rights
Reserved
        </div>
        <div class="credits">

            Designed by <a>H&M</a>
        </div>
    </div>
    <div class="social-links text-center text-md-end 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>
    </div>
</div>
```

```

        <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><!-- End Footer -->

<a href="#" class="back-to-top d-flex align-items-center justify-content-center"><i class="bi bi-arrow-up-short"></i></a>

<!-- Vendor JS Files -->
<script src="assets/vendor/purecounter/purecounter_vanilla.js"></script>
<script src="assets/vendor/aos/aos.js"></script>
<script src="assets/vendor/bootstrap/js/bootstrap.bundle.min.js"></script>
<script src="assets/vendor/glightbox/js/glightbox.min.js"></script>
<script src="assets/vendor/isotope-layout/isotope.pkgd.min.js"></script>
<script src="assets/vendor/swiper/swiper-bundle.min.js"></script>
<script src="assets/vendor/php-email-form/validate.js"></script>

<!-- Template Main JS File -->
<script src="assets/js/main.js"></script>

</body>

</html>

```

11.2 GitHub & Project Demo Link :

GitHub :

<https://github.com/smartinternz02/SI-GuidedProject-591506-1697810592>

Demo Link :

https://drive.google.com/file/d/1t47uBoZx1YT6ZcPQOV9egPI_3al4fokh/view?usp=sharing

