

Relationship Between Music and Mental Health

So Young Oh

Abstract & Assumption

The prevalence of serious mental health conditions like:

- **Depression**
- **Anxiety Disorder**
- **Insomnia**
- **Panic Disorder**

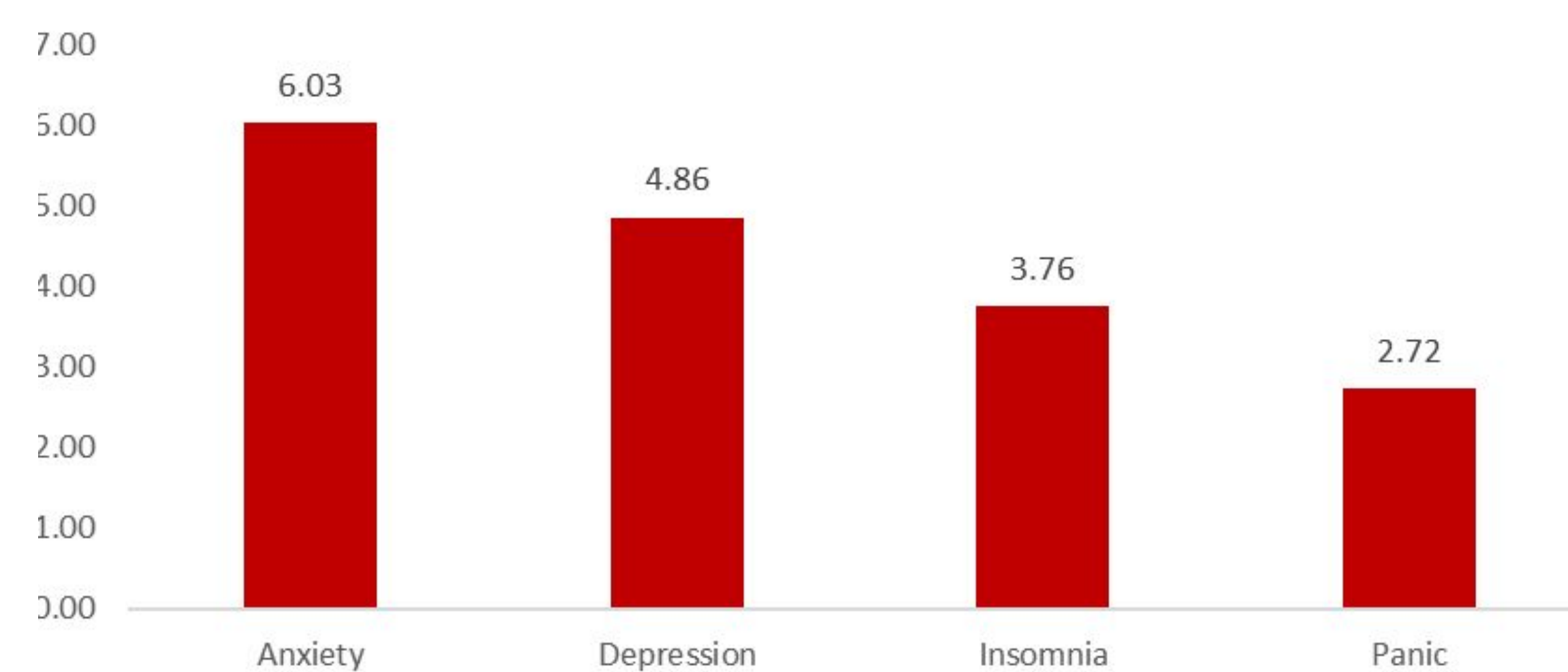
is rising, necessitating urgent attention and exploration of different treatments. On the bright side, it is often said that music often makes people feel much better. Then, which music genre works the best for different mental health conditions?

This poster investigates the therapeutic effects of different music genres on mental health.

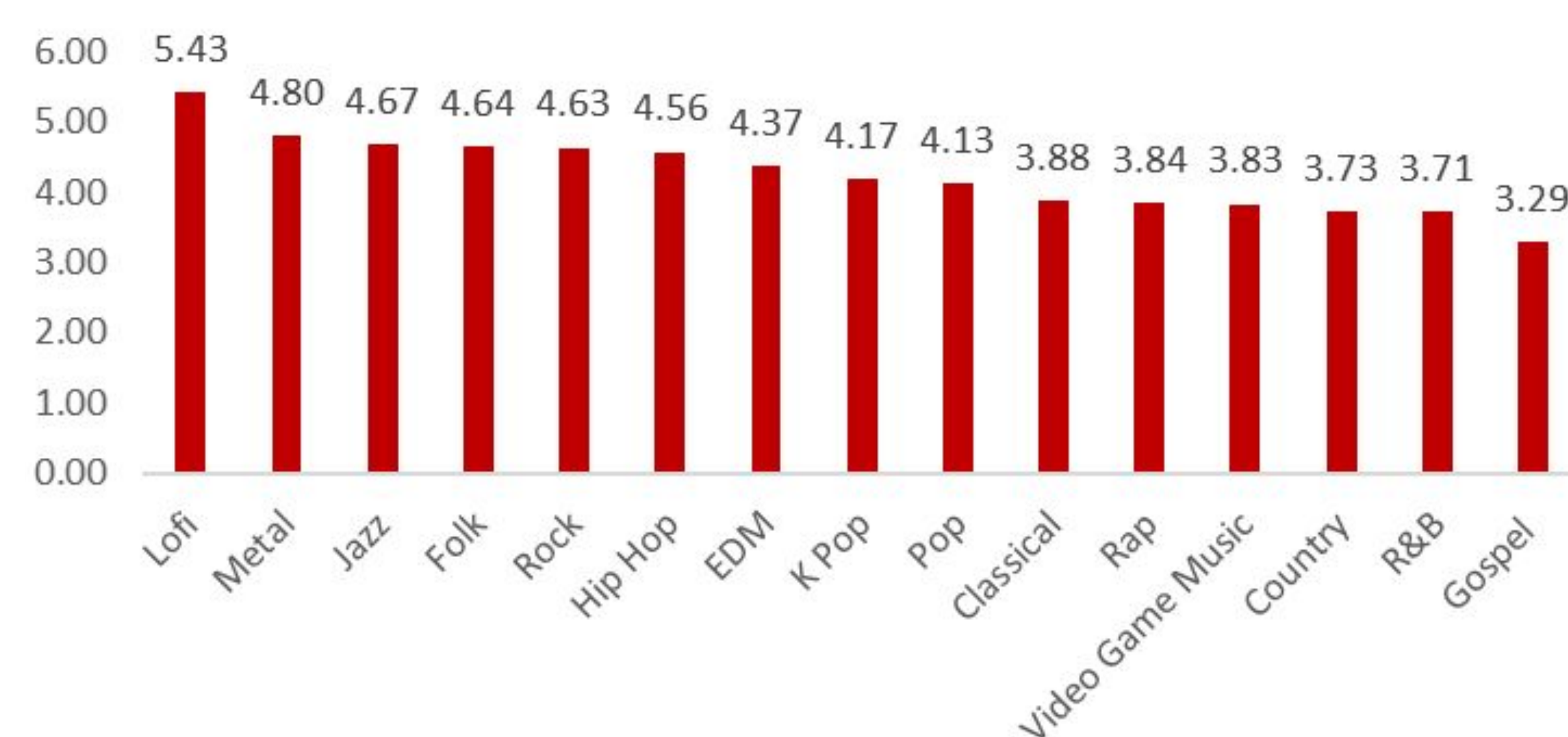
Key assumption: relaxing music genres like Lo-fi and Jazz would help best for improving mental health conditions.

Basic Statistics Visualization

Average Rate of Each Mental Health Conditions Occurrence

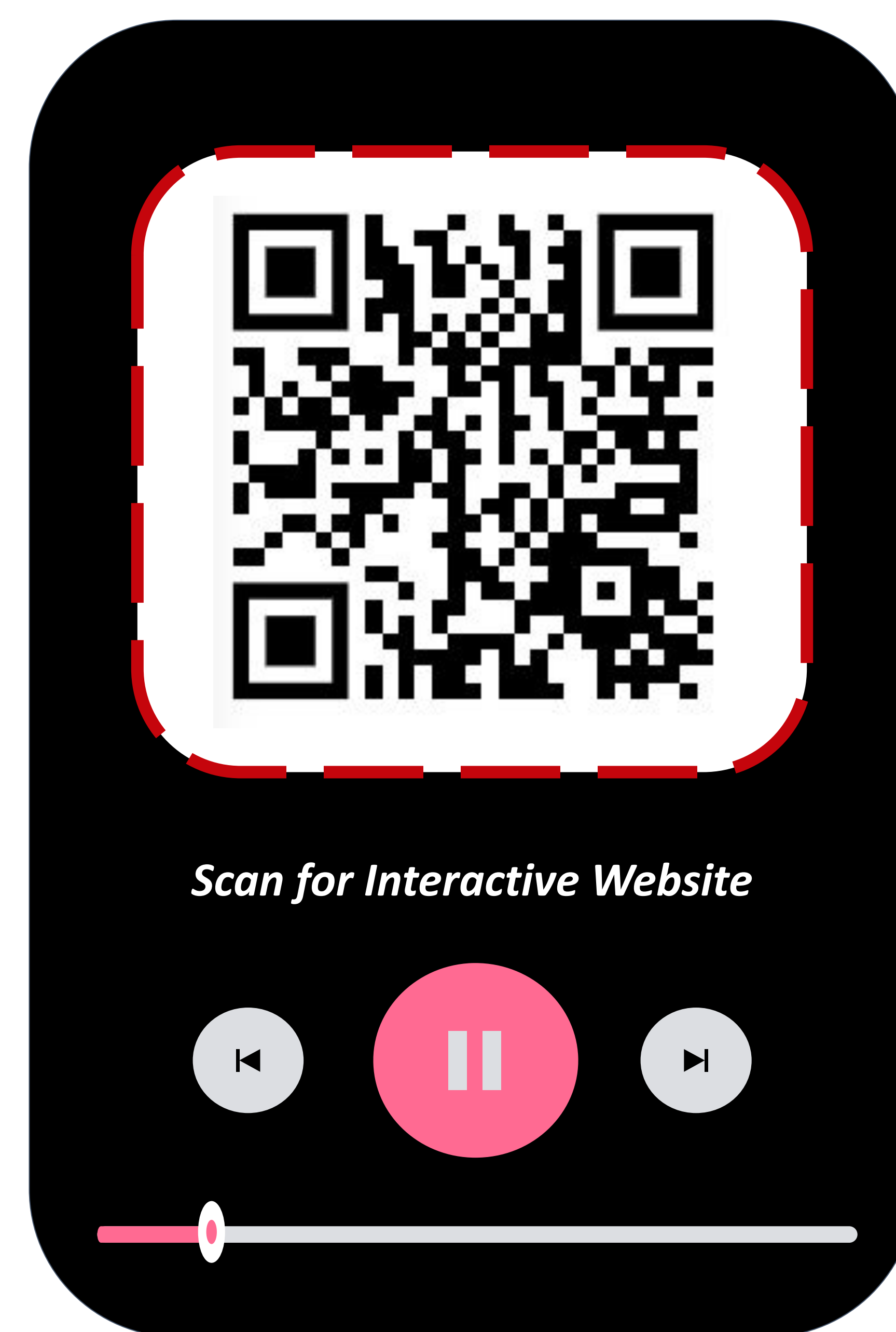
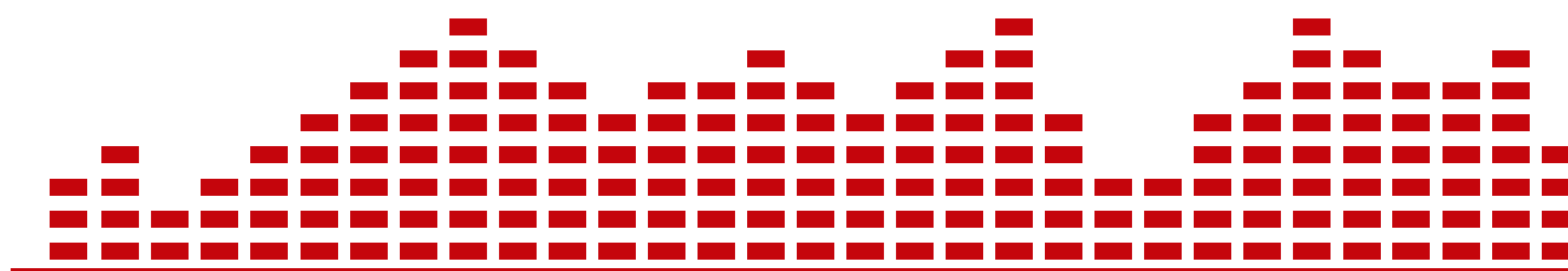


Relationship Between Mental Health Conditions and Positive Effect of Each Music Genre



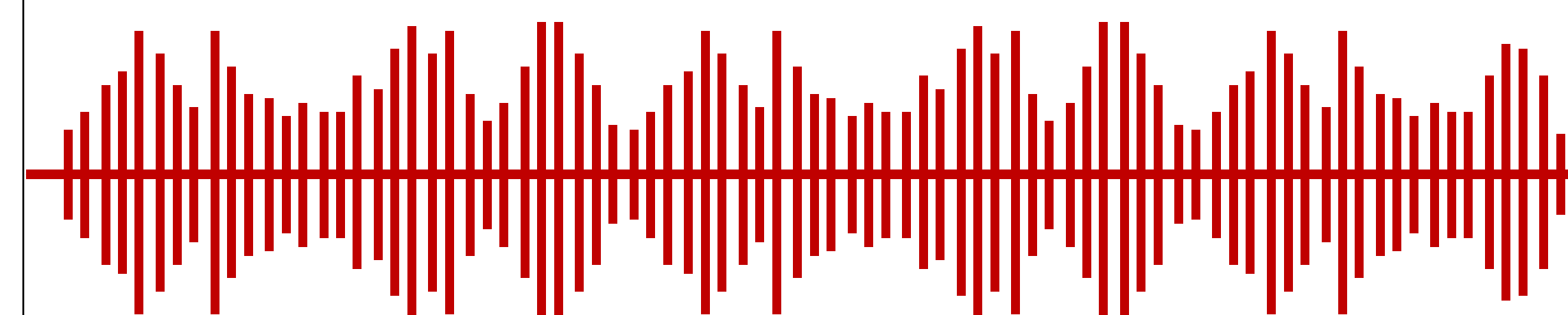
Motivation & Audience

I'm passionate about both music and psychology. Thus, I aimed to research a topic that can help people, specially benefitting both **individuals diagnosed with mental health conditions and music enthusiasts.**

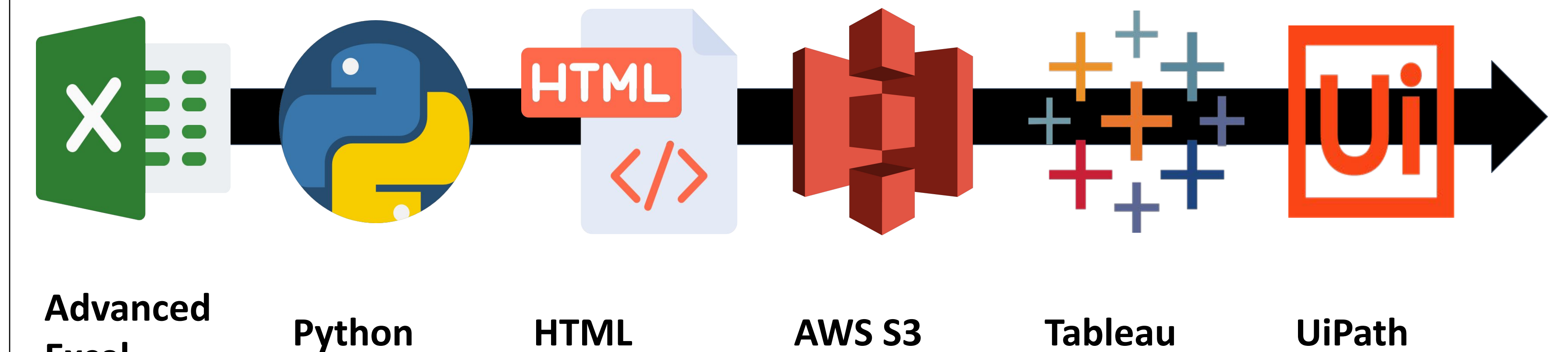


How It Works...

1. **Input** four mental health conditions' ratings (1-5)
2. See result and **press [Retake]** for new inputs
3. **Press [Finish]** to end the model



Process



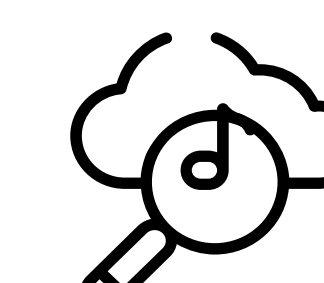
Tools Used

Tool	Step	Details
Advanced Excel	Data Collection, Cleaning & Wrangling	Survey participants: 1. ranked each of their mental health conditions 2. chose their favorite music genre 3. ...and indicated if the music genre actually helped them feel better or not.
Python	Data Modeling	Applied python functions for basic model building.
HTML	Website Building	Designed user-friendly website. Users can interact with the model with just few clicks and inputs.
AWS S3	Website Hosting	Utilized S3 bucket for hosting website.
Tableau	Visualization	Visualized basic statistics using bar graphs.
UiPath	Automation	Automated data analysis and input process.

Conclusion & Potential Usage



Result: As expected, top ranking music genre was Lo-fi, known for its relaxing nature. Other genres varied based on different mental health conditions.




General audience feedback: For areas to improve, widening the input range for mental health condition inputs would enhance analysis.



Future implementation:
- song recommendation model in music apps and/or websites
- better understandings of mental health challenges in society.

Contact  (608) 286 8233

 oh95@wisc.edu

 <https://www.linkedin.com/in/so-young-oh/>



Data source/reference: Surveys