



Depression and Mental Health Data Analysis

Institutions: Daffodil International University, Dongseo University

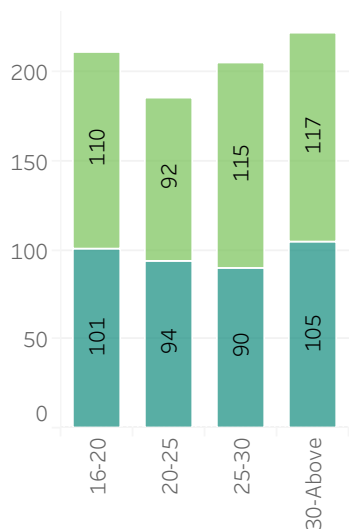
Contributors: Imrus Salehin, Nazrul Amin

Number of people in study: 824

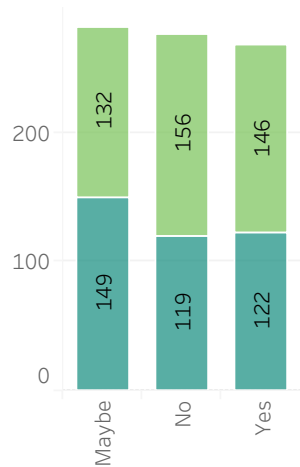
Includes information from a wide range of sources, including teenagers from Bangladesh, college students, housewives, professionals from businesses and corporations, and other people.



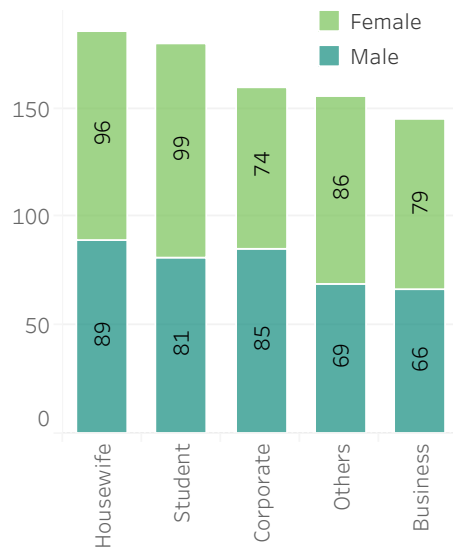
Ages



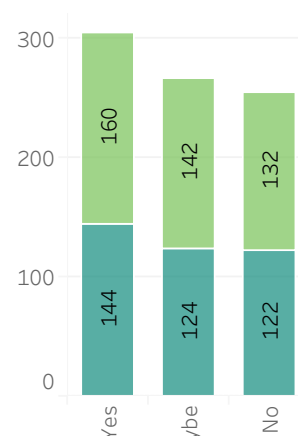
Weight changes



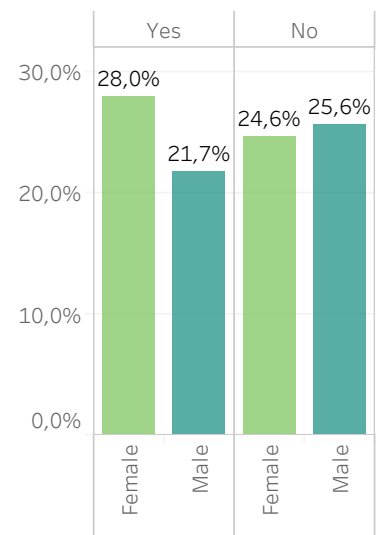
Occupations in study



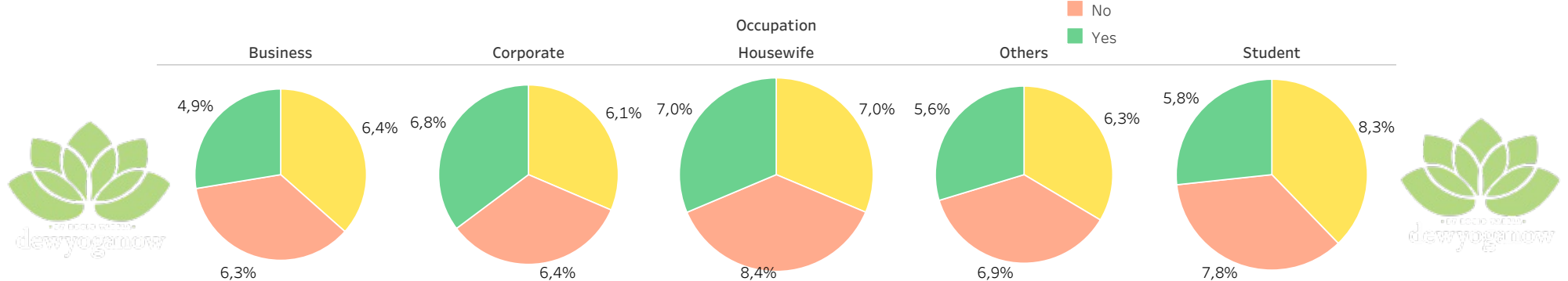
Quarantine frustrations



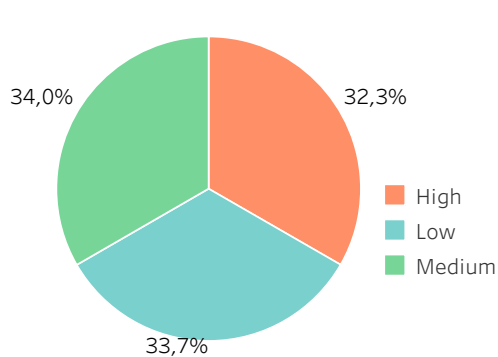
Coping struggles



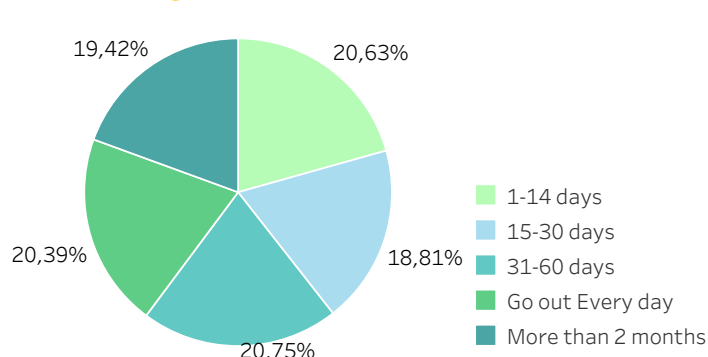
Work interest in different occupations



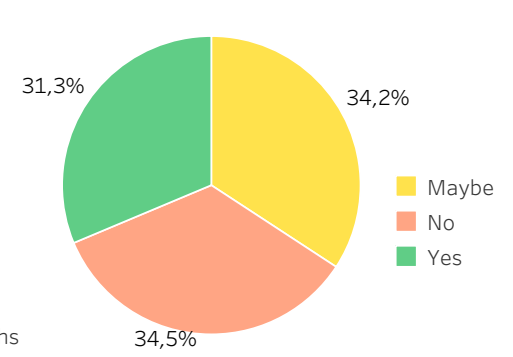
Mood swings



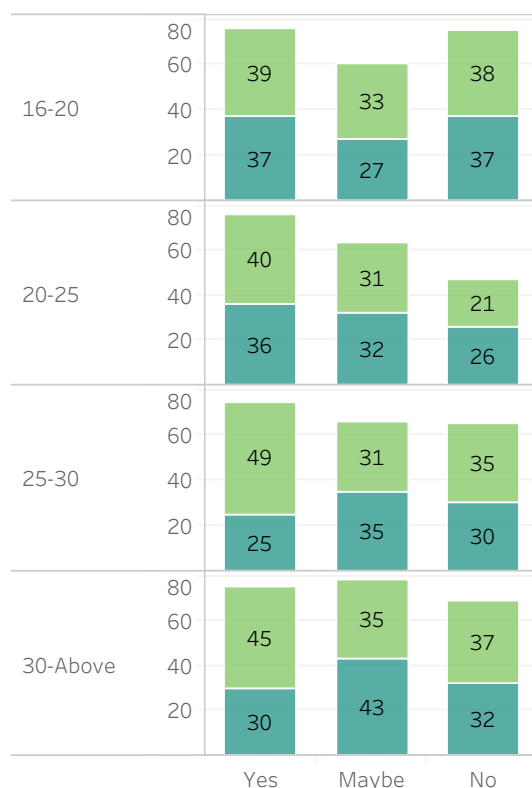
Days indoors



People with mental health history



Feeling growing stress



Maintaining good mental health is crucial for overall well-being and quality of life. It allows individuals to cope with stress, handle daily challenges effectively, and maintain positive relationships. Supporting mental health initiatives is essential to create a supportive environment where individuals feel safe seeking help and accessing resources. By prioritizing mental health support, we can reduce stigma, promote resilience, and foster healthier communities. It is imperative to recognize the importance of mental health and provide access to resources and support systems to ensure everyone can lead fulfilling and productive lives.