

DASHBOARD

Mental Health Analytics & Insights

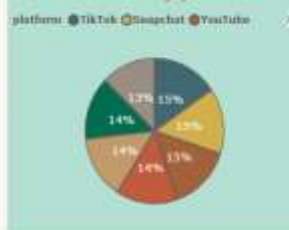
OVERALL OBSERVATIONS:

6K
Sum of anxiety_level

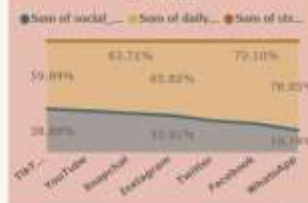
924K
Sum of...

434K
Sum of...

stress_level by platform



Mental Health according to platform



OVERALL OBSERVATIONS:

Female

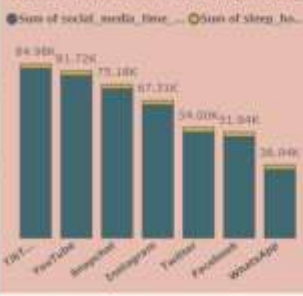
Male

Other

Stress level according to platform



Social media time & sleep hours



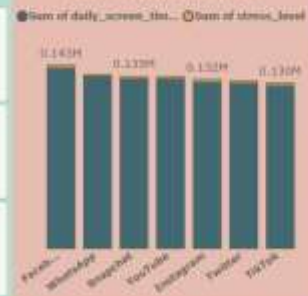
mental_state

At_Risk

Healthy

Stressed

Screen Time vs Stress



platform	Sum of social_media_time_min	Sum of sleep_hours	Average of anxiety_level	Sum of daily_screen_time_min	Sum of physical_activity_min
Facebook	98093	5,294.60	2.06	280280	16612
Instagram	131010	5,016.70	2.68	262020	15979
Snapchat	141972	5,054.90	2.70	258129	16485
TikTok	175207	5,159.50	3.41	269552	16425
Twitter	103541	4,996.80	2.35	258868	16054
WhatsApp	67905	5,031.80	1.64	271561	15444
YouTube	158930	5,119.00	2.73	264881	16468
Total	876658	35,673.30	2.51	1865291	113467

Social media time by mental state



OVERALL OBSERVATIONS:

> ☐ Female

> ☐ Male

> ☐ Other