

The Link Between Depression and Demographic, Academic, and Lifestyle Factors

Kitar Wiam, Northwest Missouri State University

Introduction

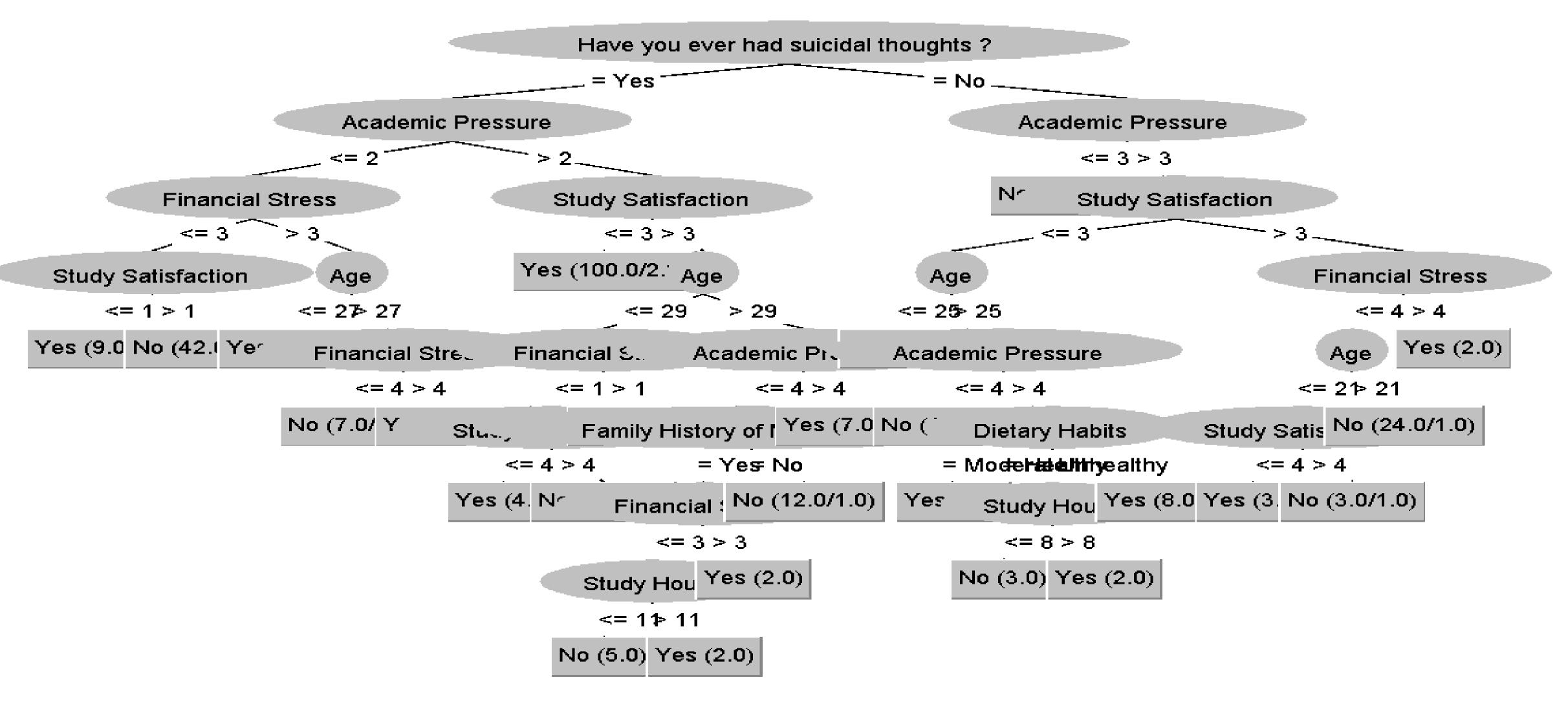
This study explores the primary factors contributing to depression by analyzing demographic, academic, and lifestyle variables. We examine how factors such as sleep, diet, academic pressure, and financial stress influence mental health, aiming to identify key risk factors for depression and inform preventive strategies.

Question and algorithm

The question we are willing to answer is what are the primary factors of depression and in order to answer it, we are going to use the supervised algorithm.

Methodology

After replacing all the missing values and using a J48 classifier tree, we can now see the primary factors contributing to depression.



The classifier suggests that students who have had suicidal thoughts are more likely to experience depression, especially if they face high academic pressure and financial stress. The model also highlights the importance of study satisfaction, sleep duration, and dietary habits in predicting depression levels.

Conclusion

The key factors contributing to depression among students are academic pressure, financial stress, and study satisfaction. Students facing high academic demands and financial worries are more zZz likely to experience depressive symptoms, especially when they also report low satisfaction with their studies. Additionally, having a history of suicidal thoughts and poor sleep or dietary habits also increase the risk of depression.

Sources

https://www.kaggle.com/datasets/ikynahidwin/d epression-student-dataset

Solution

Addressing academic pressure, financial stress and low study satisfaction through support systems and interventions could help reduce depression and improve student well-being.

Future work

Future research could explore additional factors such as social support, campus engagement, and coping strategies, which may also contribute to student depression