



Does going to university in a different country affect your mental health? A Japanese international university surveyed its students in 2018 and published a study the following year that was approved by several ethical and regulatory boards.

The study found that international students have a higher risk of mental health difficulties than the general population, and that social connectedness (belonging to a social group) and acculturative stress (stress associated with joining a new culture) are predictive of depression.

Explore the `students` data using PostgreSQL to find out if you would come to a similar conclusion for international students and see if the length of stay is a contributing factor.

Here is a data description of the columns you may find helpful.

Field Name	Description
inter_dom	Types of students (international or domestic)
japanese_cate	Japanese language proficiency
english_cate	English language proficiency
academic	Current academic level (undergraduate or graduate)
age	Current age of student
stay	Current length of stay in years
todep	Total score of depression (PHQ-9 test)
tosc	Total score of social connectedness (SCS test)
toas	Total score of acculturative stress (ASISS test)

-- Run this code to view the data in students

```
SELECT *  
FROM students;
```

...	↑↓	i..	...	↑↓	...	↑↓	...	↑↓	...	↑↓	...	↑↓	s.	...	↑↓	...	↑↓	japane...	...	↑↓	...	↑↓	engli...	...	↑↓	...	↑↓	...
0		Inter			SEA			Male			Grad		24		4		5	Long		3		Average		5		High		Yes
1		Inter			SEA			Male			Grad		28		5		1	Short		4		High		4		High		No
2		Inter			SEA			Male			Grad		25		4		6	Long		4		High		4		High	Yes	Yes
3		Inter			EA			Female			Grad		29		5		1	Short		2		Low		3		Average	No	No
4		Inter			EA			Female			Grad		28		5		1	Short		1		Low		3		Average	Yes	No
5		Inter			SEA			Male			Grad		24		4		6	Long		3		Average		4		High	Yes	No
6		Inter			SA			Male			Grad		23		4		1	Short		3		Average		5		High	Yes	No
7		Inter			SEA			Female			Grad		30		5		2	Medium		1		Low		1		Low	Yes	Yes
8		Inter			SEA			Female			Grad		25		4		4	Long		4		High		4		High	No	No
9		Inter			Others			Male			Grad		31		5		2	Medium		1		Low		4		High	Yes	Yes
10		Inter			Others			Female			Grad		28		5		1	Short		1		Low		2		Low	No	Yes
11		Inter			SEA			Female			Grad		31		5		1	Short		1		Low		4		High	Yes	Yes
12		Inter			SA			Male			Grad		29		5		1	Short		1		Low		4		High	Yes	Yes
13		Inter			EA			Male			Grad		23		4		1	Short		3		Average		4		High	Yes	Yes
14		Inter			SEA			Female			Grad		31		5		1	Short		1		Low		3		Average	Yes	No
15		Inter			Others			Female			Grad		30		5		1	Short		1		Low		5		High	Yes	Yes

```

SELECT
  stay,                                -- Length of stay of the student (in years)
  COUNT(stay) AS count_int,            -- Number of international students for each length of stay
  ROUND(AVG(todep), 2) AS average_phq, -- Average depression score (PHQ-9), rounded to 2 decimals
  ROUND(AVG(tosc), 2) AS average_scs,  -- Average social connectedness score (SCS test), rounded to 2 decimals
  ROUND(AVG(toas), 2) AS average_as    -- Average acculturative stress score (ASISS test), rounded to 2 decimals
FROM students
WHERE inter_dom = 'Inter'              -- Only include international students
GROUP BY stay                          -- Group results by length of stay
ORDER BY stay DESC;                   -- Sort from longest stay to shortest

```

...	↑↓	...	↑↓	c.	...	↑↓	av...	...	↑↓	av...	...	↑↓	a...	...	↑↓
	0		10			1			13			32			50
	1		8			1			10			44			65
	2		7			1			4			48			45
	3		6			3			6			38			58.67
	4		5			1			0			34			91
	5		4			14			8.57			33.93			87.71
	6		3			46			9.09			37.13			78
	7		2			39			8.28			37.08			77.67
	8		1			95			7.48			38.11			72.8

Rows: 9


Expand

### Key Insights :

- Depression (PHQ-9):
  - Students with a longer stay (7–10 years) show higher depression scores (10–13).
  - Those in the first 1–4 years have lower averages (7.5–9).
- Social Connectedness (SCS):
  - Scores remain moderate (33–48) across all groups.
  - Staying longer does not guarantee stronger social ties.
- Acculturative Stress (ASISS):
  - Highest in the first years (72–88), then decreases with longer stays (45–65).

