MENTAL HEALTH & LIFESTYLE HABITS (2019-2024)

EXAMINING HOW SLEEP, EXERCISE, AGE AND SCREEN TIME RELATE TO WELLBEING OUTCOMES ACROSS 3,000 RESPONDENTS

Business Problem

A health-tech company wants to understand how lifestyle habits relate to mental health outcomes to design features for a wellbeing app

DATA OVERVIEW

3,000	12	0	595
Records	Column	Duplicate	Missing files

Data source:
https://www.kaggle.com/datasets/atharvasoundankar/mental-health-and-lifestyle-habits-2019-2024

What the dataset includes:
Country, Age, Gender, Exercise Level, Diet Type, Sleep Hours, Stress Level, Mental Health Condition, Work Hours per Week, Screen Time per Day, Social Interaction Score, and Happiness Score.

MENTAL HEALTH AND LIFESTYLE HABITS ANALYSIS DASHBOARD

Average Sleep Hours

6.48

Most Frequent Stress Level

Low (1008)

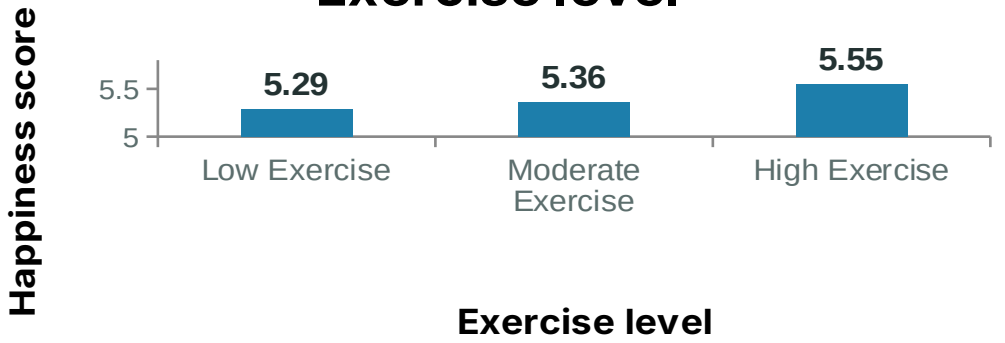
Most Frequent Exercise Level

Low (1033)

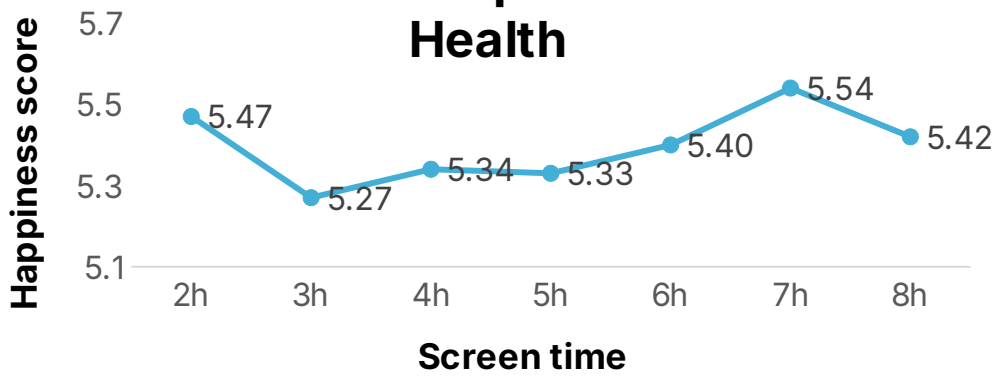
Sleep hours vs Stress level



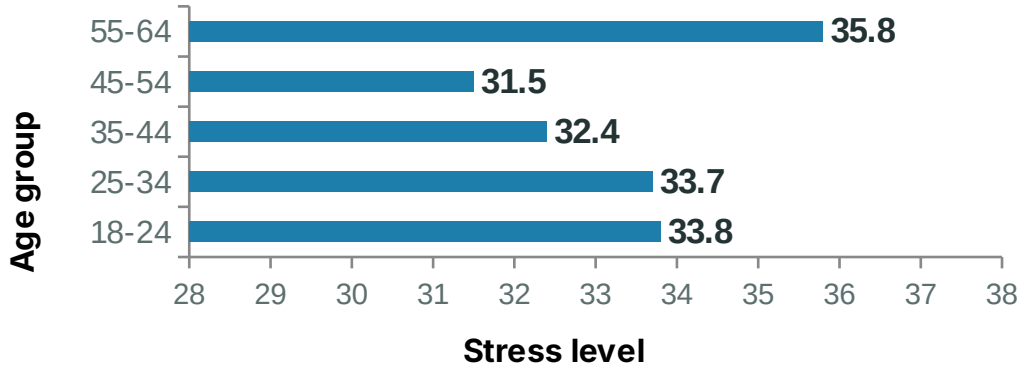
Average Happiness score by Exercise level



Screen time Impact on Mental Health



Age group by high stress level



Recommendation

1. **Don’t market sleep as stress fix :**

   Sleep and stress barely relate in this data, so avoid promising that better sleep alone will lower stress, pair tracking with other tools instead.

2. **Build an exercise encouragement feature:**

   Add reminders, achievable activity goals and gentle progress tracking to support this habit.

3. **Target support at the 55-64 and 18-24 age groups:**

   These two age bands report the highest stress. Offer age-aware check-ins and coping resources aim at them specifically.

4. **Don’t center features on cutting screen time:**

   No consistent link was found between screen time and wellbeing, so screen time reduction shouldn’t be sold has wellbeing solution

THANK YOU