

# The Analytical Avengers

## The Epidemic of Mental Health Amongst Young Adults Blessing Adeyinka, Ashley Ogbolu, Emily Guajardo | Texas State University 2024

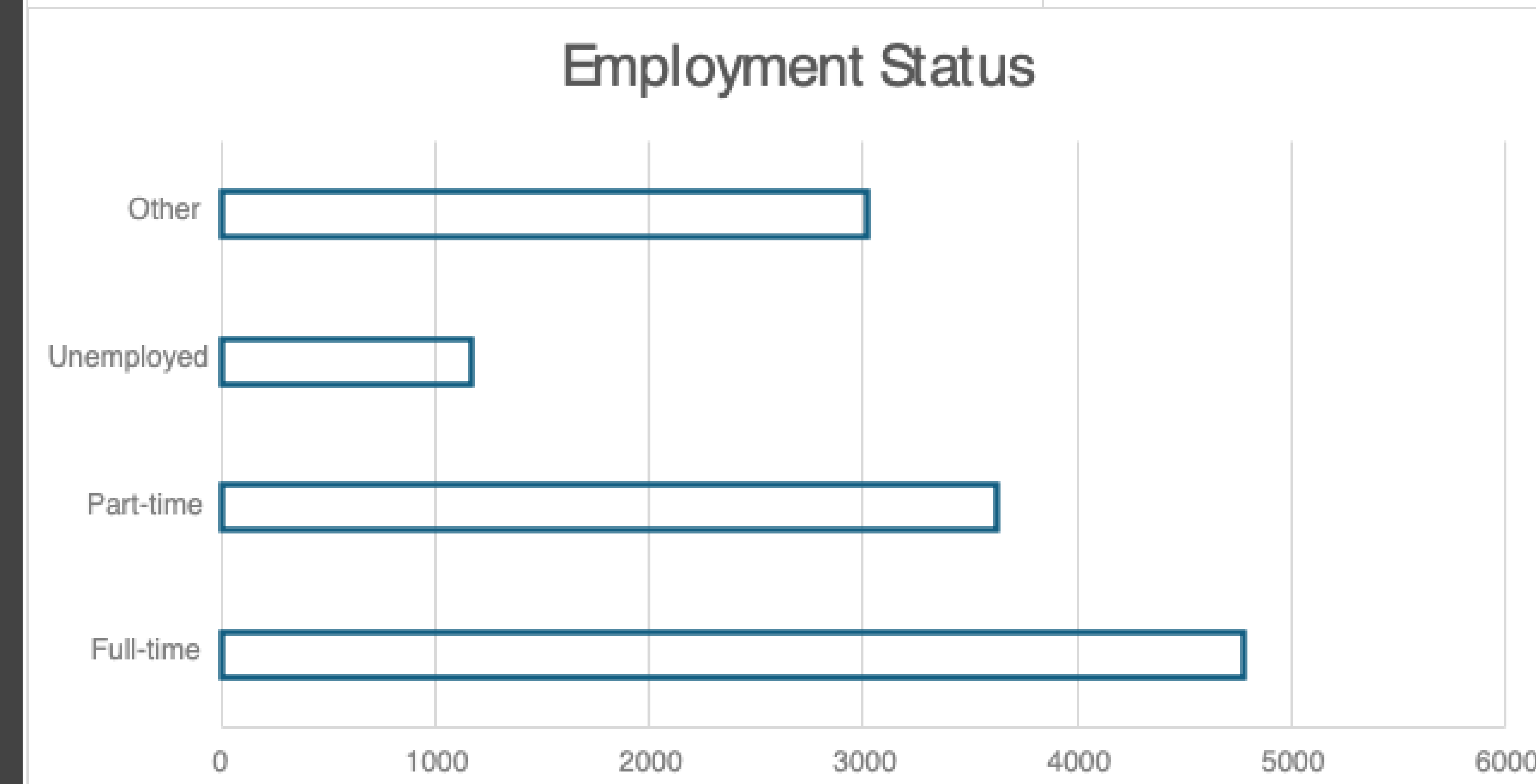
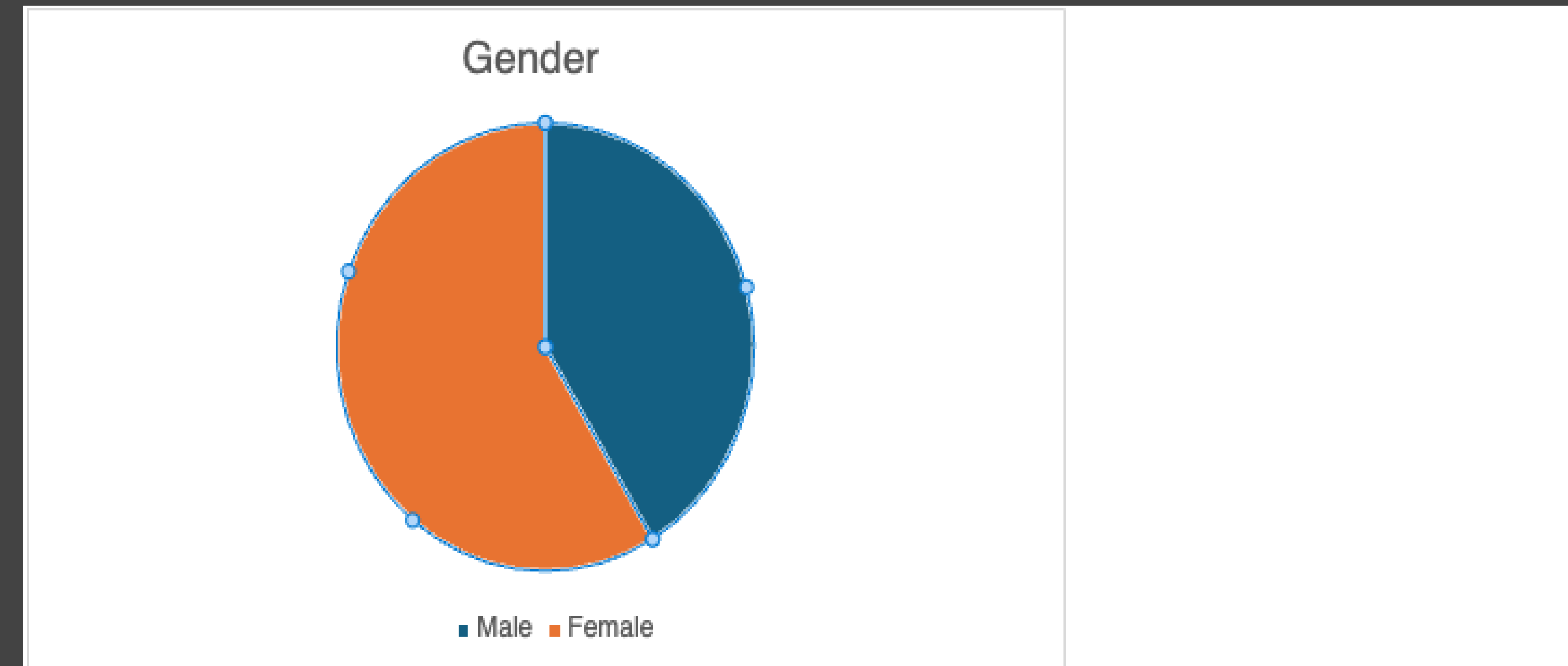
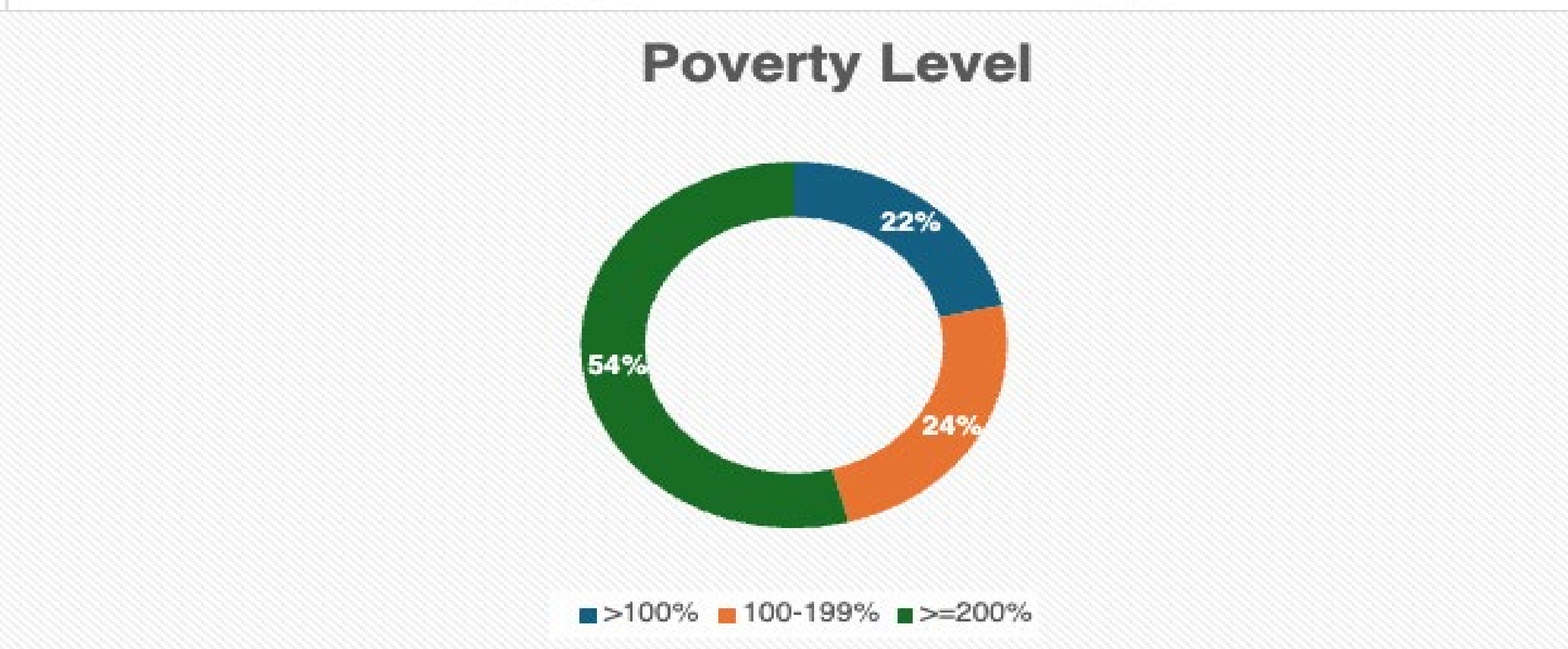
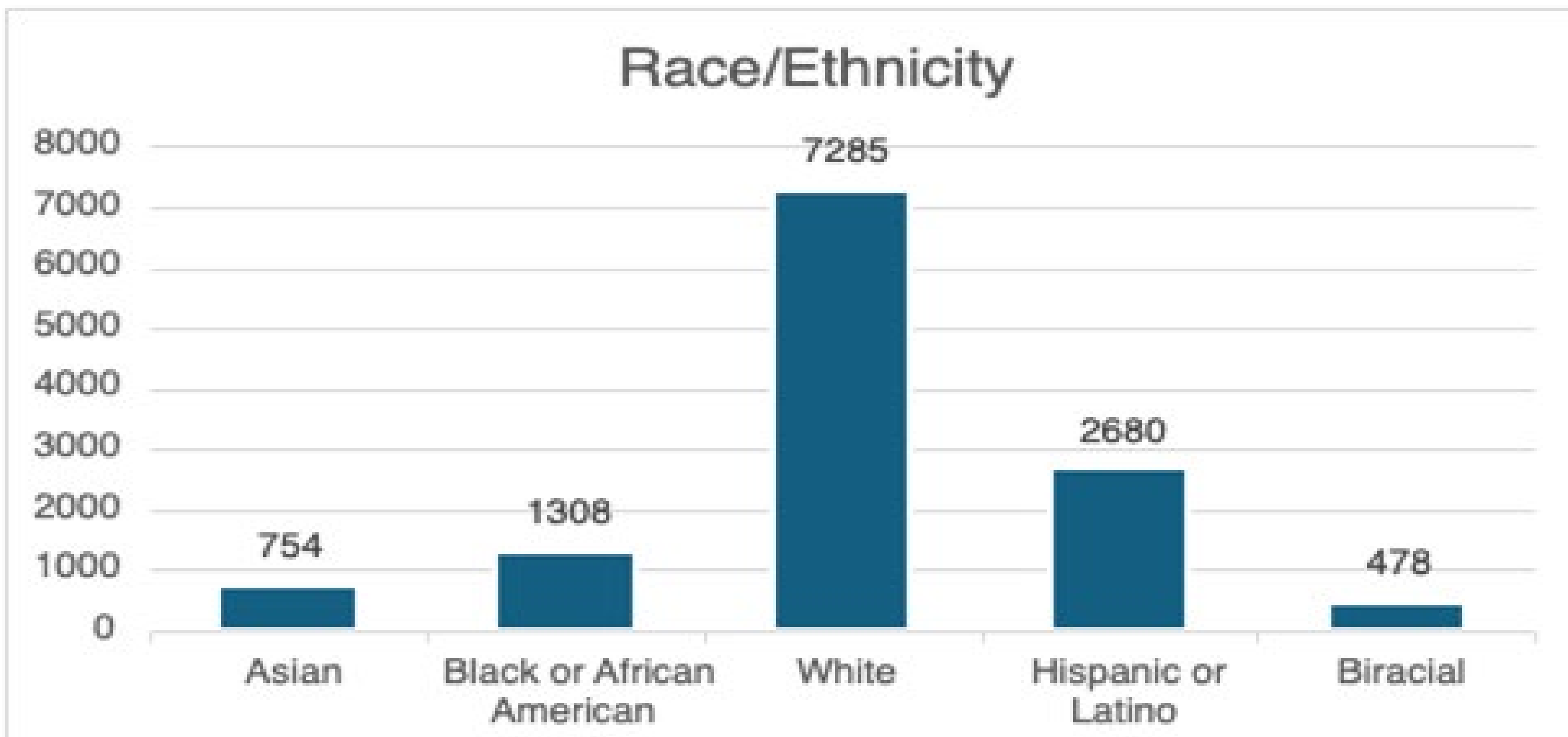
### Question

What is the correlation between mental health and the demographics of young adults (18-25), and is there a change in mental health diagnoses of that age group, over time?

Young adults' mental health has become a more prevalent topic in recent years.

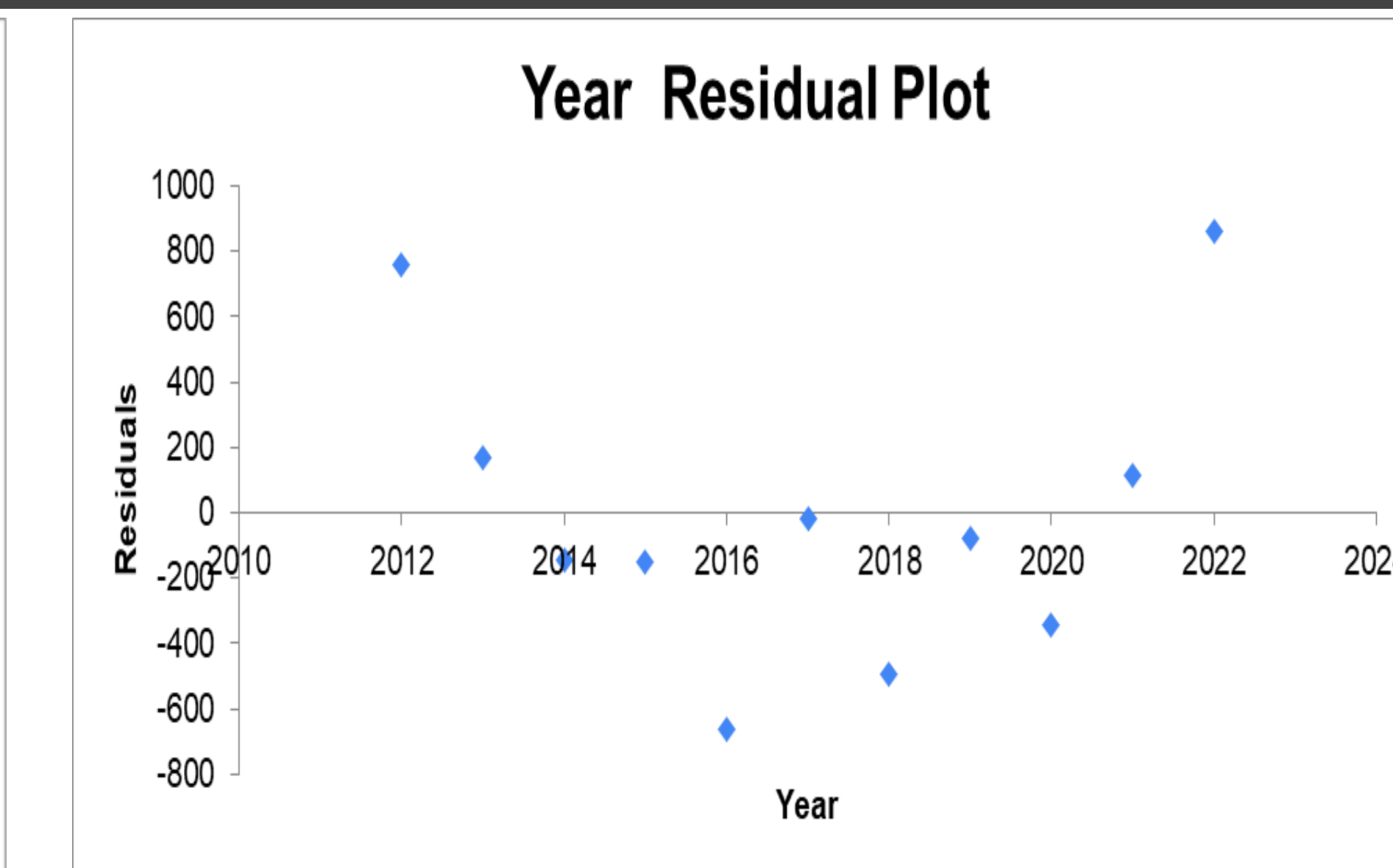
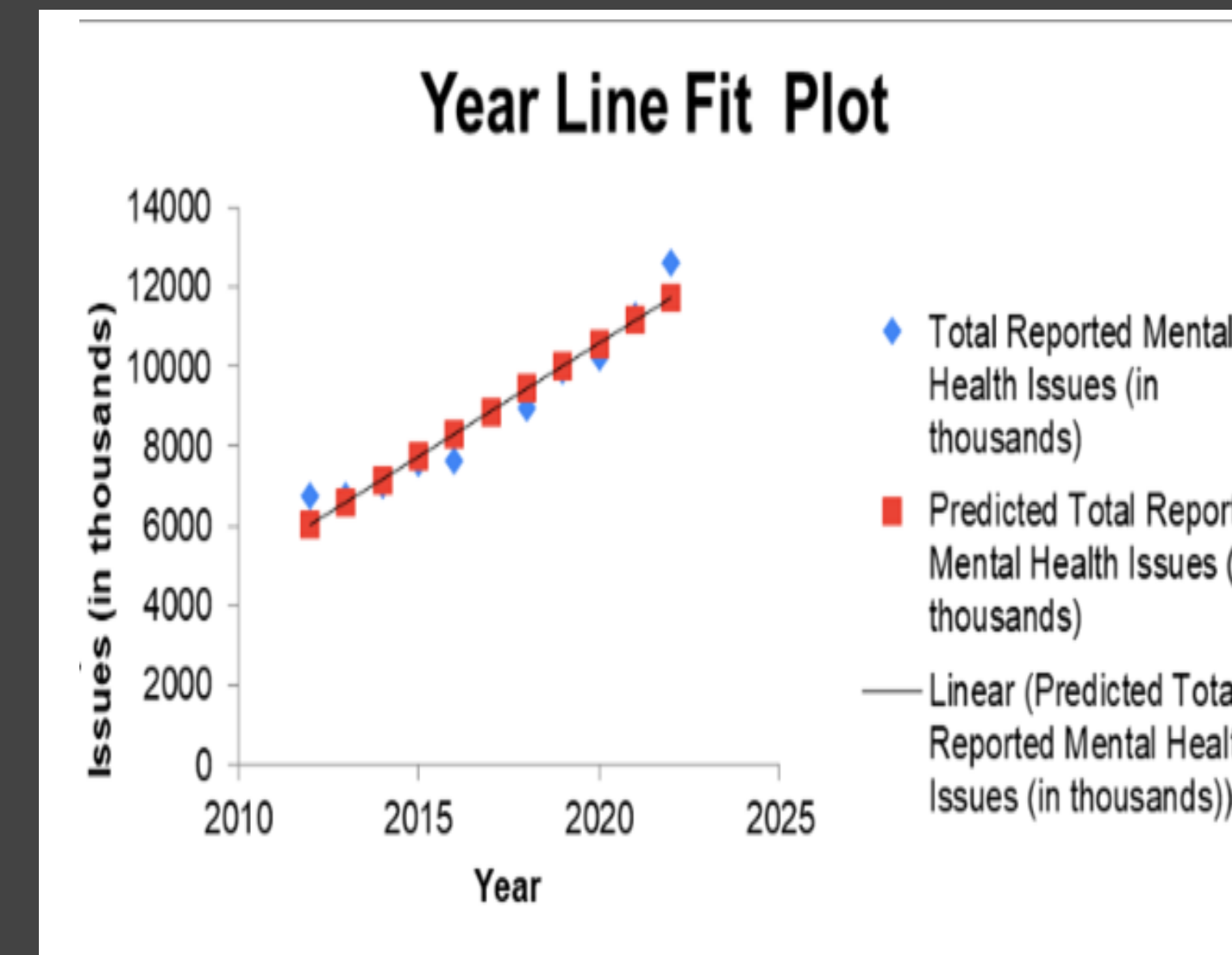
Initially, the intention is to document the change and be able to make predictions in the future for its progress.

We had a prior conception that different sub-demographics can be susceptible to different experiences and, in turn, may be able to impact their mental health:



ANOVA					
	df	SS	MS	F	Significance F
Regression	1	35832541.13	35832541.13	145.8561478	7.29098E-07
Residual	9	2211033.782	245670.4202		
Total	10	38043574.91			

Coefficients	
Intercept	-1142324.491
Year	570.7454545



- Those among the top wealthy have a higher proportion of mental health issues, and continues to go down as income falls - however, when comparing middle-class to lower-class, this value is a 2% difference.
- Females have a higher proportion of mental issues compared to males
- Those who work full-time have the highest mental issue diagnosis
- Part-time and other look relatively similar,
- And unemployed young adults are the lowest
- White Americans have the highest amount of diagnoses with 728,500, and hispanic or Latino Americans being the second most, at 268,000. In respect to minority groups, white Americans have an extremely higher amount of mental health diagnoses (SAMHSA 2022).

### Conclusion

- Based on our research, we predict that mental health diagnosis in America will continue to increase.
- By 2025, expect to see over 13 million young adults in America struggling with any type of mental disorder
- Since SAMHSA also relies on surveys for info, reporting is entirely voluntary, and may cause slight variations yearly to the actual population we're using
- It's reasonable to conclude that mental health issues are becoming more prevalent in America due to changes in factors such as population growth, critical world events, personal events, etc

SUMMARY OUTPUT	
Regression Statistics	
Correlation Coefficient	0.970505819
Coefficient of Determination	0.941881545
Standard Error	495.6515108
Observations	11

# The Epidemic of Mental Health Amongst Young Adults



## Race:

- Various cultural backgrounds
- Minority adversaries vs white americans(Assari, 2016)

• \*These racial groups are the minority- however, these are very low statistics when comparing white people to all the other minority groups shown in the graph

## Employment:

- Different working hours may cause the data to look like this in the employment graph
- Undergraduate or graduate school, on top of working, can ultimately lead to more stress

## Gender:

- Genetic variances: mental health issues of bipolarism, depression, and anxiety is more prevalent among females
- Birth control
- Females have higher rates of sexual violence, poverty, and workloads
- Many negative stereotypes of females that are deeply ingrained into world culture

## Income:

- Higher income, more likely to be have resources to be diagnosed
- Wealthier individuals typically have high paying jobs that may give them a heavier workload, leading to stress, anxiety, etc
- Gender stereotypes and minority barriers have proven to decrease over time
- Female and male mental health diagnoses may become equal and relatively stable over time.
- However, we cannot say the same for minorities, prejudice is deeply sanctified in history, and even occurs today.
- History, economics, and cultural beliefs- allows for minorities to have higher resilience, and lower diagnoses

## Proposals & Implications

### Proposals:

- Access to more facilities and professionals at a discounted or free rate for low-income and lower-middle class, provided for by state, local and/ or federal governments to make the legislation
- SAMHSA and government policymakers should be able to allocate resources into the promotion of seeking treatment through ads, and ways to handle stressors. Furthermore, increasing awareness to the topic will help allow people to identify and manage their mental health issues

### Implications:

- Because of the upward trend proven in the over time analysis, we call on Texas State University to allocate more of its funding towards programs and departments such as the Counseling Center, Healthy Cats, and the Student Health Center, which would allow for more Bobcats to be able to effectively treat and identify their mental health issues. This is a strong assumption because Texas State has proven to adapt year over year with new goals and changes that'd be best fit the the demands of the students.
- Gender stereotypes and minority barriers have proven to decrease over time as we are continually redefining what is acceptable in society. Female and male mental health diagnoses may become equal and relatively stable over time. However, we cannot say the same for minorities, prejudice is deeply sanctified in history, and even occurs today. There are also other major variables that may pull us away from reaching an equal amount of mental diagnosis such as their history, economics, and cultural beliefs- allowing for minorities to have higher resiliency, and lack of education about mental health.

## Data Source

Data is take from from the National Survey on Drug Use and Health by the Substance Abuse and Mental Health Services Administration SAMHSA

## Resources

- <https://www.samhsa.gov/data/report/2018-nsduh-detailed-tables>
- <https://towardsdatascience.com/everything-you-need-to-know-about-interpreting-correlations-2c485841c0b8>
- <https://towardsdatascience.com/everything-you-need-to-know-about-interpreting-correlations-2c485841c0b8>
- <https://ihpi.umich.edu/news/black-americans-may-be-more-resilient-stress-white-americans>
- <https://www.sciencedirect.com/science/article/pii/S0277953621004718>
- <https://www.news-medical.net/health/The-Gender-Gap-in-Mental-Health.aspx#:~:text=Women%20have%20a%20significantly%20higher,to%20genetic%20and%20biological%20factors.>

*Thank you!*