Social Anxiety

OBJECTIVE

Project's goal is to explore and analyse the relationship between social anxiety levels and various demographic factors, also lifestyle, health, and mental health. The project aims to validate hypotheses about how lifestyle habits, mental health history, stress and significant life events impact anxiety levels.

HYPOTHESIS

H1 Individuals with healthier lifestyles tend to report lower anxiety levels.

H2 Individuals with a family history of anxiety or more frequent therapy sessions report higher anxiety levels.

H3 Major life events and stress indicators are associated with increased anxiety levels.
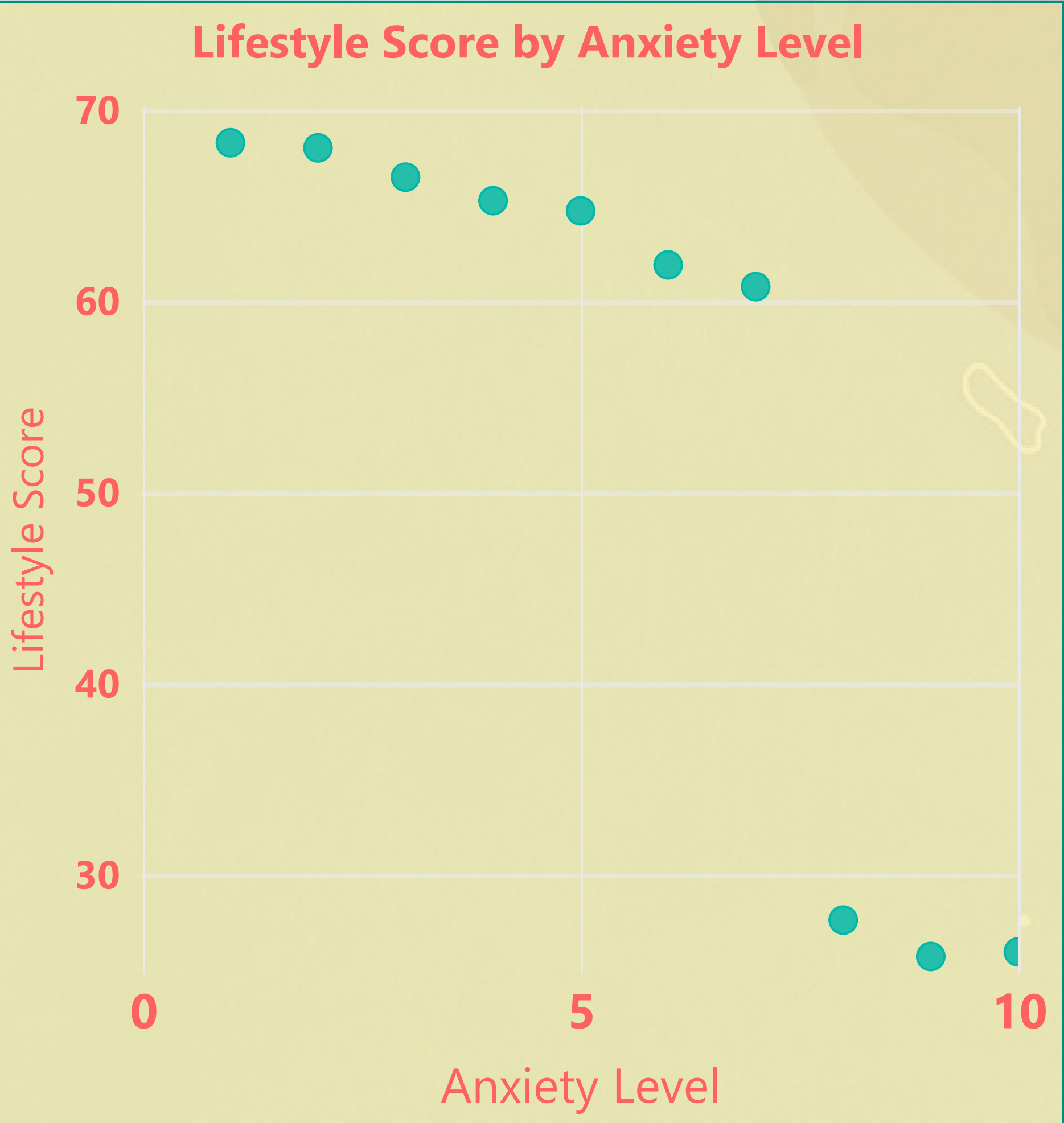
DATA

Kaggle - Social Anxiety Dataset

dataset was compiled from real-world survey responses and observational studies on behavioral and psychological factors associated with social anxiety.
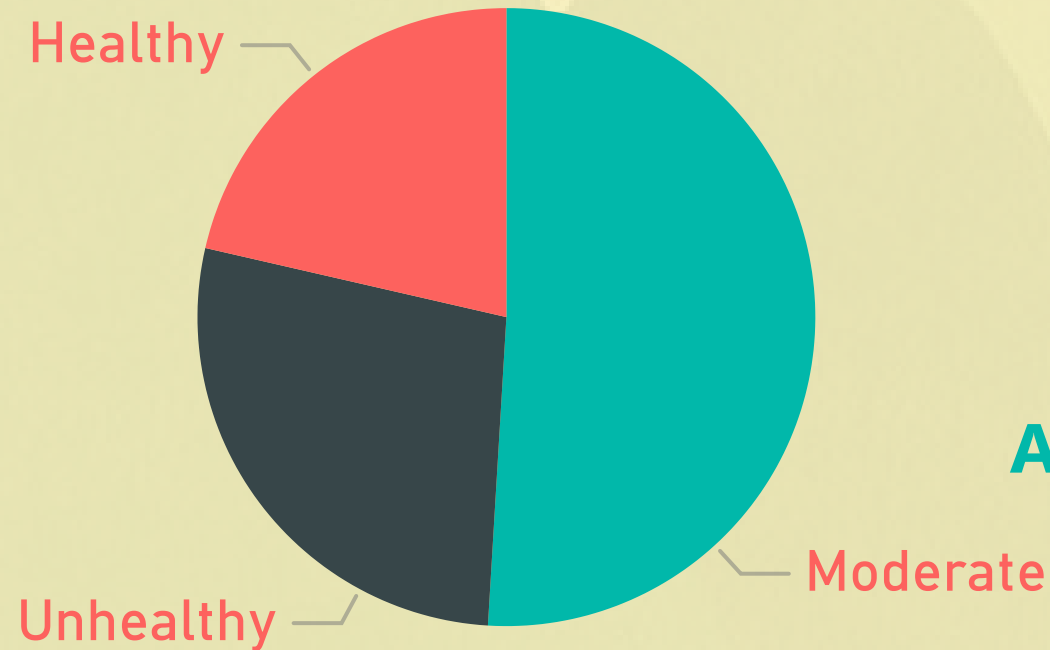
Anxiety is higher for heavy drinkers?

high alcohol usage	low/normal alcohol usage
4.09	3.87

3.93

Average Anxiety Level

Healthy

Moderate

Unhealthy

How about smokers?

False

3.75

Average Anxiety Level

True

4.09

Average Anxiety Level

Lifestyle Score by Anxiety Level

Lifestyle Score

70

60

50

40

30

0   5   10

Anxiety Level

Anxiety level - Lifestyle

5

4

3

2

1

0

Unhealthy   Moderate   Healthy

Age group

☐ 18–25

☐ 26–35

☐ 36–45

☐ 46–60

☐ 60+

Gender

Female

Male

Other

Average Anxiety Level by Family History of Anxiety and Medication

Medication ● False ● True
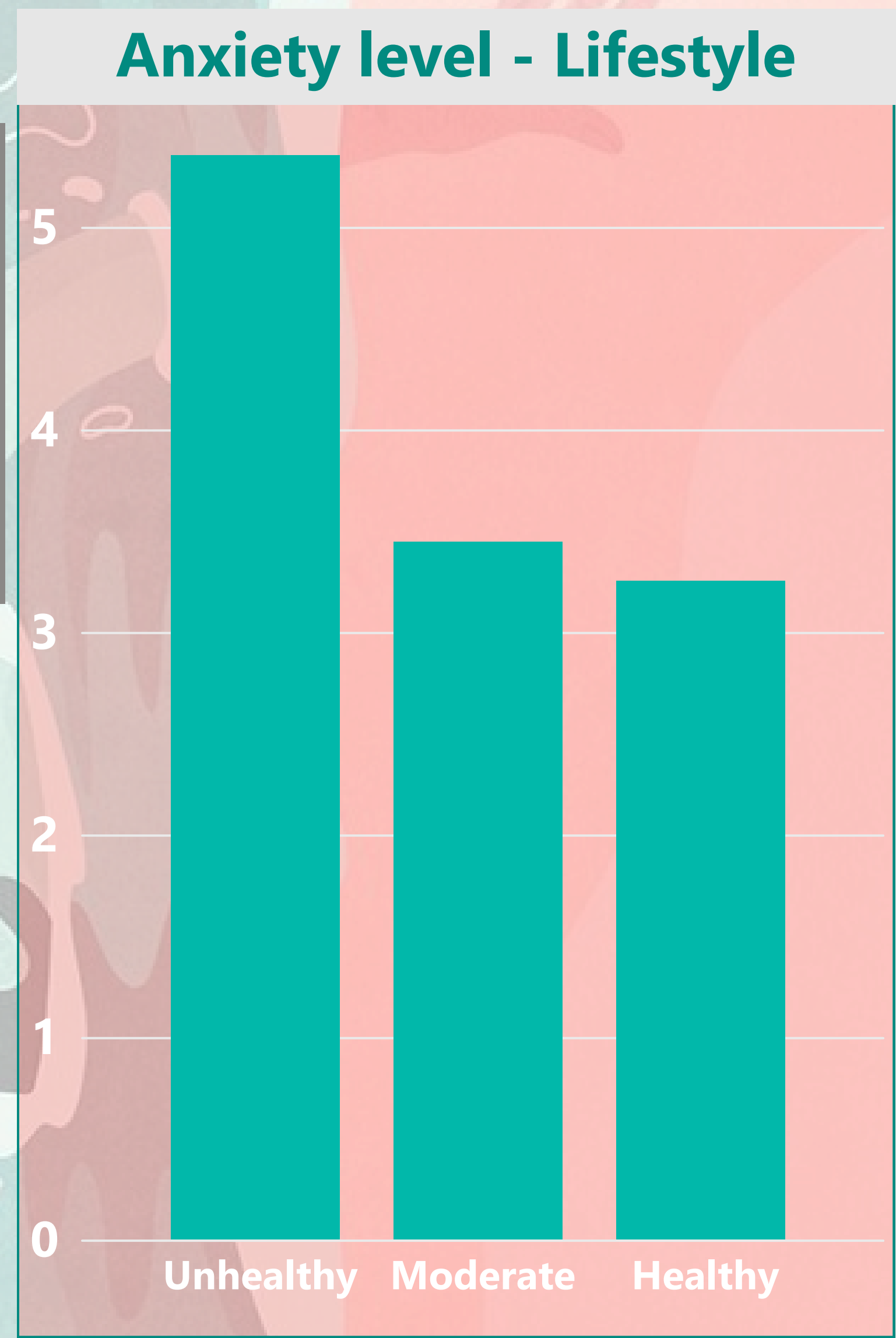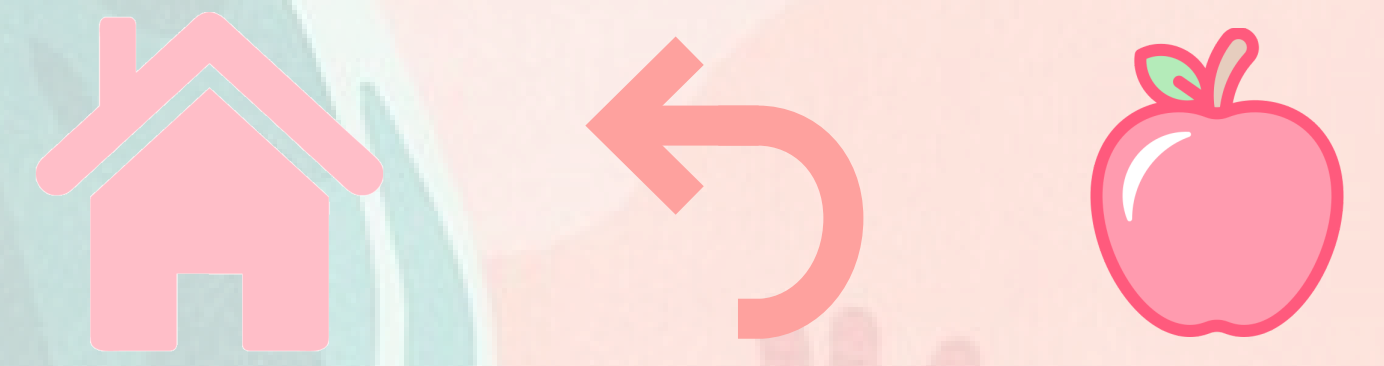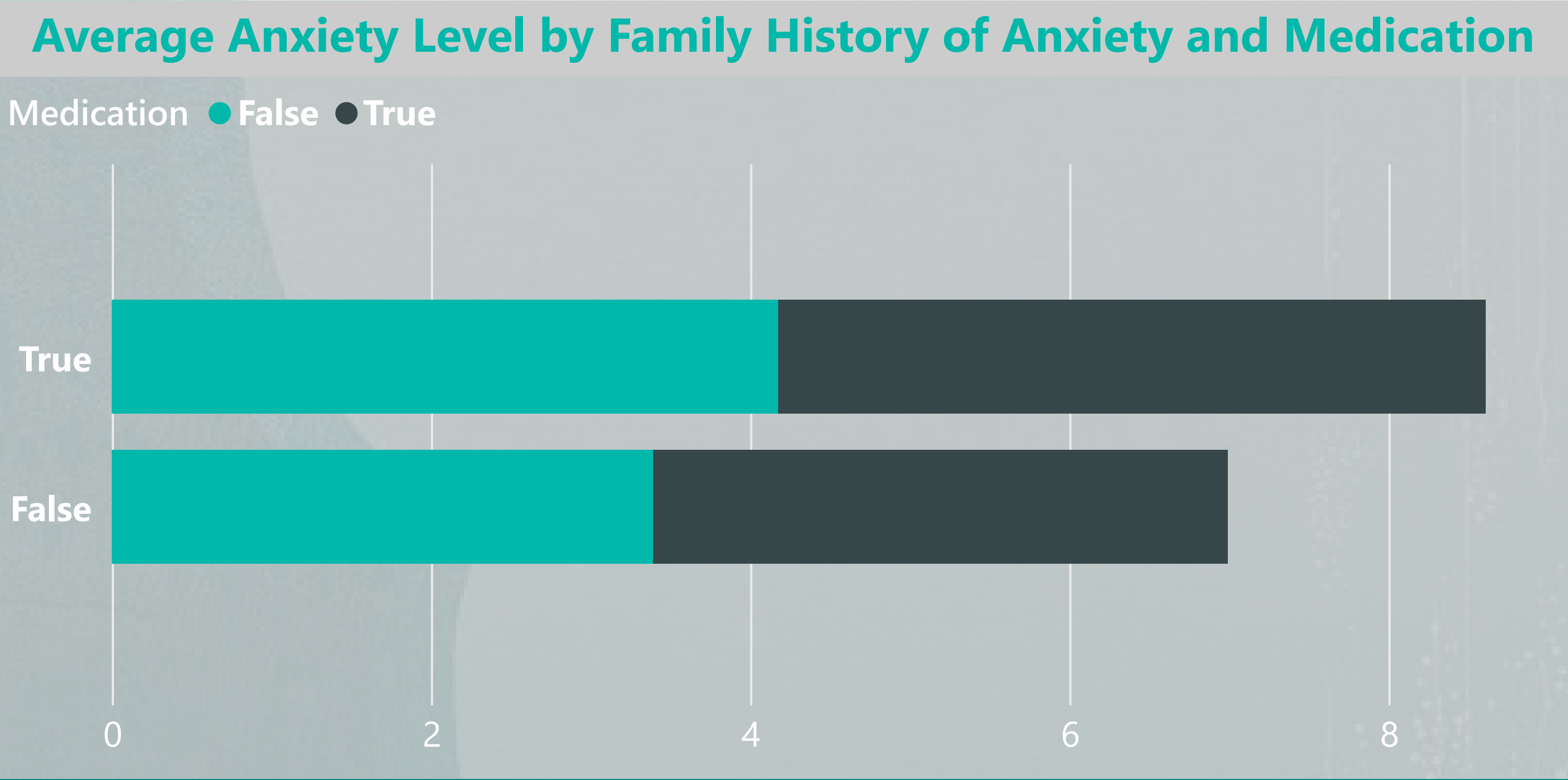
Medication Usage Rate	**52 %**
Total Therapy Sessions	**27K**
Average Therapy Sessions	**2.43**

AVG Anxiety level med users

4.05

AVG Anxiety level non med users

3.81

Family History of Anxiety

False	True

Age group

- ☐ 18–25
- ☐ 26–35
- ☐ 36–45
- ☐ 46–60
- ☐ 60+
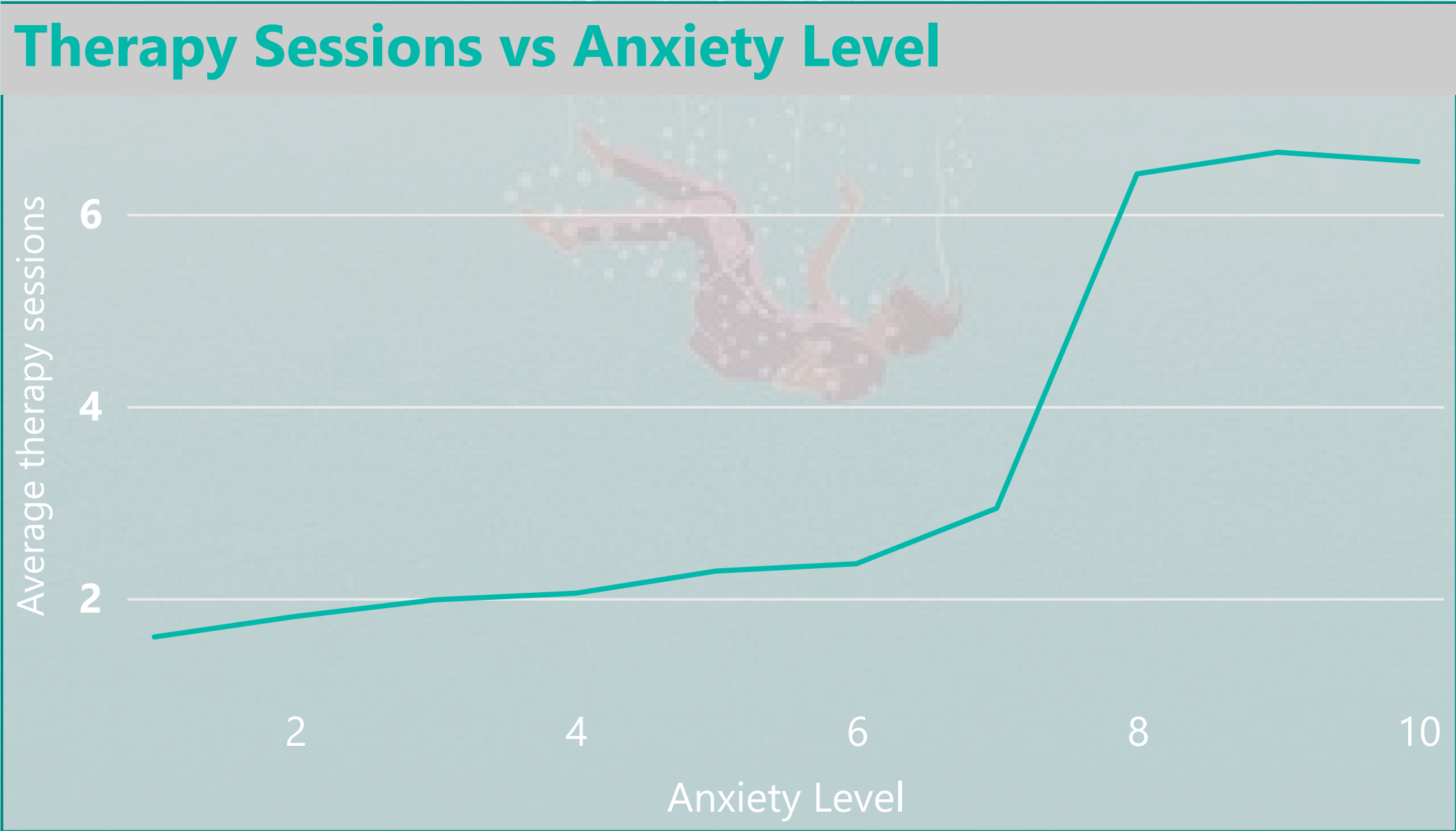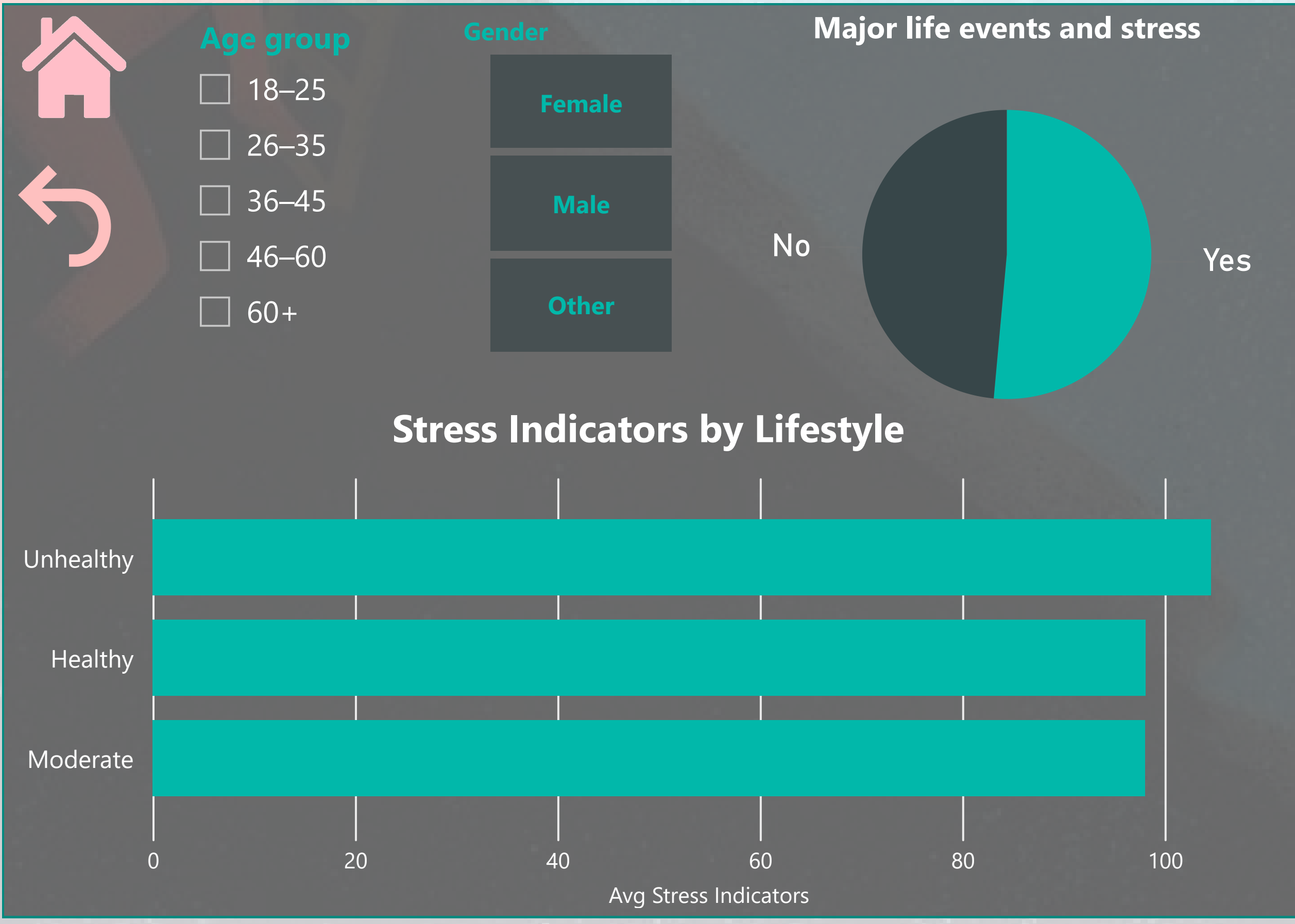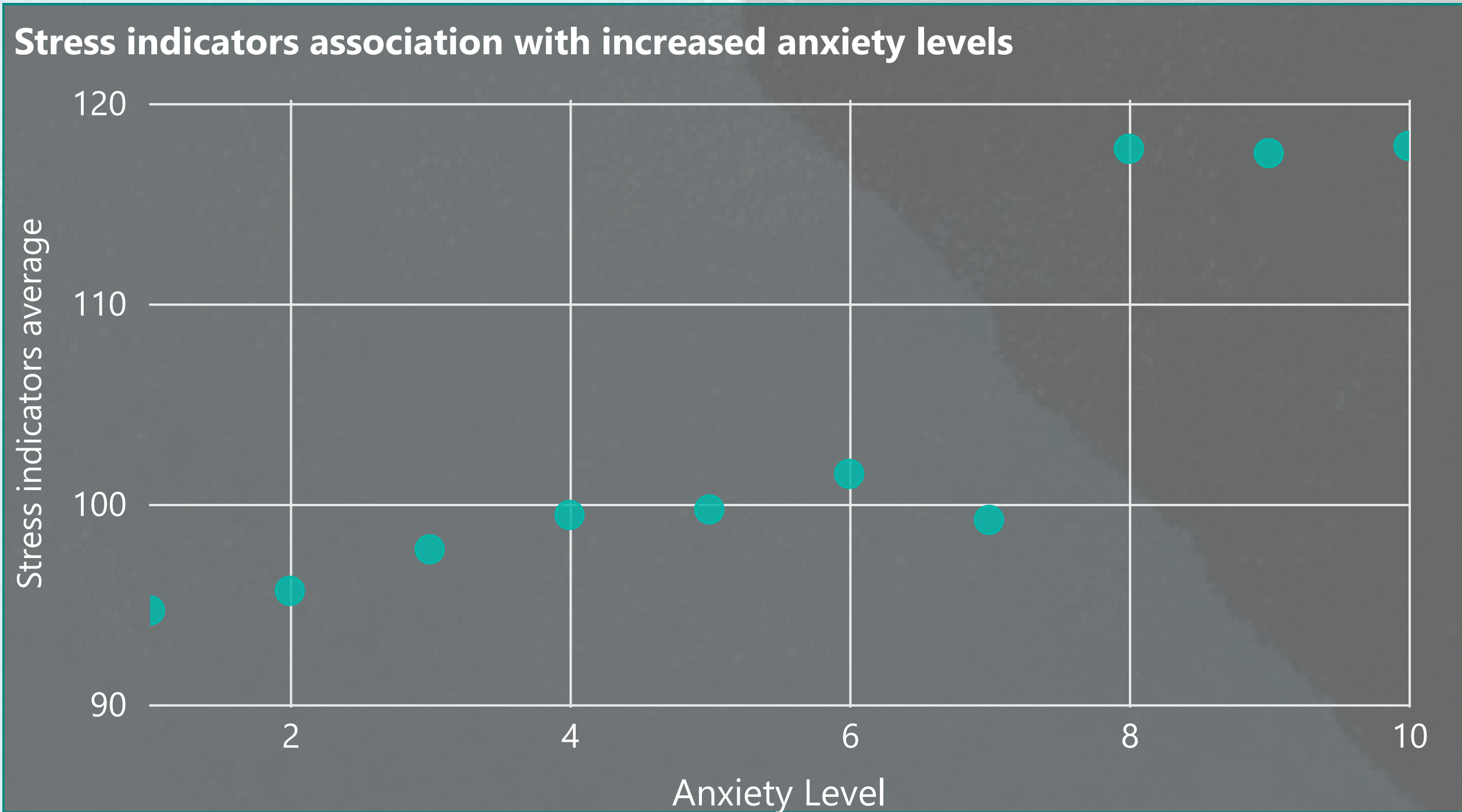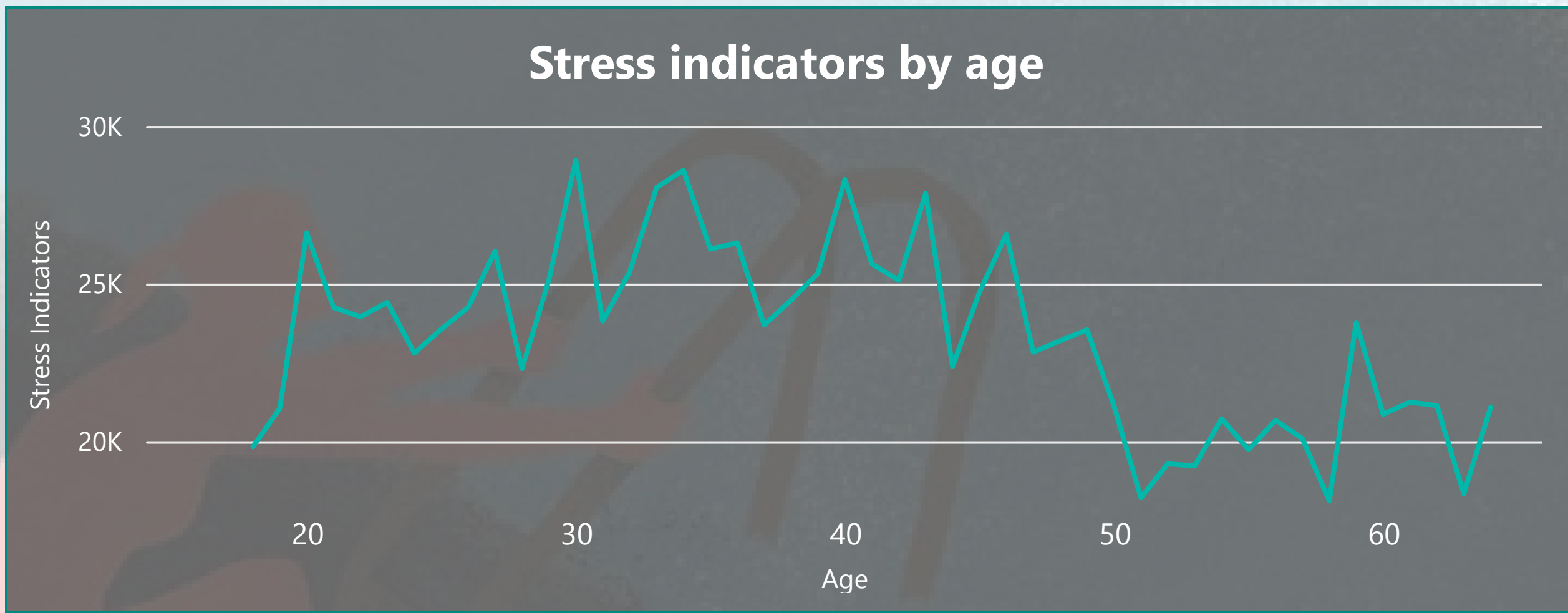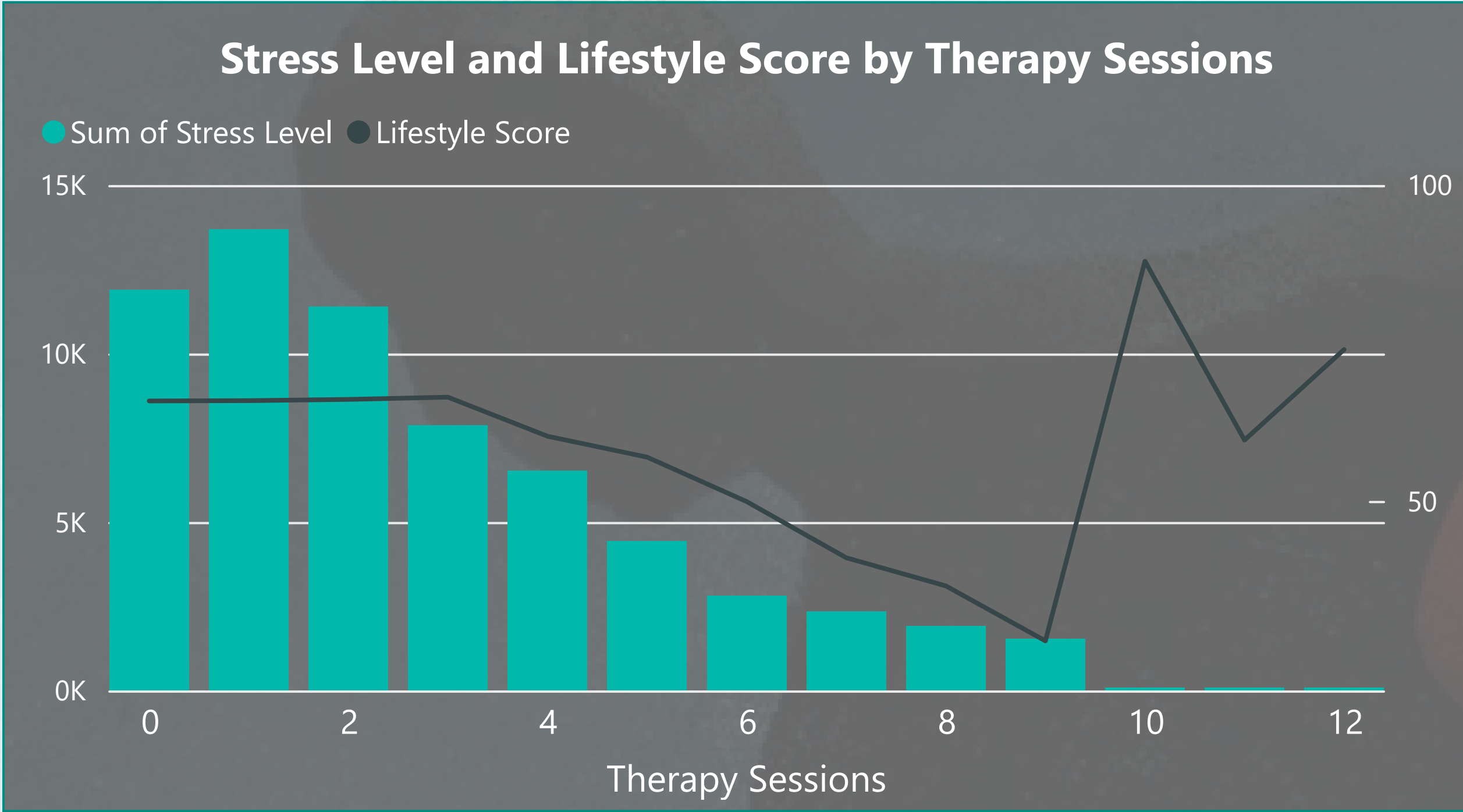
Gender

Female
Male
Other

Therapy Sessions vs Anxiety Level

Anxiety level with family history

4.31

Anxiety level without family history

3.50

Stress Level and Lifestyle Score by Therapy Sessions

● Sum of Stress Level ● Lifestyle Score

Stress indicators by age

Stress indicators association with increased anxiety levels

Age group
- ☐ 18–25
- ☐ 26–35
- ☐ 36–45
- ☐ 46–60
- ☐ 60+

Gender
- Female
- Male
- Other

Major life events and stress

No   Yes

Stress Indicators by Lifestyle

Unhealthy

Healthy

Moderate

Avg Stress Indicators

Conclusion

The findings support the hypotheses:

H1 is supported: Healthier lifestyle choices, such as higher sleep hours, regular physical activity, lower alcohol, caffeine consumption and smoking abstinence are associated with lower anxiety levels.

H2 is true: Individuals who have a family history of anxiety or who go to therapy often usually have higher anxiety levels. This means that anxiety can be affected by both family and personal mental health history.

H3 is supported: Those who recently experienced major life events and show signs of high stress indicators (fast heart rate, fast breathing, sweating) consistently show elevated anxiety levels, emphasizing the impact of stress factors.

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