

TEEN MENTAL WELLNESS & BEHAVIOUR ANALYTICS

What 1,000 teenagers' daily habits actually tell us about their mood and stress.

WHY THIS MATTERS

Right now, 1 in 7 teenagers worldwide is quietly struggling — and many reach for AI before they reach for a parent, a teacher, or a friend.

1 in 7

adolescents have a mental health condition

WHO, 2025

50%

of mental health conditions begin before age 18

WHO, 2025

1 in 8

teens now use AI chatbots for mental health advice

RAND, 2025

This project puts real numbers behind that story.

HOW WE MEASURED IT

1,000 students. 30 days. Every mood, every habit.

1,000

Students

30

Days tracked

8

Countries

What we tracked each day

Sleep hours · screen time · exercise · journaling · meditation · feeling supported · which AI tool was used · age, gender, grade, country

Key research questions

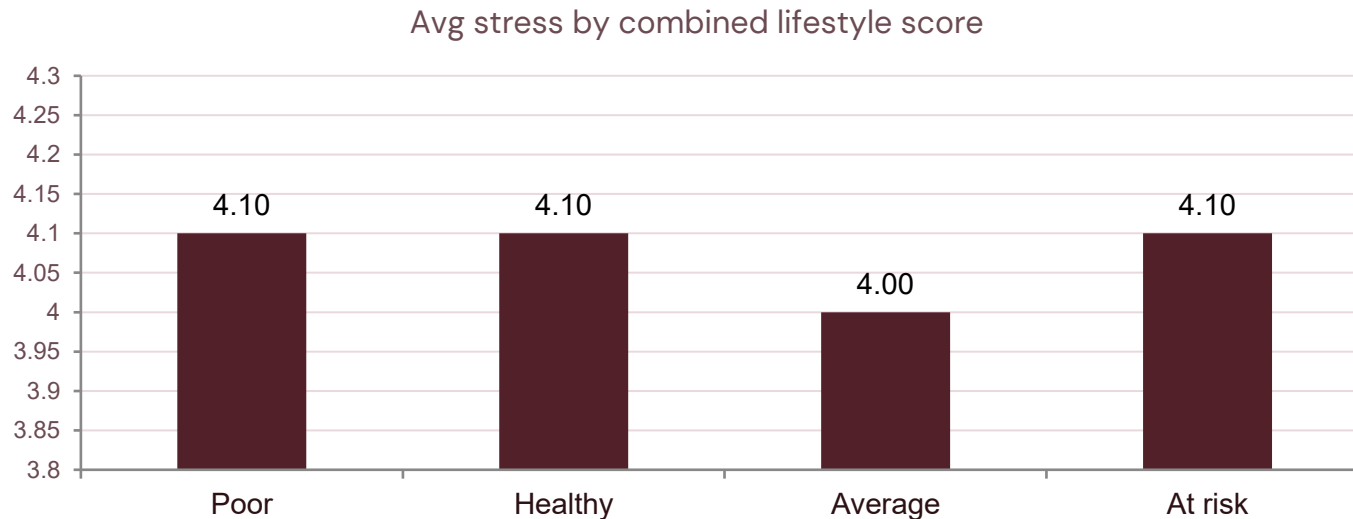
- How do behavioural habits correlate with mood and stress?
- Which demographic groups show higher stress?
- Does AI usage align with wellbeing and academic pressure timing?
- What lifestyle factors contribute most to positive mental health?
- What recommendations follow for educators and parents?

The scale, in plain terms

Mood and stress were rated 1–10 each day — like a thermometer. 1 is rock bottom, 10 is the best they've felt, 5 is right in the middle.

An “average” just blends everyone's number into one typical score — like a classroom's average height, even though no single student matches it exactly.

Do habits and lifestyle predict mood and stress?



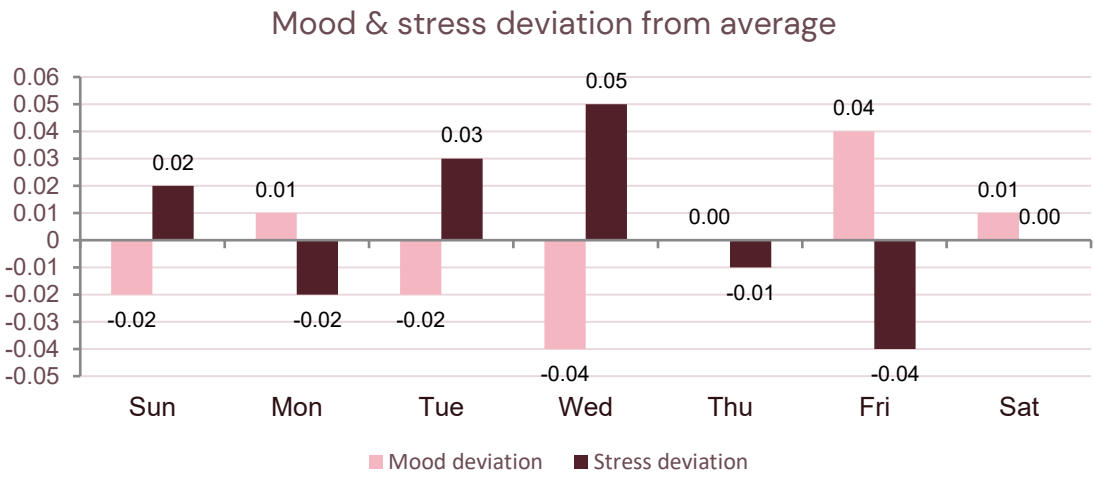
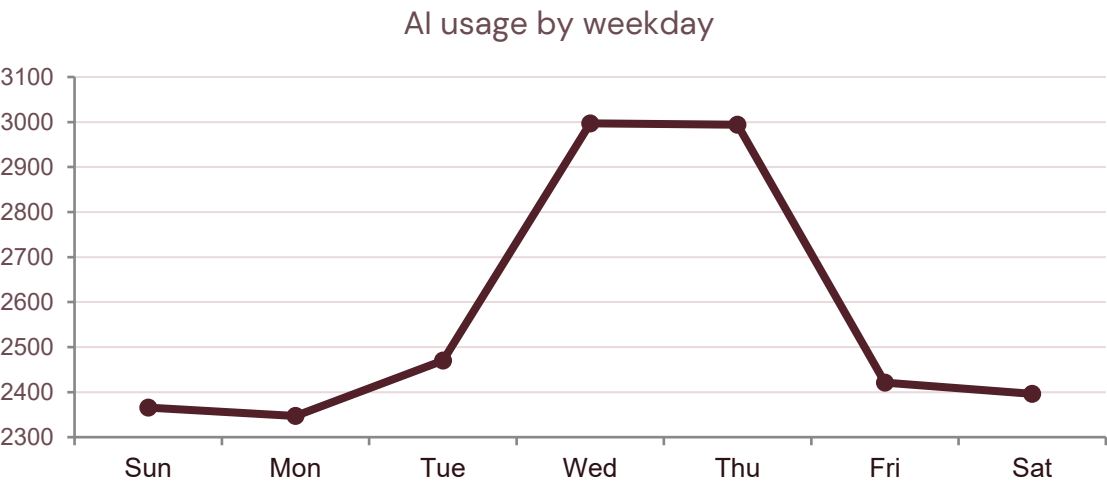
Two plants, same care

A student who sleeps well, exercises, and journals isn't measurably less stressed than one who doesn't — like two plants given identical care, growing differently for reasons the checklist can't explain.

Answer: no, not meaningfully. Every habit tested — alone or combined — lands within 0.1 points of each other.

QUESTION 3

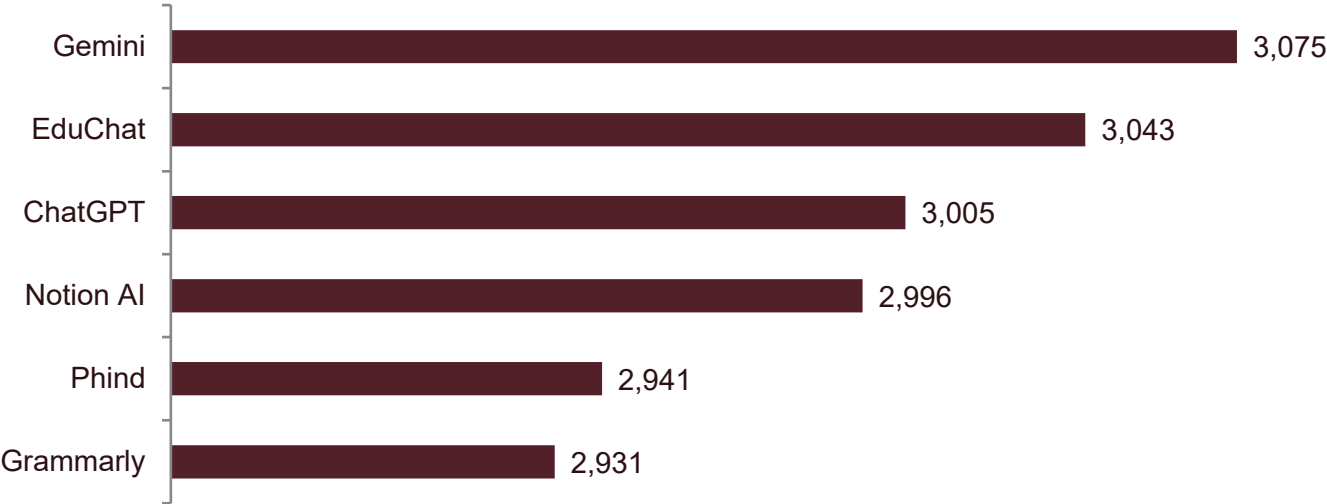
Does AI usage line up with academic pressure?



Answer: yes, on timing. AI usage peaks Wednesday and stays elevated into Thursday — but the mood dip and stress spike are concentrated on Wednesday alone. By Thursday, mood and stress have already returned close to normal, even though usage hasn't dropped yet.

Worth wondering: we can't be sure which way this runs — pressure could be driving teens to AI, or heavy AI use could itself be adding to the stress. The data shows the two move together, not which one leads.

What are they actually using AI for?



4 of 6

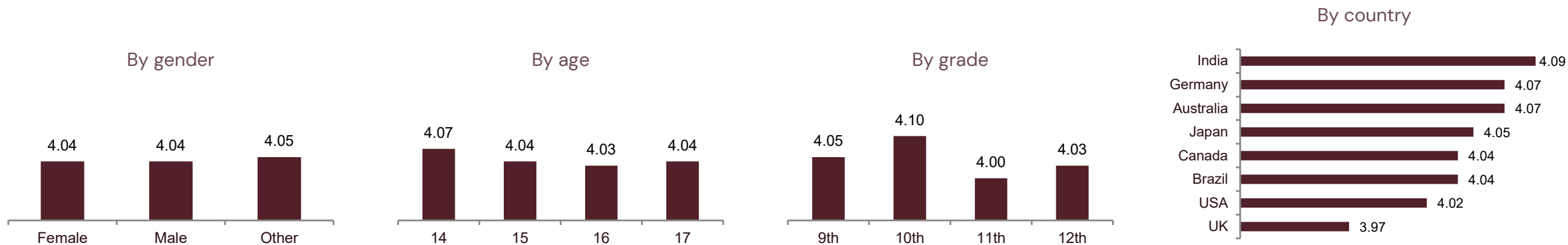
tools are built for homework and notes, not entertainment

Usage is fairly even across all six — but the mix leans toward schoolwork, not scrolling for fun.

Answer: mostly academic. Most-used tools skew toward productivity and study support over entertainment.

QUESTION 2

Which demographic groups show higher stress?



Answer: no group stands out sharply. Gender, age, and grade all sit within 0.1 points of each other. By country, the UK shows the lowest stress and highest mood of all 8 — the best-performing group, though the whole range is narrow (3.97–4.09).

Like comparing classrooms at the same school — a few points different here and there, but no classroom stands out as needing a fire drill.

CONCLUSION

Most students are doing fine — but almost half are quietly struggling, and habits aren't why.

The overall picture looks healthy

On average, mood and stress both land in a good place — mood above neutral, stress below it.

Nothing we tested explains who struggles more

Sleep, screen time, exercise, journaling, meditation, support, background — none separate the students doing better from those doing worse.

But that average hides a real split

The overall average stress was 4.04 out of 10 — but just under half of students (48.7%) were individually more stressed than that healthy-looking average. A calm number, not a calm reality for everyone.

AI usage is the one signal that lines up

Students turned to AI most on the exact days their mood dipped and stress rose — though we can't say for certain which one is causing the other.

What schools and parents should consider

1

Know their AI patterns and provide support

Learn which days they lean on AI most — like Wednesday — and show up for them then, not after.

2

Teach AI Literacy

Guide students to use AI as a tool that enhances their thinking — not replaces it. Structured conversations about verifying AI outputs and trusting their own reasoning are essential.

3

Build their stress toolkit directly

Help them manage stress and mood on their own terms, so AI stays a support — not their only outlet.

The Data Has Spoken. Now the Question Is — Who's Listening?

In this simulated dataset of 1,000 teen records, emotional wellbeing looked more stable than expected — mood stayed above the neutral midpoint and stress below it, regardless of lifestyle, support, or demographic group.

The clearest behavioural pattern was AI usage: it climbed 28% by Wednesday and stayed elevated into Thursday, the same window when mood dipped, and stress peaked — though it's not clear whether academic pressure drives AI use or AI use itself adds to it.

Almost half of the students (48.7%) are above the average stress line — a reminder that a calm-looking average can hide a genuinely split population, and that what these students need is guidance on how they use AI, not restrictions on it.

Tools Used: Excel (data preparation & derived columns) | Databricks SQL (Bronze → Silver → Gold) | Power BI

Data Source: Inside Teen Minds — Kaggle (Simulated Dataset, MIT License) | References: WHO (2025), RAND (2025), WHO Europe (2024)

THANK YOU

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