

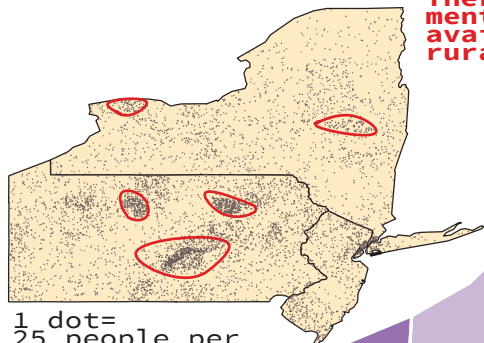
The Geography of Psychology

An examination of the relationship between psychological distress and its predictors

Across the United States, there is extensive variation regarding mental health trends. However, it has been showing that, in general, suburban areas tend to have better outcomes than urban and rural ones. To further examine this closer, we will look at mental health trends in three states with substantial population: New York, New Jersey, and Pennsylvania.

Factor #2: Availability of Mental Healthcare Providers

There is a clear lack of mental healthcare availability in the most rural areas



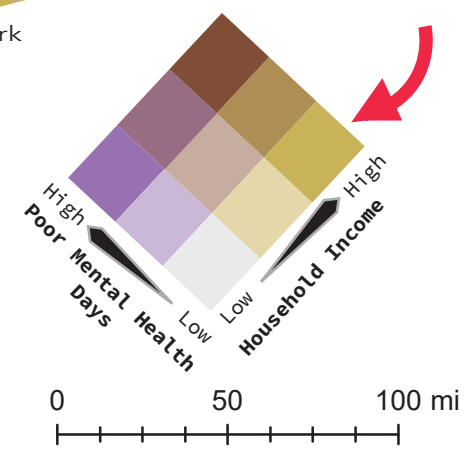
Factor #3: Percent Unemployed

The highest unemployment rates are correlated with the most reported poor mental health days. **The highest unemployment rates tend to be in rural counties.**

Correlations Between Poor Mental Health Days and potential predictors

Income: $R = -.72$
Unemployment: $.47$
Mental Healthcare Availability: $.28$

Factor #1: Median Household Income



Cartographer: Charles Simon
Projection: Transverse Mercator
Data: County Health Rankings
<https://www.countyhealthrankings.org/>