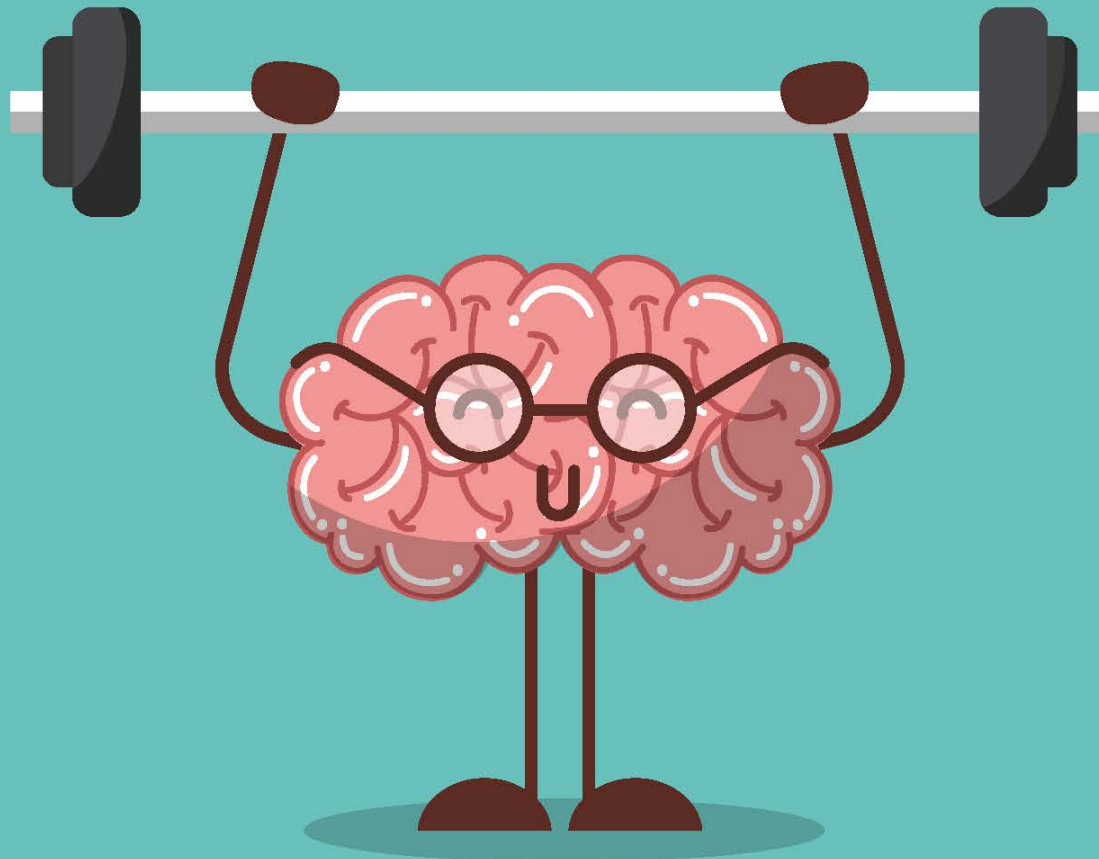


AG Mental Health

UniWiND Workshop

Dr. Hendrik Huthoff, Friedrich Schiller University, Jena
Dr. Nicole Sachmerda-Schulz, Leipzig University



Mentale Gesundheit von Doktoranden:innen

nature
cell biology

Editorial | Published: 28 March 2018

A PhD state of mind

Nature Cell Biology 20, 363 (2018) | Download Citation

Recent surveys have linked academia and PhD studies to a risk of experiencing mental health issues. Despite the lack of extensive data, the negative impact of the stresses of lab life should not be underestimated, and PhD students and research trainees should be supported.

You are not alone

Twenty years on, Dave Reay speaks out about the depression that almost sunk his PhD, and the lifelines that saved him.



SUPPORT

Why mental health matters

Nature talks to five researchers about the stresses of a hyper-competitive environment, and what needs to change.



MENTAL HEALTH

Out of the darkness

Depression and related disorders can be devastating, but there are ways to fight them.

HowStuffWorks / Health / Mental Health / Mental Disorders

Getting a Ph.D. Can Harm Your Mental Health

BY SHELLEY DANZY SEP 14, 2017



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Work organization and mental health problems in PhD students

Katia Levecque^{a,b,*}, Frederik Anseel^{a,b,c}, Alain De Beuckelaer^{d,e,a}, Johan Van der Heyden^{f,g}, Lydia Gisle^f



Cries for help

An outpouring on Twitter highlights the acute pressures on young scientists.

Poor mental health is an issue for many of our readers, as underscored by the response to a tweet sent by @NatureNews last week, which highlighted rates of depression and anxiety reported by postgraduate students (see go.nature.com/2gtixq). The reaction blew us away: more than 1,900 retweets and around 230 replies. "This is not one dimensional problem. Financial burden, hostile academia, red tape, tough job market, no proper career guidance. Take your pick," read one. "I'd love to see some of the comments under this thread published," wrote one responder. "There needs to be real conversation about this, not just observation." We



euacde COUNCIL FOR DOCTORAL EDUCATION

STYLE GUIDE FOR AUTHORS

The Doctoral Debate

Evidence for a mental health crisis in graduate education

Teresa M Evans¹, Lindsay Bira², Jazmin Beltran Gastelum³, L Todd Weiss⁴ & Nathan I Vanderford^{4,5}

With mental illness a growing concern within graduate education, data from a new survey should prompt both academia and policy makers to consider intervention strategies.



The Wellcome Trust Report on Research Culture 2020

Words that researchers would use to describe research culture

Survey, n = 2839 – research community, UK and international.



Words that researchers would use to describe an ideal research culture

Survey, n = 4079-4110 – research community, UK and international.



30% der Doktoranden:innen zeigen Risiko-Factoren fuer Psychiatrische Erkrankungen vor

Table 4

Prevalence of common mental health problems in PhD students compared to three comparison groups, Flanders, 2013: %, risk ratio adjusted for age and gender (RR), 95% confidence interval (CI).

Source Year of survey	PhD students	Comparison group 1: Highly educated general population			Comparison group 2: Highly educated employees			Comparison group 3: Higher education students		
	SJR 2013 N = 3659	HIS 2013 N = 769 ^a			HIS 2013 N = 592			HIS 2001, 2004, 2008, 2013 N = 333 ^b		
	%	%	RR	CI	%	RR	CI	%	RR	CI
Felt under constant strain	40.81	27.47	1.38	(1.18–1.62)	26.69	1.43	(1.20–1.70)	30.21	1.16	(0.96–1.42)
Unhappy and depressed	30.30	13.60	2.09	(1.65–2.65)	12.31	2.22	(1.70–2.91)	18.48	1.42	(1.09–1.84)
Lost sleep over worry	28.33	18.13	1.62	(1.32–2.01)	17.16	1.70	(1.35–2.15)	18.13	1.35	(1.03–1.76)
Could not overcome difficulties	26.11	12.00	2.36	(1.82–3.06)	10.57	2.71	(2.01–3.64)	12.69	1.85	(1.35–2.54)
Not enjoying day-to-day activities	25.41	13.07	2.21	(1.74–2.82)	12.31	2.39	(1.82–3.13)	10.88	1.68	(1.19–2.38)
Lost confidence in self	24.35	7.95	3.48	(2.52–4.79)	7.56	3.54	(2.47–5.06)	10.24	2.04	(1.43–2.91)
Not playing a useful role	22.46	9.20	2.33	(1.73–3.15)	8.15	2.54	(1.80–3.59)	10.88	1.78	(1.26–2.53)
Could not concentrate	21.74	10.67	1.94	(1.48–2.54)	9.01	2.14	(1.56–2.92)	10.57	1.53	(1.07–2.20)
Not feeling happy, all things considered	21.15	11.11	2.15	(1.64–2.81)	9.43	2.41	(1.77–3.29)	11.45	1.49	(1.05–2.10)
Felt worthless	16.17	5.30	3.40	(2.29–5.07)	4.30	4.11	(2.57–6.59)	4.22	3.16	(1.82–5.48)
Could not make decisions	14.95	6.00	2.74	(1.87–4.02)	5.03	2.97	(1.91–4.62)	6.04	2.16	(1.35–3.48)
Could not face problems	13.36	4.27	3.69	(2.39–5.68)	3.81	3.82	(2.34–6.24)	4.24	2.42	(1.38–4.25)
GHQ2+	51.11	26.80	1.90	(1.62–2.22)	24.96	2.02	(1.69–2.41)	30.61	1.53	(1.27–1.84)
GHQ3+	39.53	18.40	2.26	(1.85–2.75)	16.12	2.56	(2.03–3.22)	22.21	1.63	(1.29–2.06)
GHQ4+	31.84	14.00	2.43	(1.92–3.08)	11.79	2.84	(2.15–3.74)	14.55	1.85	(1.38–2.49)

^a Including 14 PhDs.

^b Including 1 PhD student.

General Health Questionnaire 12

able to concentrate

feel useful

capable making decisions

enjoy normal activities

able to face problems

feeling happy

lost sleep to worry

constantly under strain

unable to overcome difficulties

unhappy and depressed

lost confidence in self

think yourself worthless

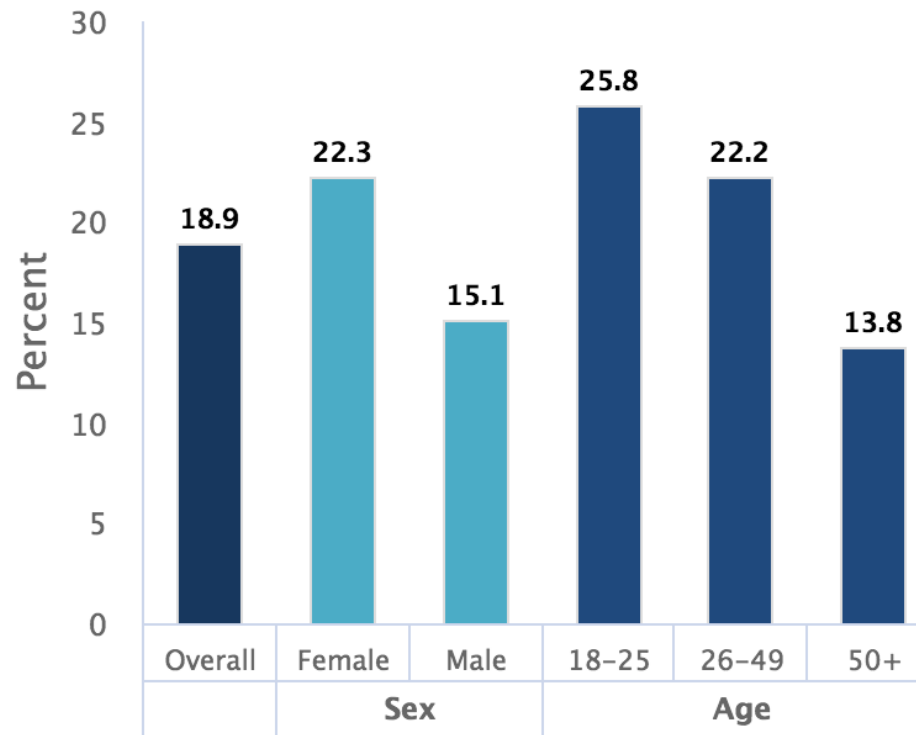
0 = same as usual 1 = less (Q1-6)/more (Q7-12) than usual 1 = much less (Q1-6)/more (Q7-12) than usual
4 point total indicates risk of having or developing a psychiatric disorder

**Eine in Vier Personen leidet an einer
psychischen Erkrankung**



**World Health
Organization**

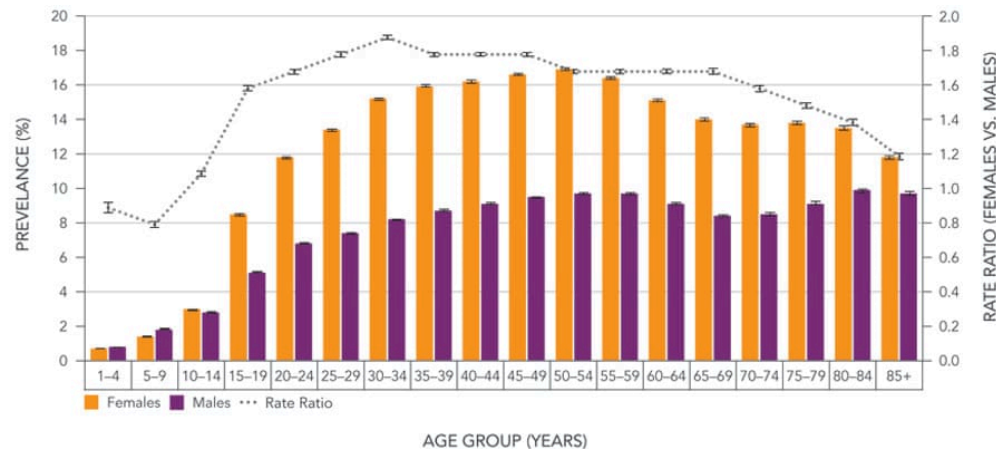
Inzidenz von psychischen Erkrankungen in Verschiedenen Altersgruppen



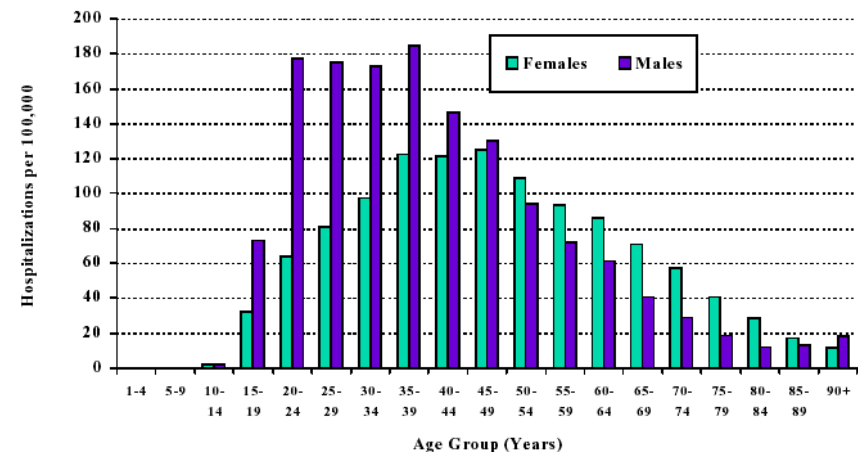
Annual prevalence of any mental
Illness among U.S. adults (2017)

Inzidenz von psychischen Erkrankungen in Verschiedenen Altersgruppen

Angststörung



Schizophrenie



* Using most responsible diagnosis only

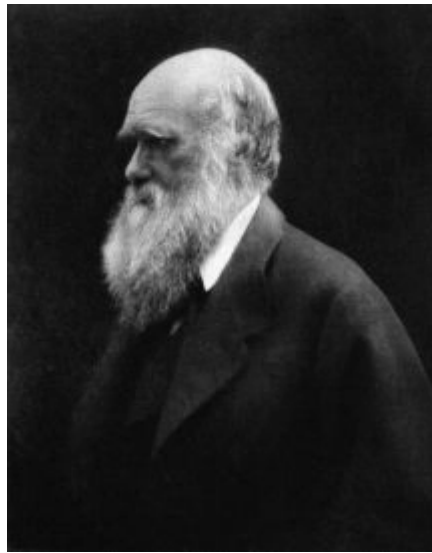
Source: Centre for Chronic Disease Prevention and Control, Health Canada using data from Hospital Morbidity File, Canadian Institute for Health Information



Mentale Erkrankung – es kann jedem passieren



Isaac Newton 1642-1727



Charles Darwin 1809-1882



John Nash 1928-2015

Unterstützung

- Psychosoziale Beratung Studierendenwerk
- Ambulante Psychotherapie
- Hausarzt
- Notnummer!
- online Beratung und Behandlung im Ausland
- (Familie und Freunde)
- Graduierten Einrichtungen?



Breakout rooms: Themen

1: Was bietet ihr in eurer Einrichtung zur Förderung/Unterstützung der mentalen Gesundheit von Promovierenden an?

2: Was sind ggf. Herausforderungen bei der Konzeption/Organisation von solchen Angeboten an eurer Einrichtung?

Nachfolgende Diskussion im Plenum