

Results of the OZSW PhD Well-being Survey

Many PhD students experience stress, anxiety, depression, etc.

Our survey underscores the need for improved awareness of mental health issues among PhD students.



Demographics

Number of responses:

88

Female: **43%**

Dutch: **61%**

Employed: **61%**

full-time: **79%**

Third year+: **58%**



Mental Health

At risk of depression:

58%

Unhappy/depressed:

43%

Feeling worthless:

28%

Losing self-confidence:

48%



Supervision

Overall satisfaction:



Academic: **4/5**

Personal: **3.8/5**

Autonomy: **4.25/5**

40%

Of respondents would discuss mental health problems with their primary supervisor



Support

82%

Believe universities should have a psychologist for PhD students

93%

Would visit a PhD student psychologist if they were to experience mental health problems (62% yes, 31% maybe)

67%

Has never attended a workshop related to mental health



Future career

50%

Say that career perspectives affected their mental health negatively

41%

Aspire a career within academia (definitely or probably within)

51%

Worry often or all the time about their career

We warmly invite you to join the discussion about what can be done in order to improve PhD well-being!
Come to the OZSW PhD council panel at the OZSW conference, Saturday from 16:00 - 17:30 @ C2.17