This week is Mental Health Awareness Week. Did you know that PhD students are more than twice as likely to suffer from mental illness symptoms than the general public?

The General Health Questionnaire (GHQ) is the most widely used measurement tool in occupational health research. The system scores 12 different symptoms. More than four symptoms tend to indicate the presence of a psychological condition.

An odds ratio (OR) is a measure of association between an exposure and an outcome, for example, the likelihood of presenting with at least 4 symptoms when also experiencing a heavy workload.

Tips to Help Manage Anxiety and Depression

- Learn about emotional regulation techniques, such as Cognitive Behavioral Therapy.
- Check in on the mental health of your peers.
- Do your best to eat well and exercise regularly.
- See if there are ways to improve your environment.
- Try to get at least seven hours of sleep a night.

Prevalence of Common Mental Health Problems

- Fat-Worry
- Lost Sleep Over Worry
- Feel Under Constant Stress
- Lost Confidence in Self
- Unhappy and Depressed

Frequency of Psychological Symptoms

- At least 2 symptoms: 51%
- At least 3 symptoms: 40%
- At least 4 symptoms: 32%