

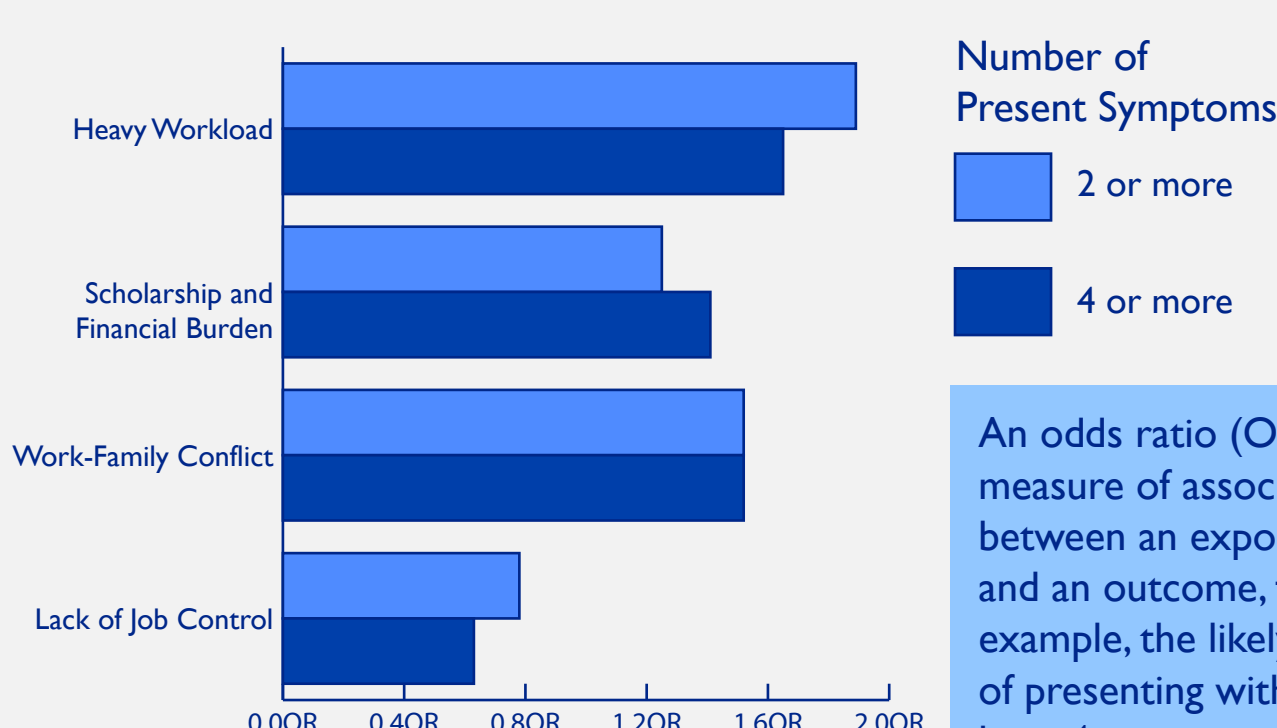
# Mental Health Awareness

## For Postgraduate Science Research Students

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?



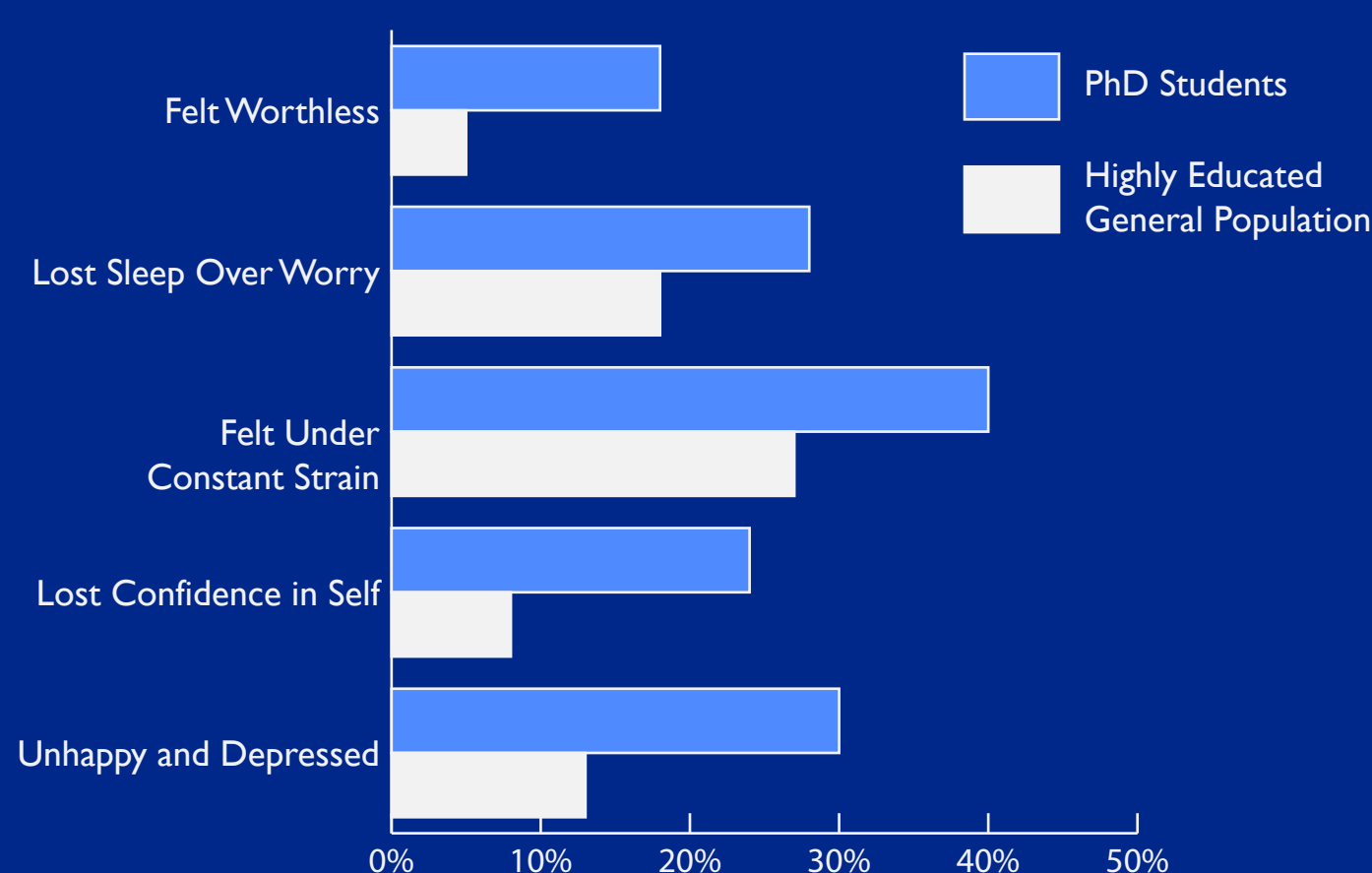
### Stressors on Psychological Wellness of PhD Students



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.

Other stressors include leadership style, fear of failure, and the perception of academic success.

### Prevalence of Common Mental Health Problems



### Frequency of Psychological Symptoms

51%

At least 2 symptoms

40%

At least 3 symptoms

32%

At least 4 symptoms

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.

### Tips to Help Manage Anxiety and Depression



Learn about emotional regulation techniques, such as Cognitive Behavioral Therapy.



Do your best to eat well and exercise regularly.



Try to get at least seven hours of sleep a night.



Check in on the mental health of your peers



See if there are ways to improve your environment