MENTAL HEALTH DURING YOUR PhD THE TOXIC MIX

A study by the University of California, Berkeley, found nearly half of postgraduate students met criteria to classify them as depressed.¹ This poster explores the common stressors that PhD students may be exposed to during their PhD.

**IMPOSTER SYNDROME**
Most prevalent in women and minority groups, feelings of not 'deserving' to be on your PhD despite having earned it are rife.

**FIRST TIME FAILING**
Students undertaking a PhD have often never experienced failure, having done well in previous studies.

**PRESENTEEISM**
Maintaining a work/life balance can be difficult with the academic culture of overwork.

**TOUGH RELATIONSHIPS**
Supervisor/student relationships can be particularly tough to manage, be it an absent supervisor, or overbearing.

**NO MORE TICK BOXES**
Transitioning from taught courses to research can be difficult, particularly given the open-ended nature of research.

**FINANCIAL CONCERNS**
Money worries can lead to increased stress. Waiting long time periods to receive for example, conference reimbursement can exacerbate the issue.

**COMPARATIVE LANDSCAPE**
Competition not collaboration is often fostered. Given no two PhDs are the same comparing your PhD to someone else's can be deflating.

**PAPERS, PLEASE**
Focus on research output can lead to feelings of not being 'good enough' if you do not have n publications.

**ISOLATION/GUILT**
Writing a thesis can be isolating. This can also be coupled with feelings of guilt when taking breaks.

**CULTURE OF ACCEPTANCE**
In academia, there is a culture of acceptance that mental health issues are part of the journey. This needs to change.

NEED HELP?
CALL CAPS at 1-919-966-3658 (24/7)
National Suicide Hotline at 1-800-273-8255 (TALK)

Reference: ¹ Graduate Student Happiness & Well Being Report 2014 University of California Berkeley