Mental Health of Physics Graduate Students

PSI alumni reunion project of class of 2011: Yang Lu, Maeve Manion-Fischer, José Ricardo Oliveira, Laura Piispanen, Tianheng Wang, Kim-Tuyen Hoang

Some Literature Review Results

- 39% of the graduate students surveyed reported moderate to severe depression compared with 6% of the general population.
- 41% of the graduate students surveyed reported moderate to severe anxiety, as compared with 6% of the general population.¹
- The prevalence of mental health problems is higher in PhD students than in the highly educated general population, highly educated employees and higher education students².
- 32% of PhD students are at risk of having or developing a common psychiatric disorder, especially depression. This estimate was significantly higher than those obtained in the comparison groups.²

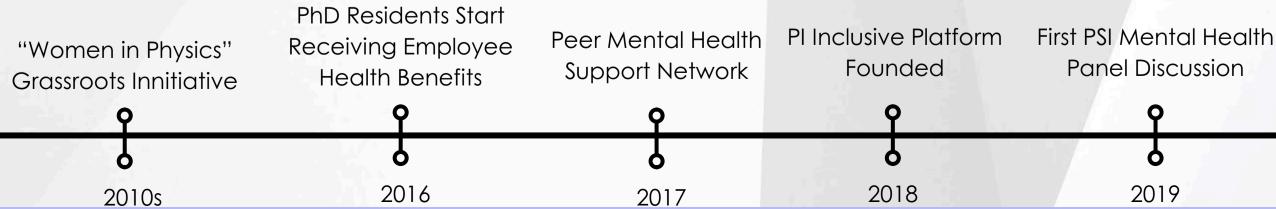
Panel Discussion

Panellists Yang Lu Tibra Ali Jordan Krywonos Aldo Riello

1. Evans, T. M., Bira, L., Gastelum, J. B., Weiss, L. T., & Vanderford, N. L. (2018). Evidence for a mental health crisis in graduate education. Nature biotechnology, 36(3), 282-284. 2. Levecque, K., Anseel, F., De Beuckelaer, A., Van der Heyden, J., & Gisle, L. (2017). Work organization and mental health problems in PhD students. Research policy, 46(4), 868-879.



Timeline of Mental Health Intervention at PI



Thursday, June 20 at 10am in the Sky Room

Moderator Sarah Pearson, RP PI In-House Therapist

PSI 2011 Former PSI Fellow Resident PhD/PSI 2022 **Current PSI Fellow**

INSTITUTE FOR THEORETICAL PHYSICS

Establishment and Running of In-House Therapy Programme

2020 onwards