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 be it an absent supervisor, or overbearing, can be particularly tough to manage.

CULTURE OF ACCEPTANCE

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

NO MORE TICK BOXES

Transitioning from taught courses to research can be difficult, particularly given the open-ended nature of research.



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

COMPETITIVE 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/GUIL1

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

NEED TO TALK?

At ENPC:

- Nurse: stephanie.le-thuaut@enpc.fr
- Prevention officer: chris-herve.mouele@enpc.fr
- PhD referent: dalida.chartrel@enpc.fr

Other resources:

- Your doctoral school
 - Psychological hotline: 0 800 711 046 (free, various languages)
- ecouteetudiants-iledefrance.fr

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.

