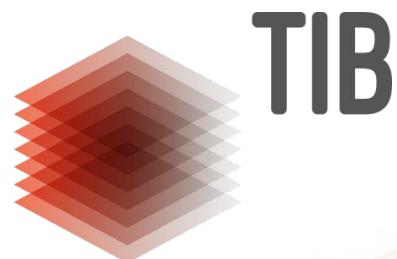


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AI in Doctoral Education to Enhance Mental Health and Career Management Skills in Academia



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Researcher Mental Health Observatory COST ACTION CA19117





**Online, Open Learning
recommendations and mentoring
towards Sustainable research
CAReers (OSCAR, E+ KA203)**



Logistics

Hybrid event - Greener event

Internet Access

Network: Tricoterie Free
Pass: fabriquedeliens

**Need help, or have questions:
registration desk**

Don't forget to sign the attendance sheet!

**Get to know our community, share
experiences, join initiatives**

The Problem

Very high levels of perceived mental well-being problems in research professions



32% - 42% of academic employees are 'at risk of having or developing a common psychiatric disorder

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. <https://doi.org/10.1016/j.respol.2017.02.008>

***“I feel guilty and anxious all the time
because I feel like I'm not
doing my work well enough”***

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

***“I constantly feel guilty when I’m not
(only) doing research”***

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

“I feel that after the PhD I will have almost no knowledge of anything that is useful in the job market”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

“Even my extended family or close circle of friends fail to recognise the value of research work”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

“My working hours are not flexible. In the evening I put the children to bed, then I have time for my "intellectual" tasks, but either I fall asleep or I can manage them, but then after 2-3 hours of sleep the clock is already ringing, because at 8am I have to be ready in my work uniform at the Institute. It's very soul-crushing.”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

“As a woman, I never feel ready to have children because of the constant inflow of new tasks, projects and responsibilities, and I'm getting older and afraid of running out of time = super frustration”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

“There is no differentiation on the basis of results/performance, which is not a motivating environment”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

***“The best colleagues and role models
leave the field, and are often not replaced
by the outstanding ones”***

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

The problem is systemic

Awareness (personal, institutional or national) is still limited

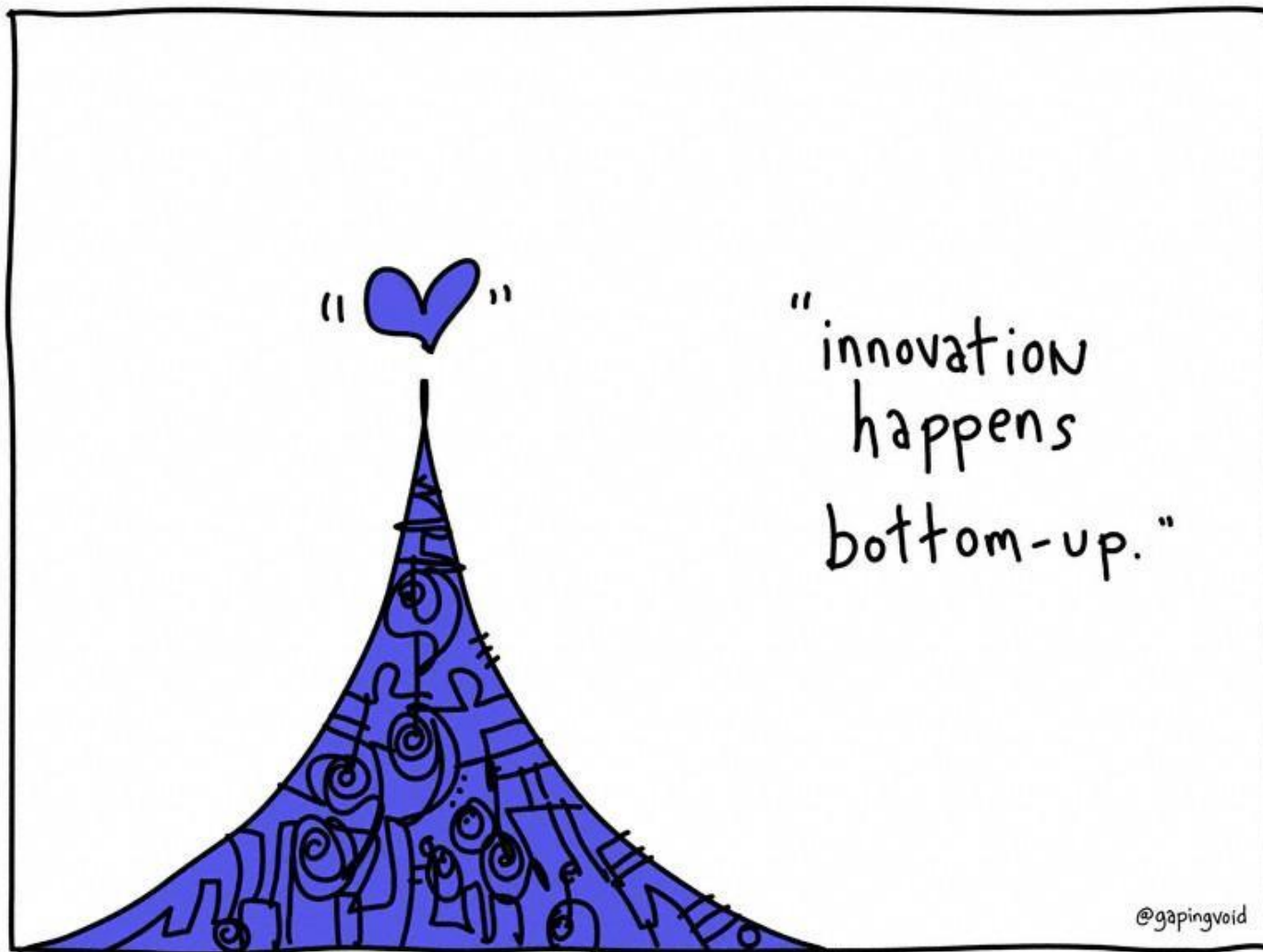
Cactus Foundation Mental Health Survey. (2020).
<https://www.cactusglobal.com/mental-health-survey/>

Understanding mental health in the research environment: A Rapid Evidence Assessment. Santa Monica, CA: RAND Corporation, 2017.
https://www.rand.org/pubs/research_reports/RR2022.html

Mattijssen, L. M. S., Bergmans, J. E., van der Weijden, I. C. M., & Teelken, J. C. (2021). In the eye of the storm: The mental health situation of PhD candidates. *Perspectives on Medical Education*, 10(2), 71–72. <https://doi.org/10.1007/s40037-020-00639-4>

Kismihók, G., Cardells, F., Güner, P. B., Kersten, F., Harrison, S., Shawrav, M. M., Huber, F., Trusilewicz, L. N., Mol, S. T., Bajanca, F., Dahle, S., Keszler, Á., Carbajal, G. V., Kretschmar, W. W., Björnalm, M., Stroobants, K., Hnatkova, E., Cophignon, A., Degtyarova, I., ... Parada, F. (2019). *Declaration on Sustainable Researcher Careers*. Zenodo. <https://doi.org/10.5281/zenodo.3082245>

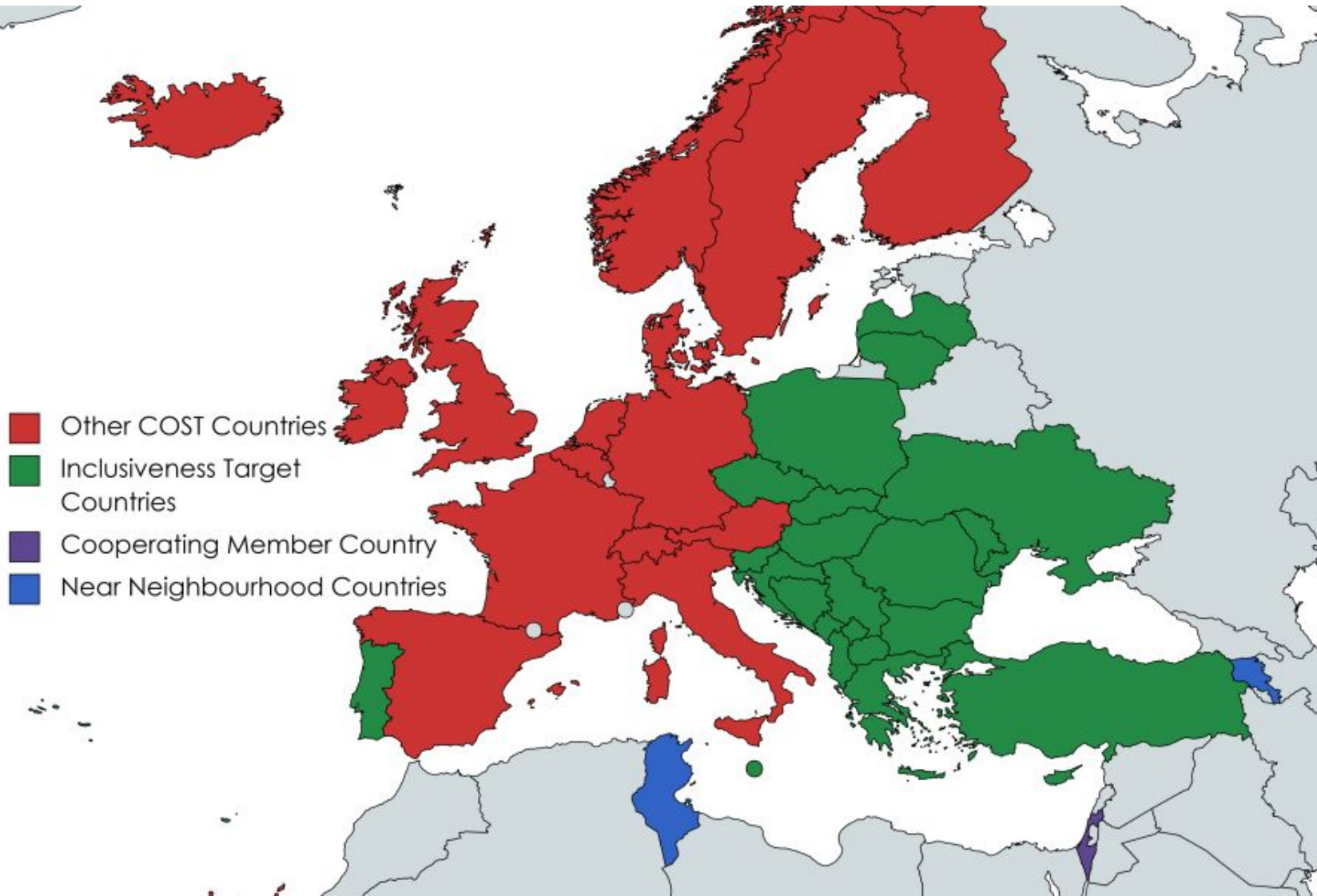
WE NEED TO ACT NOW!



Researcher Mental Health Observatory COST ACTION CA19117



41 Countries, +250 Researchers



Researchers of all career stages from many research organisations



The European Council of Doctoral Candidates and Junior Researchers



Key Activities

WG1: System level (ERA)

- connect researchers' representatives, civil organizations and policymakers
- focus on systemic issues beyond any particular organisation or discipline
- encourage system level actors to explore what can be done at a system level to improve mental health

WG2: Institutional level practices

- Address mental health within institutions, what the challenges are and how they can be addressed.
- Evidence-based understanding of what ‘best practice’ looks like
- Sharing institutional experiences for effective institutional policies

WG3: Local actors - researcher well-being

- link actors that deal with developing and promoting a sustainable and enjoyable research climate
- provide deep insight on the determinants of sustaining employment and long-term integration within workplaces
- focus on matters such as counselling support, peer-to-peer support, online networks

RESEARCHERS' WELL-BEING AND CAREER DEVELOPMENT

Anneleen Mortier

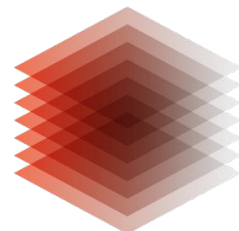
The importance of evidence for wellbeing and sustainable career development in academia.

Stefan Mol

“TAKE TIME to talk”

Gábor Kismihók. (2021). Mentális egészséghez köthető problémák a magyar kutatásban - ReMO workshop [Data set]. Zenodo. <https://doi.org/10.5281/zenodo.5554726>

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Q&A



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