Transcript of PhD Mental Health poster by Dr Zoe Ayres for Accessibility

This poster explores some of the common stressors that PhD researchers face during their undergraduate studies.

Number 1: Impostor syndrome.

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

Number 2: Financial concerns.

Money worries can lead to increased stress will stop waiting long time periods to receive for example, conference reimbursement can exasperate the issue.

Number 3: 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.

Number 4: Papers, please.

Focus on research output can lead to feelings of not being good enough if you do not have N publications.

Number 5: Isolation/guilt.

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

Number 6: Culture of acceptance.

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

Number 7: No more tick boxes.

Transitioning from taught courses to research committee of course particularly given their open ended nature of research.

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Number 8: Tough relationships.

Supervisor student relationships be it an absence supervisor, or overbearing, can be particularly tough to manage.

Number 9: Presenteeism.

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

Number 10: First time failing.

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

Part of the mental health series by Dr Zoë Ayres free to distribute.