



# Mental Health in Graduate Education

Presented by Noshin Yesmin

Second-year Graduate Student

ASTR 8500 Optional Topic

# Evidence for a Mental Health Crisis in Graduate Education: A Comprehensive Survey by Evans et al. 2018

2,279  
individuals

26 countries

Masters  
Students

10.0%

90.0%

PhD Students

234  
Institutions

biological/  
physical  
science

38.0%

other

4.0%

humanities/social  
sciences

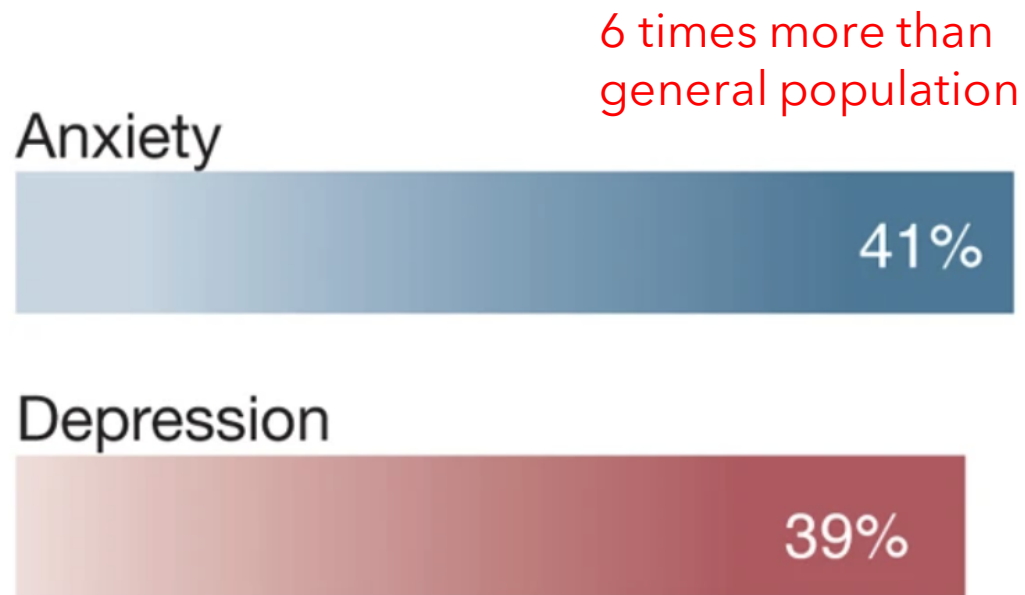
56.0%

2.0%

engineering

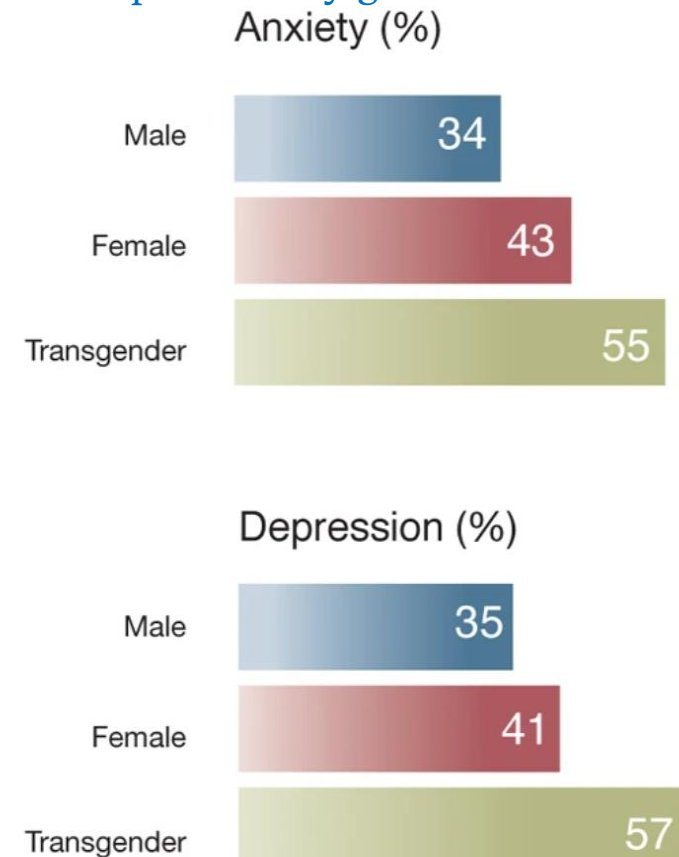
# The Prevalence of Anxiety and Depression among Graduate Students

## a Overall Prevalence



Evans et al. 2018

## b Prevalence of anxiety and depression by gender



Evans et al. 2018

# Other Studies Demonstrating a Crisis

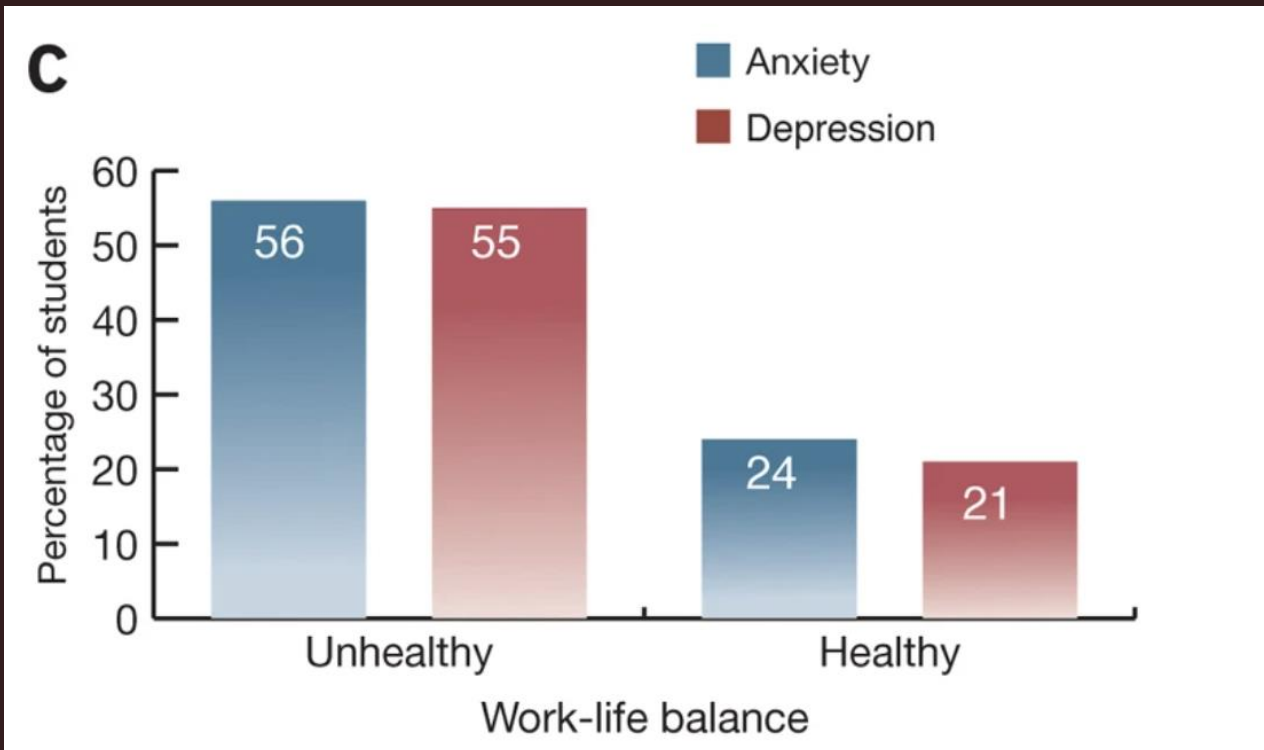
Source	Issue	Measurement	Demographic	Timeframe	Prevalence
Grad resources <a href="#">69</a>	Elevated stress	Students were asked to indicate whether they experience “more stress than they can handle”	American	“In life”	45%
ACHA NCHA <a href="#">45</a>	Elevated stress	Students were asked to indicate whether they experienced “greater than average stress” in the past 12 months	American graduate and professional students	Past 12 months	61.4%
Evans <i>et al.</i> <a href="#">30</a>	Depression	PHQ-9	American, 91.5%; International, 8.5% PhD students, 90%; Masters students, 10%	Past 2 weeks	41%
Evans <i>et al.</i> <a href="#">30</a>	Anxiety	GAD-7	American, 91.5%; International, 8.5%	Past 2 weeks	39%

[Full Table](#)

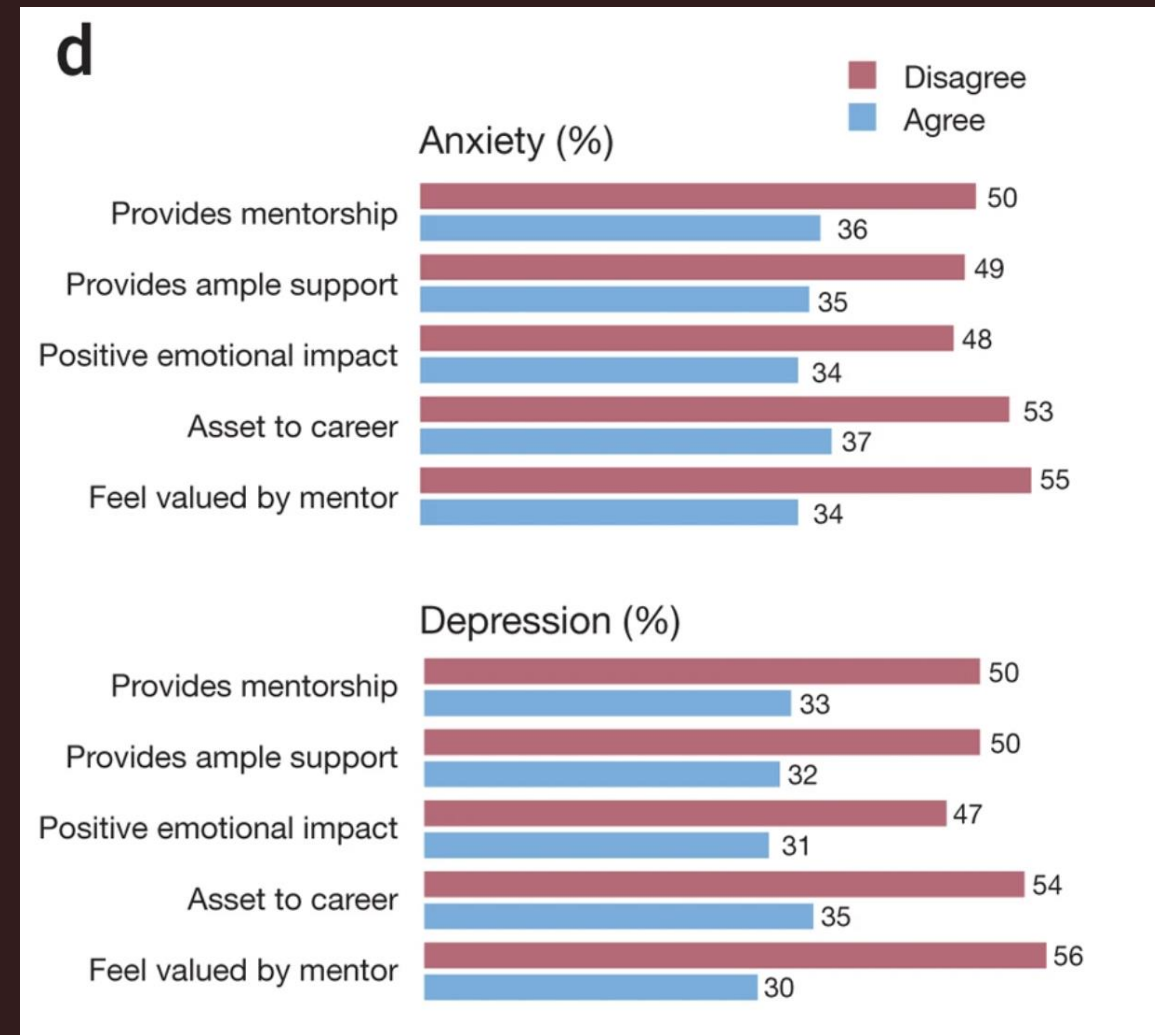
Eleftheriades R et al 2020

# Factors Associated with Anxiety and Depression

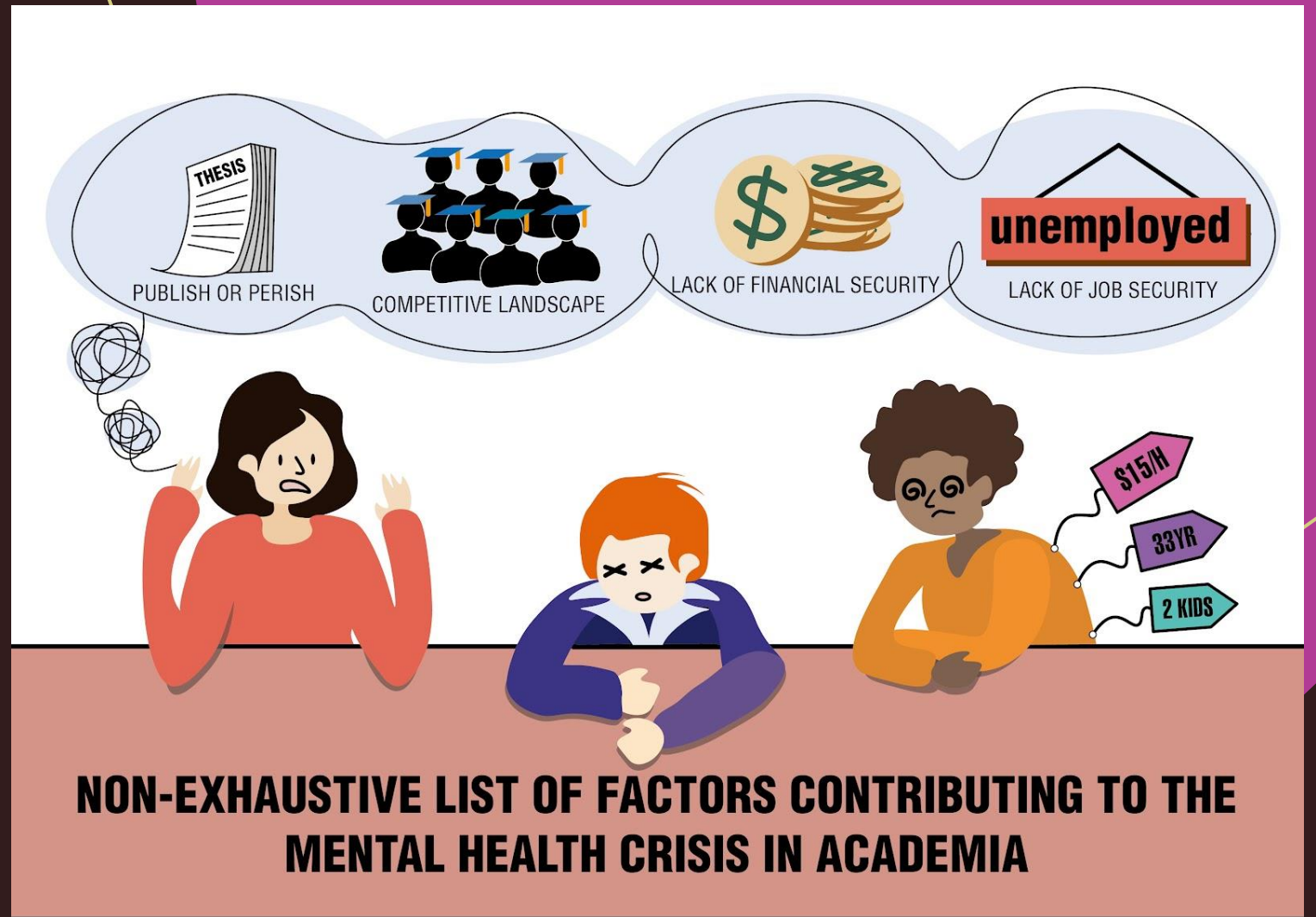
Effect of perceived work-life balance



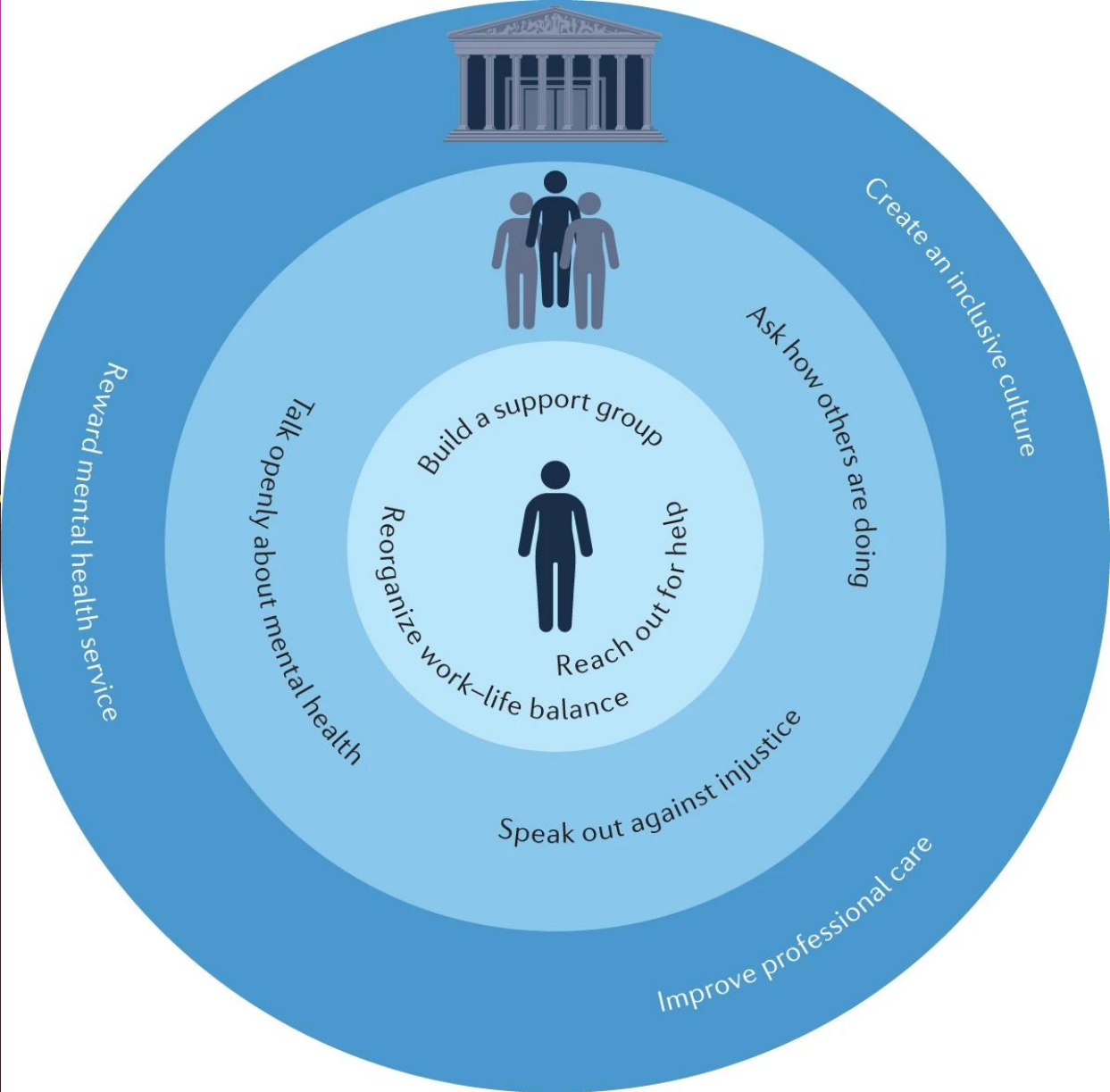
Effect of relationship with mentor



# Long-term Factors



# Strategies for Mentally Healthier Graduate Experiences

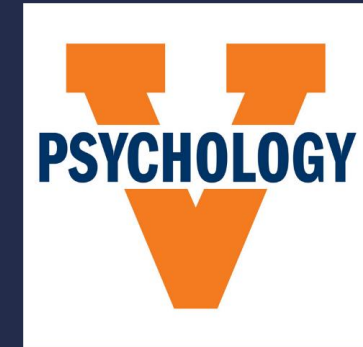




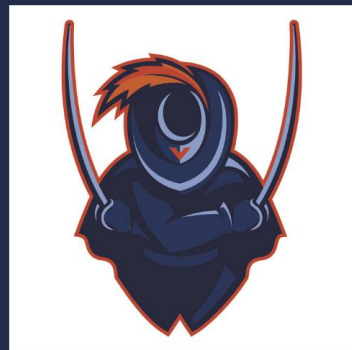
# UVA Mental Health Resources



COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)



MARY D. AINSWORTH PSYCHOLOGICAL CLINIC



FRANK C. MCCUE CENTER FOR ATHLETES





# References

Evans, T., Bira, L., Gastelum, J. *et al.* Evidence for a mental health crisis in graduate education. *Nat Biotechnol* **36**, 282–284 (2018).

<https://doi.org/10.1038/nbt.4089>

Eleftheriades R, Fiala C, Pasic MD. The challenges and mental health issues of academic trainees. *F1000Res*. 2020 Feb 11;9:104. doi:

10.12688/f1000research.21066.1. PMID: 32419927; PMCID: PMC7199285.

Murguía Burton, Z.F., Cao, X.E. Navigating mental health challenges in graduate school. *Nat Rev Mater* **7**, 421–423 (2022).

<https://doi.org/10.1038/s41578-022-00444-x>

UVa Mental Health Resources: <https://rec.virginia.edu/mental-health-other-health-resources-uva>