

PhD mental health – the stats

- Graduate students have **6x** higher rates of severe anxiety and depression than the general population.²
- More intelligent people are more likely to have a mood disorder, such as anxiety or depression, but are *less likely* to seek help.³ Mood disorders underly **80-90%** of suicides.⁴
- **4 in 5** researchers showing signs of mental health distress during the pandemic⁵

² Vanderford et. al. *Nature Biotechnology* 36, 282–284(2018).

³ Woolston et. al., *Nature* 550, 549–552 (2017).

⁴ Karpinski et. al., *Intelligence*, 66, 8–23 (2018).

⁵ SMARTEN & Vitae. *COVID-19: Impact on Researchers*. (2020).