



WSAVA Mental Health and Wellbeing Survey

The Professional Wellness Group of the World Small Animal Veterinary Association (WSAVA) is collecting information from veterinary professionals attending the 2018 WSAVA Congress in Singapore.

Our aim is to assess levels of mental health and wellbeing in veterinary professionals globally, in order to update the literature, and implement positive measures to improving the veterinary profession.

We thank you for your participation.

Any enquiries can be directed to Nienke Endenburg (N.Endenburg@uu.nl) or Vicki Lim (hello@theriptideproject.com).

Demographics

1. Age
 2. Gender
 3. Country
 4. Occupation (eg. Vet/nurse)
 5. Field of work (eg. Clinical/industry/Academia)
 6. Years of Experience
-

Mental Health





The following questions ask about how you have been feeling during the past 30 days. For each question, please choose the option that best describes how often you had this feeling.

1. During the past 30 days, about how often did you feel ...

a) Nervous?

- i. All of the time
- ii. Most of the time
- iii. Some of the time
- iv. A little of the time
- v. None of the time

b) Hopeless?

- i. All of the time
- ii. Most of the time
- iii. Some of the time
- iv. A little of the time
- v. None of the time

c) Restless or fidgety?

- i. All of the time
- ii. Most of the time
- iii. Some of the time

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- iv. A little of the time
 - v. None of the time
- d) So depressed that nothing could cheer you up?
- i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time
- e) That everything was an effort?
- i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time
- f) Worthless?
- i. All of the time
 - ii. Most of the time
 - iii. Some of the time
 - iv. A little of the time
 - v. None of the time





2. The previous question asked about feelings that might have occurred during the past 30 days. Taking them altogether, did these feelings occur more often in the past 30 days than is usual for you, about the same as usual, or less often than usual? (If you never have any of these feelings, choose response d:

"About the same as usual").

- a) A lot more often than usual
- b) Somewhat more often than usual
- c) A little more often than usual
- d) About the same as usual
- e) A little less often than usual
- f) Somewhat less often than usual
- g) A lot less often than usual

3. During the past 30 days, how many days out of 30 were you totally unable to work or carry out your normal activities because of these feelings?

4. Not counting the days you reported in response to the previous question, how many days in the past 30 were you able to do only half or less of what you would normally have been able to do, because of these feelings?

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5. During the past 30 days, how many times did you see a doctor or other health professional about these feelings?

6. During the past 30 days, how often have physical health problems been the main cause of these feelings?

- a) All of the time
 - b) Most of the time
 - c) Some of the time
 - d) A little of the time
 - e) None of the time
-

Wellbeing

1. Below are ten statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

7 - Strongly agree

6 - Agree

5 - Slightly agree

4 - Neither agree nor disagree

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3 - Slightly disagree

2 - Disagree

1 - Strongly disagree

___ In most ways my life is close to my ideal.

___ The conditions of my life are excellent.

___ I am satisfied with my life.

___ So far I have gotten the important things I want in life.

___ If I could live my life over, I would change almost nothing.

___ In most ways my career is close to my ideal.

___ The conditions of my career are excellent.

___ I am satisfied with my career.

___ So far I have gotten the important things I want in my career.

___ If I could live my career over, I would change almost nothing.

2. Name the 3 main stressors in your career?

3. Name the ways you cope with stress?

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4. Name the 3 favourite parts of your career?

Conclusion

1. Could you estimate the number of your colleagues in your country that have issues with their mental health?

- a) 0-5%
- b) 6-10%
- c) 11-20%
- d) $\geq 25\%$
- e) $\geq 50\%$
- f) $\geq 75\%$

2. Are there any professional wellbeing initiatives in your country/region (If so, please name them)?

3. In your opinion, what is the role that the WSAVA Professional Wellness Group plays in improving mental health and wellbeing?





WSAVA
Global Veterinary Community

4. Please include any additional information or comments below.

5. If you would like to stand a chance to win free registration to the 2019

WSAVA Congress, please leave your name and email below.

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