

# Switzerland - ReMeHealP: REsearcher MEntal health Promotion

**Guseva Canu, Irina**

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## Identification

### SURVEY ID NUMBER

10.16909-DATASET-50

### TITLE

ReMeHealP: REsearcher MEntal health Promotion

### SUBTITLE

Inventory of services protecting mental health in academia and researchers' awareness on their availability and utility

### ABBREVIATION OR ACRONYM

ReMeHealP

### COUNTRY

Name	Country code
Switzerland	CHE

### ABSTRACT

**\*\*Objective\*\*:** To make an inventory of available occupational health services (OHS) in European high education institutions (HEI) and assess the researchers' awareness regarding their availability, accessibility, and usefulness.

**\*\*Methods\*\*:** The protocol sequentially combining a mapping study of OHS in a country- and HEI-specific manner and face-to-face semi-structured interviews with researchers from considered HEI was tested and validated in Switzerland. Results of thematic analysis of qualitative data using in MAXQDA software were triangulated with OSH inventory data.

**\*\*Results\*\*:** OSH available in 14 Swiss HEI were inventoried along with their type, content, and access conditions. On average, OHS at HEIs generally offer basic medical consultations, mental health counselling, and legal advice counselling. However, access to these services can vary according to the user's status, often favoring students compared to HEI staff. In addition, the conditions and quality of OHS can vary between institutions, leading to inequalities in accessibility and the level of support offered. At one medical HEI, twelve out of 40 randomly selected researchers participated in the interviews. Time pressure and work overload were the most cited sources of stress, followed by communication issues. A desire for more open dialogue with managers regarding researchers' concerns and needs, and for more supportive and trustful environment, especially when facing psychological distress was also common. This HEI provides 4 types of OHS, but less than half participants could name the services and even fewer could give more details about them. Participants expressed low interest and lack of confidence in the existing OHS. A unanimous refusal of interview recording underscored that mental health protection and promotion within academia is a sensitive topic.

**\*\*Conclusion\*\*:** The interviewed researchers lack awareness regarding available OHS protecting and promoting mental health. Despite a limited knowledge on available services, most have confidentiality-related concerns preventing their interest in inner-HEI provided services. External psychological help services appear more trustful and potentially more useful. Yet, access inequality might be a barrier for their use.

### KIND OF DATA

Quantitative and Qualitative data

### UNIT OF ANALYSIS

- Quantitative data : Inventory data of high education institutions (HEI)- mapping of occupational health services available at 14 Swiss HEIs
- Qualitative data: individual stress and burnout prevention-current situation, OH service at the institution, Stress & burnout prevention – needs and improvement ideas

## Version

### VERSION DESCRIPTION

Version 1

### VERSION DATE

2024-06-17

## Scope

### NOTES

This research combined a mapping study of OHS at 14 Swiss HEIs and semi-structured interviews with researchers. The inventory revealed that OHS commonly include basic medical consultations, mental health counselling, and legal advice, with access often favoring students over staff and varying in quality between institutions. Interviews at one medical HEI indicated that researchers experienced stress from time pressure and work overload, and desired better dialogue with managers. Awareness of OHS was low, with less than half of the participants able to name available services, and many expressing confidentiality concerns. Researchers showed a preference for external psychological help services due to trust issues.

### KEYWORDS

Keyword
Occupational health services
High Education Institutions
Researchers
Mental Health
Burnout

## Coverage

### GEOGRAPHIC COVERAGE

Switzerland

### UNIVERSE

High Education Institutions

## Producers and sponsors

### PRIMARY INVESTIGATORS

Name	Affiliation
Guseva Canu, Irina	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE))

### PRODUCERS

Name	Affiliation	Role
Guseva Canu, Irina	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE))	Project Leadership, Grant Proposal Writing, Study design and methodology, Ethical oversight, Supervision and mentorship, Writing and editing
Mol, Stefan	Faculty of Economics and Business, University of Amsterdam	Writing and editing
Bober, Anita	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE))	Writing and submission of Protocol, developing questionnaire, data collection, data analysis
Noe, May Thet Nu	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE))	Writing and editing

Anais, Masserey	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE))	Writing and editing
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## FUNDING AGENCY/SPONSOR

Name	Abbreviation
ReMO COST Action CA19117, Researcher Mental Health Observatory	ReMO COST

## Sampling

## SAMPLING PROCEDURE

The sampling procedure comprises two phases. Initially, a mapping of Occupational Health Services (OHS) was carried out at 14 Swiss HEIs. Subsequently, individual semi-structured interviews were conducted with researchers at these institutions. Out of 40 randomly selected researchers, 12 volunteered to participate. The interviews aimed to assess their current stress and burnout prevention practices, their awareness of OHS available at their institution, and their suggestions for improving stress and burnout prevention strategies.

## Data collection

## DATES OF DATA COLLECTION

Start	End
2022/12/01	2023/07/31

## DATA COLLECTION MODE

Mixed-methods approach using both quantitative and qualitative techniques

## Questionnaires

## QUESTIONNAIRES

TYPE OF RESEARCH INSTRUMENT : Quantitative aspects of OHS availability and the qualitative insights into researchers' mental health and OHS awareness

## Data Processing

## DATA EDITING

Mixed-methods approach where quantitative analysis focused on OHS inventory data and qualitative thematic analysis on interview data. Each method was conducted independently, and their insights were integrated during data interpretation through triangulation, combining insights to comprehensively explore OHS availability, researcher perceptions, and mental health support in HEIs.

## Data Appraisal

## ESTIMATES OF SAMPLING ERROR

The study systematically documented and validated details of Occupational Health Services (OHS) across Swiss HEIs through quantitative methods. Concurrently, qualitative data was gathered via semi-structured interviews with researchers, and thematic analysis using MAXQDA software was employed to identify recurring themes and patterns. By integrating these quantitative and qualitative findings through triangulation, the study offered a comprehensive assessment of OHS availability, effectiveness, and their role in supporting mental health within HEIs.

## Access policy

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CITATION REQUIREMENTS

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ACCESS AUTHORITY

Name	Affiliation	Email	URL
Documentation and data unit	Center for Primary Care and Public Health (Unisanté), University of Lausanne, Switzerland	<a href="mailto:udd.data@unisantech.ch">udd.data@unisantech.ch</a>	<a href="#">Link</a>

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**Data Dictionary**

Data file	Cases	Variables
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