1. Support Group for PhD Students

- Facilitated by a Researcher Development Adviser and a Counsellor
- Eight weekly 90-minute sessions with a maximum of 12 participants
- Evaluation at start and end of the group: PRES 2017 wellbeing questions & 14 questions from the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

Results from 2018–19

<table>
<thead>
<tr>
<th>Week</th>
<th>WEMWBS Mean Score (Higher = Better)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 0</td>
<td>40.11</td>
</tr>
<tr>
<td>Week 8</td>
<td>48.83</td>
</tr>
</tbody>
</table>

The course started at 40.11, a range associated with high levels of psychological distress and significant risk of depression. 

2. Training for PGRs

The aim of this strand is to send a clear message that the tools provided to manage the emotional pressures are equally important for a successful PhD journey as the academic skills training.

Survive and Thrive

- Four-part training programme
- Expanding the training provision by an additional 150 places in 2018-19

Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Course Attendance 2017-18</th>
<th>2018-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td>244 registrations</td>
<td>721 Eventbrite page views</td>
</tr>
</tbody>
</table>

Event in January 2019, comprising talks and panel discussion

- 100% of survey responders were satisfied with activities

New data shows effectiveness of support groups in increasing PGR wellbeing

Collaboration between Counselors and Researcher Developers allows for holistic support of PGRs – emotional and academic

Mental health & wellbeing training for Supervisors and PGRs is most effective when embedded in core training programmes

3. Training for supervisors and staff supporting PGRs

Supporting Mental Health and Wellbeing in PGRs: a guidance for supervisors

- 3-hour optional training course piloted in May 2019
- 33 attendees (24 supervisors, 9 support staff)

In response to feedback, from 2019-20:

- Inclusion of half-hour excerpt of the training in the mandatory New Supervisor training (4 times per year)
- New 1-hour lunchtime workshop for supervisors and support staff looking after their own wellbeing

4. Wellbeing campaign and events

PGR Wellbeing weeks

- Two weeks of free activities in February 2019
- 100% of survey responders were satisfied with activities
- 162 registrations

Is it just me? Discussing Mental Health and the PhD Experience

- Event in January 2020, comprising talks and panel discussion
- 244 registrations, 721 Eventbrite page views

Acknowledgements

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