

The Mental Health and Well-Being of College Based Higher Education Academic Staff and its Impact on Teaching and Learning

BACKGROUND

RESEARCH
CARRIED OUT
BY

FOCUS OF
RESEARCH/AIM

METHODS

PRISMA
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SUMMARY OF
FINDINGS

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STEPS

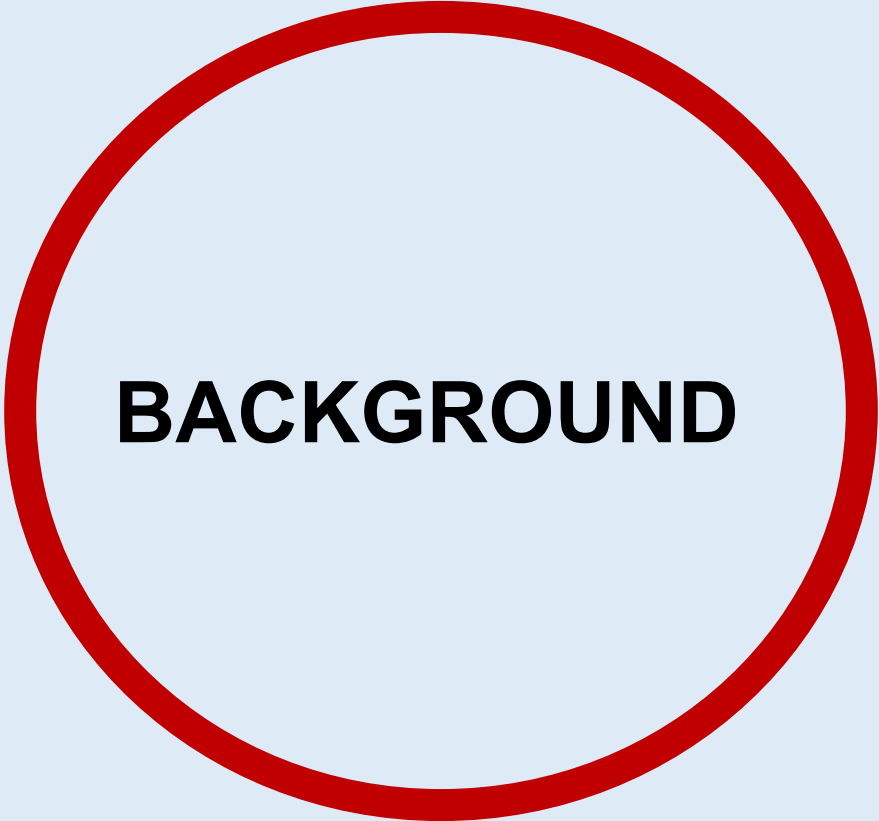


BACKGROUND



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- Fifty seven percent of all education professionals have considered leaving the sector over the past two years due to pressures on their health and wellbeing.
- 34% of all education professionals have experienced a mental health issue in the past academic year.
- Early occupational health/employee assistance programme intervention can be successful in rehabilitating sick employees especially those with mental health disorders which made up 46 percent of Ill Health Retirement.
- Unfortunately there is no dedicated occupational health/rehabilitation service during period of sick leave prior to IHR (Hobson, 2001).
- Despite this findings research into mental health in higher education especially academic staff is limited.
- Most studies focus mainly on mental health of students with limited attention to that of academic staff (Fernandez et al, 2016).
- Evidence from the literature shows poor mental health and wellbeing of HE staff is a major challenge facing higher education (Guthrie et al, 2018; Health Index 2019).



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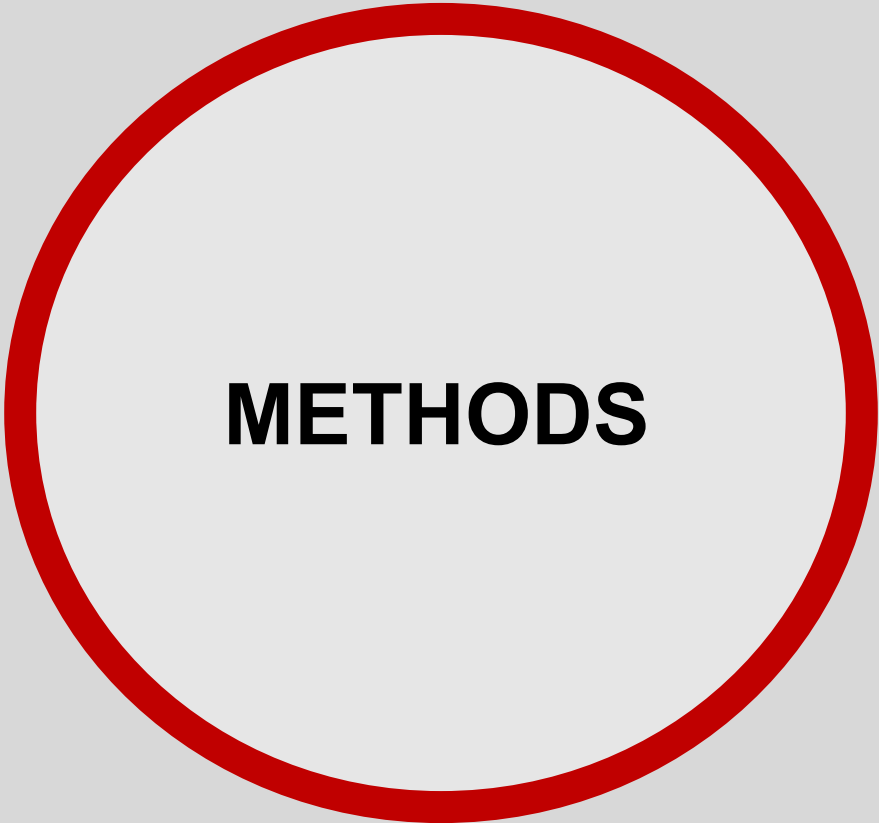
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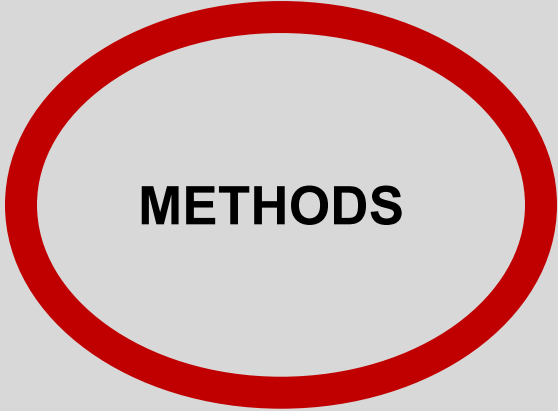
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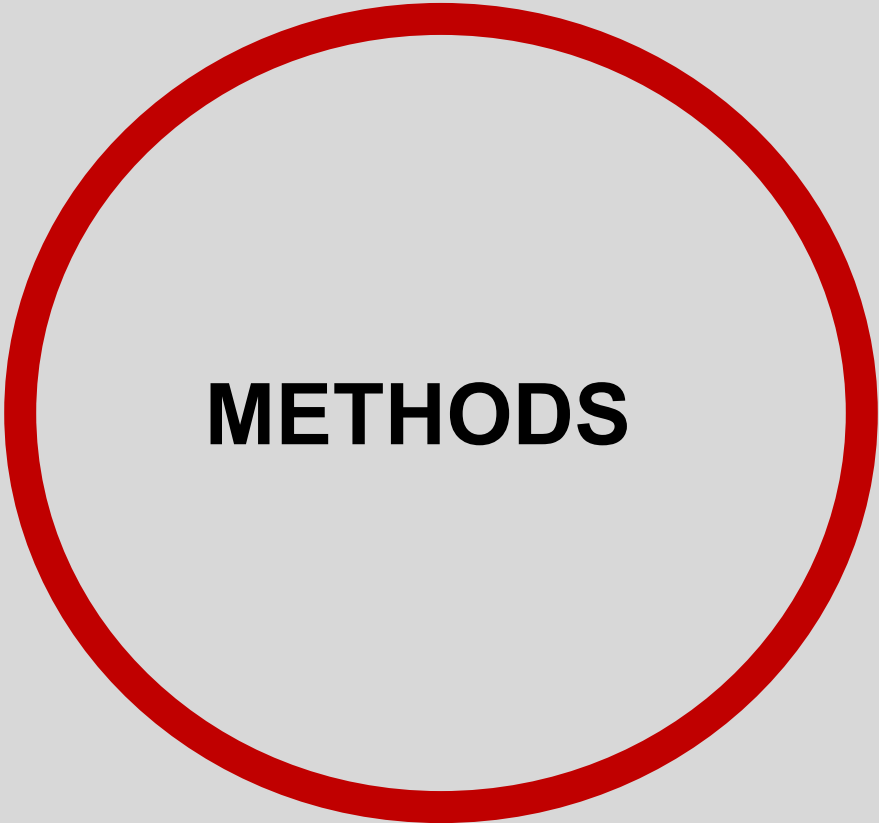
METHODS

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- Systematic literature review was performed to identify evidence of poor mental health and wellbeing among HE academic staff.
- The review was conducted in line with the guidelines reported by the Centre for Reviews and Dissemination (CRD, 2010).
- In order to inform the evidence review scoping search was done using google scholar and teachers wellbeing index 2019.

Search strategy

- Medline and Pubmed databases were search from inception to 2019.
- The search strategy included a combination of the following text words and indexed terms: Mental health, wellbeing, Higher education staff/ teachers, lecturers, & University academic staff.
- Google scholar search was also conducted to identify grey literature.



METHODS

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**SUMMARY OF
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SUMMARY OF FINDINGS

- UK higher education academic and research staff reported worse wellbeing as compared to staff in other sectors (Gutrie et al 2018).
- More than half indicated that their general level of stress was high or very high, and more than one third said they often or always experienced levels of stress they found unacceptable (Kinman and Wray, 2013).
- Teachers were found to be reporting stress-related manifestations that were far higher than the population norms and of other comparable occupational groups (Cheryl et al, 1993) .
- Poor mental health and wellbeing of HE staff is a major challenge facing Higher Education (Guthrie et al, 2018; Health Index 2019).
- Most studies focus mainly on mental health of students with limited attention to that of academic staff (Fernandez et al, 2016).
- Mental Health disorders account for 46 percent of the cause of Ill Health Retirement (IHR) (Tom O' Connel, 2007)



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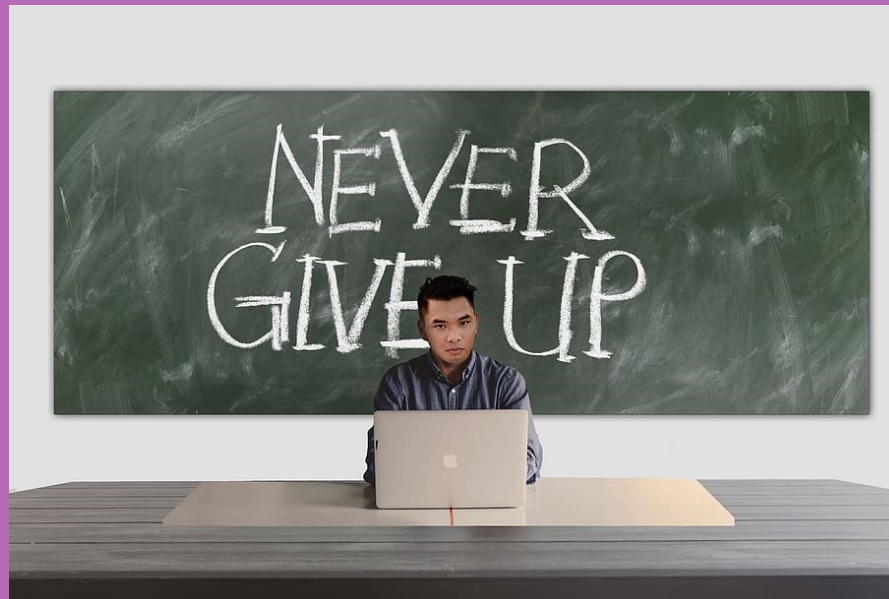
NEXT
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- Provide an overview of the subject of mental health and well-being on educational professionals and its wider impact on teaching and learning.
- To conduct a systematic review on the mental health and well-being among HE staff





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**PRISMA
FLOW
DIAGRAM**

PRISMA FLOW DIAGRAM

Records of database
search result (n=150)

Google scholar search
results (n=15)

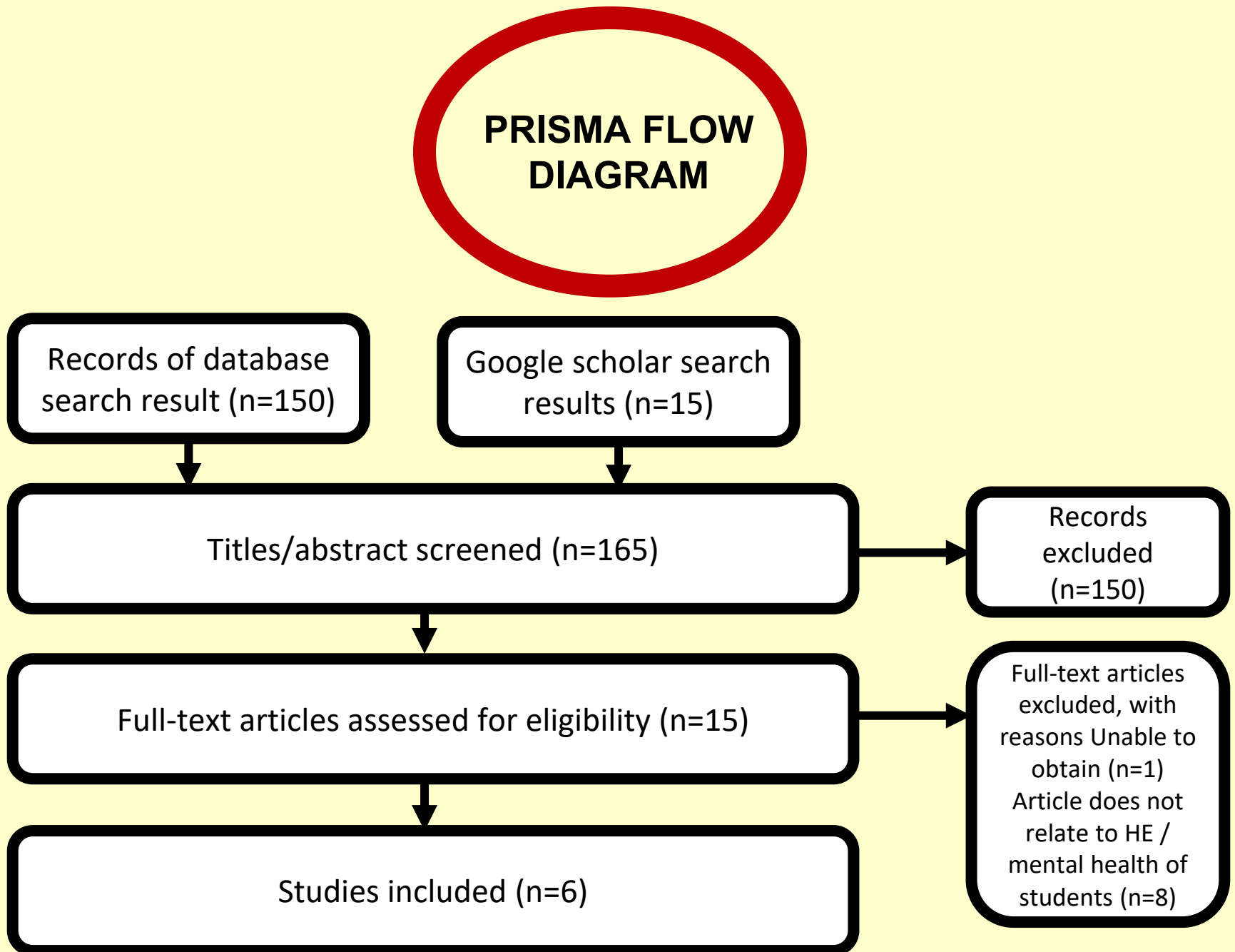
Titles/abstract screened (n=165)

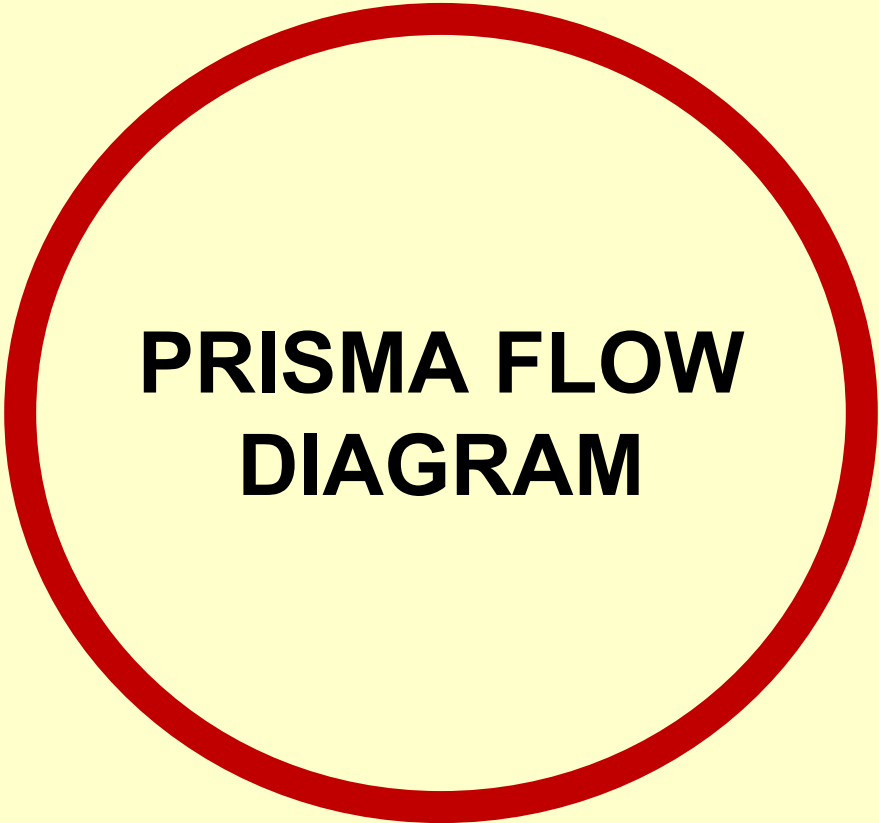
Records
excluded
(n=150)

Full-text articles assessed for eligibility (n=15)

Full-text articles
excluded, with
reasons Unable to
obtain (n=1)
Article does not
relate to HE /
mental health of
students (n=8)

Studies included (n=6)



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PRISMA FLOW DIAGRAM

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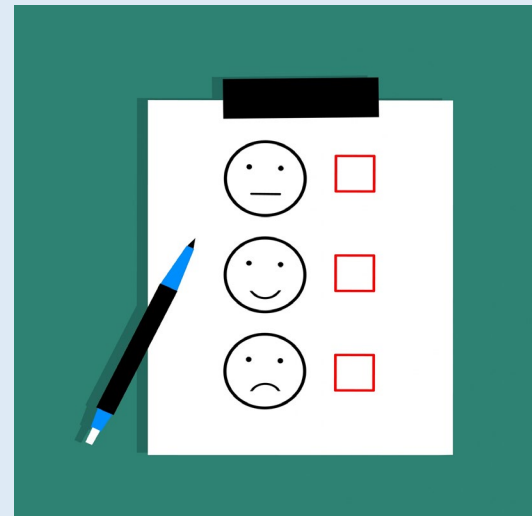


**NEXT
STEPS**

NEXT STEPS

Next steps

1. Development of proposal
2. Carrying out of questionnaire survey





NEXT STEPS

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BY**



Dr Elvis Amoakwa
Karen Cooke
Maria Hermitt

For further information please contact Elvis, Karen or Maria who will be happy to help with any aspect of the study.

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