



# CFM SURVEY REPORT 2022

Mental health and work/life balance survey in the predoctoral research community of CFM

**Responses from 44 PhD students at CFM were collected**

The survey consisted of **41 questions**, divided in the following sections:

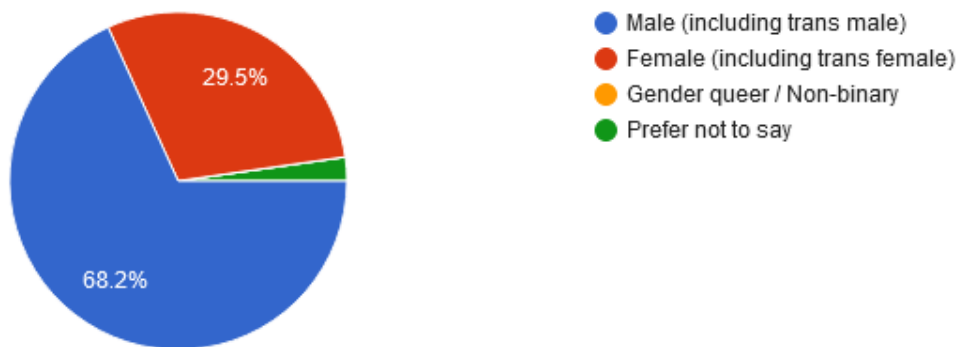
- **About the participants (statistical data)**  
8 questions
- **PhD experience**  
13 questions
- **PhD programme**  
10 questions
- **Mental health and harassment at work**  
10 questions

(We have omitted some responses for privacy reasons)

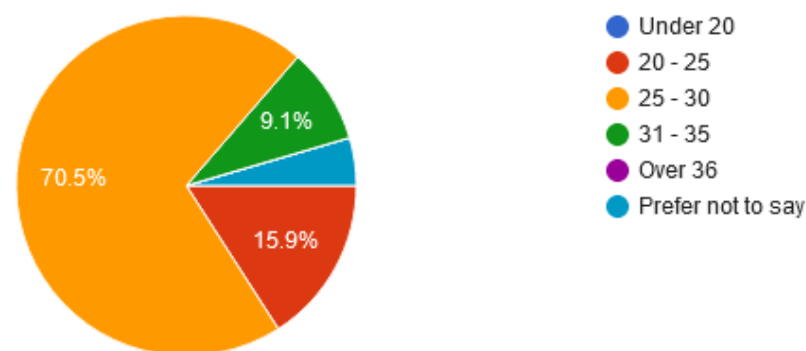
# About the participants

## 1. Gender

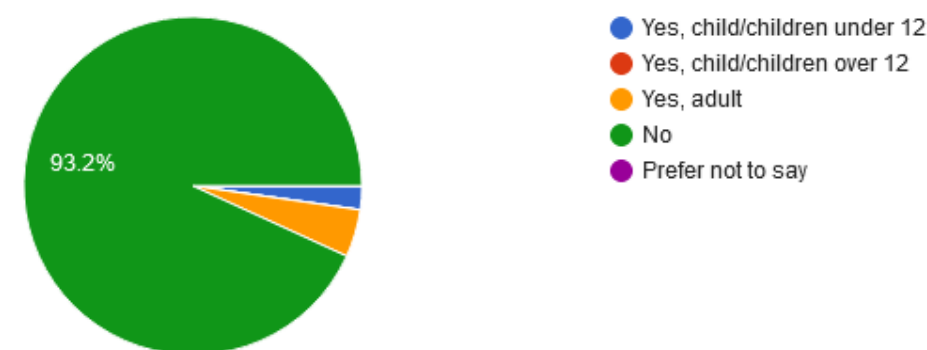
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## 2. Age

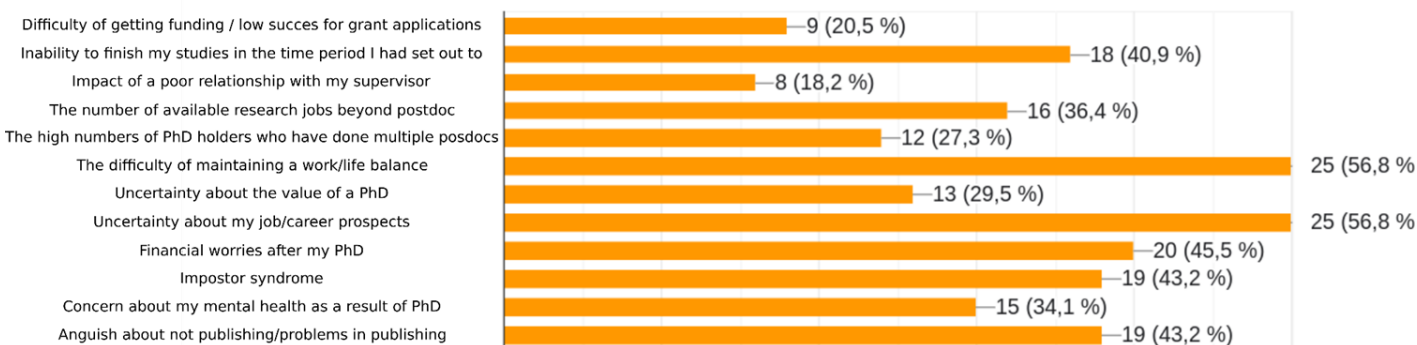


## 3. Do you have any caring responsibilities?

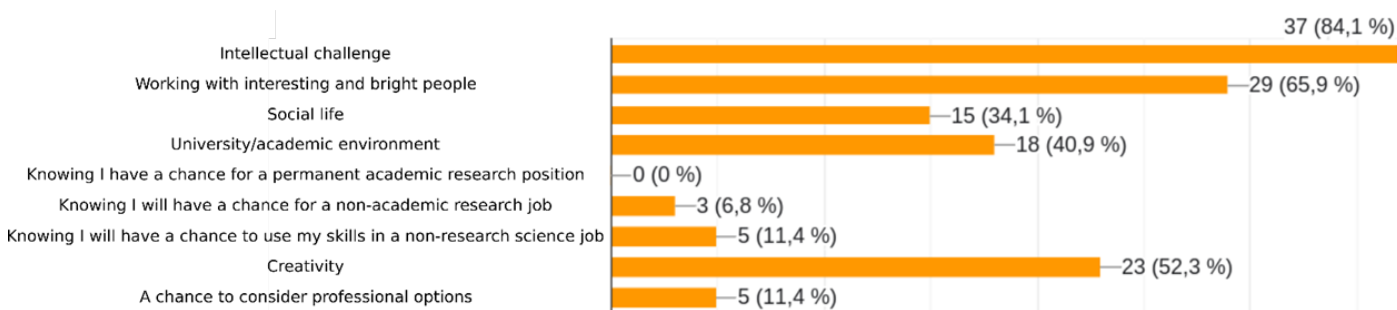


## About the PhD experience

4. What are your biggest concerns since you started your PhD? You can choose more than one.

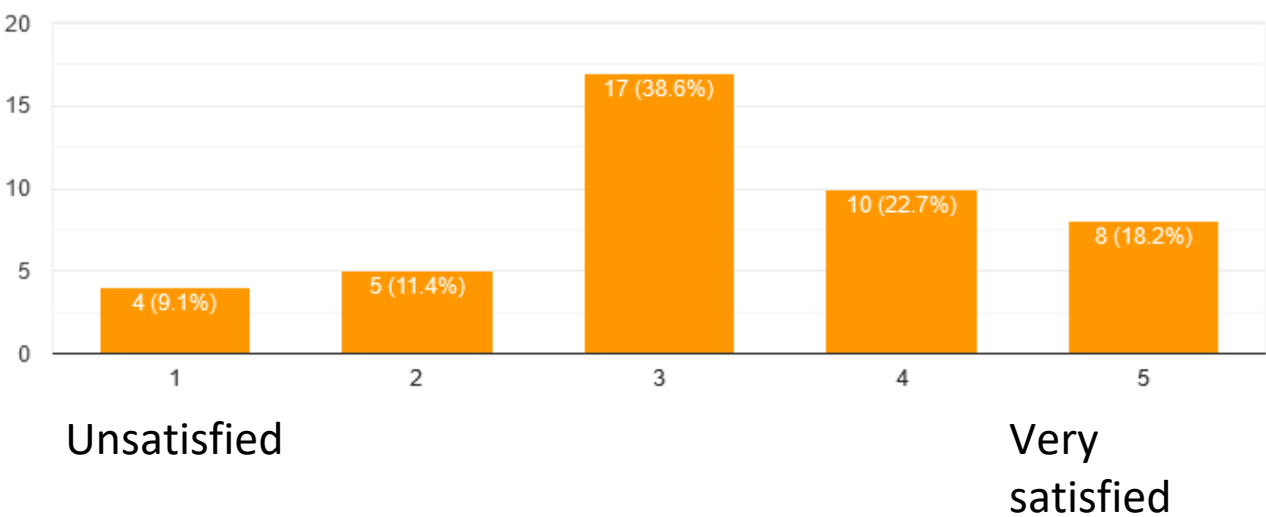


5. Overall, what do you enjoy most about life as a PhD student? You can choose more than one.

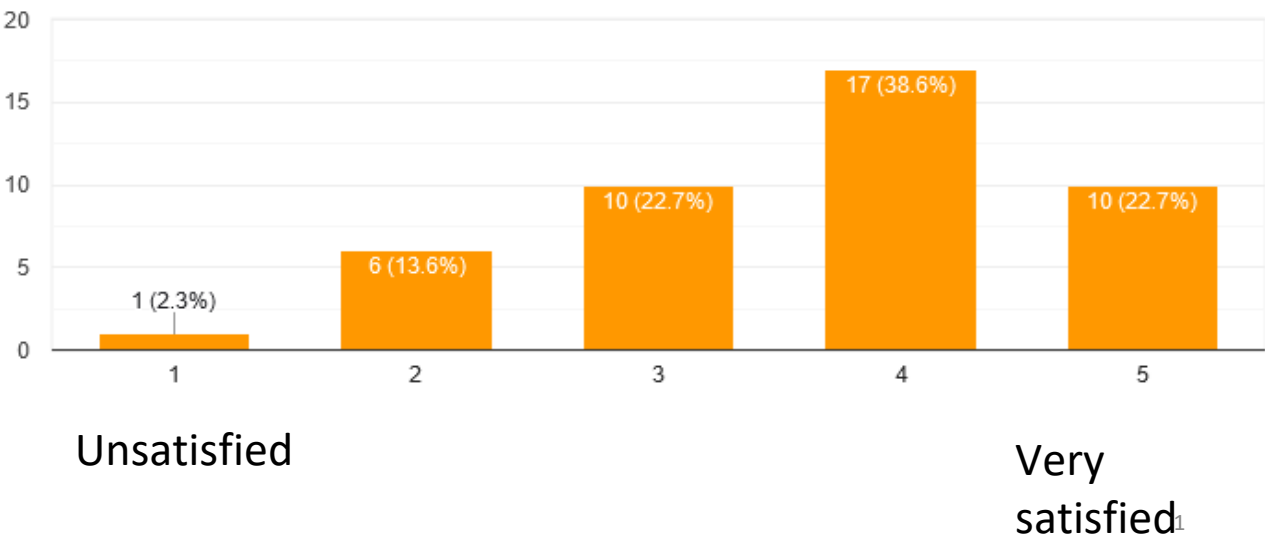


# About the PhD experience

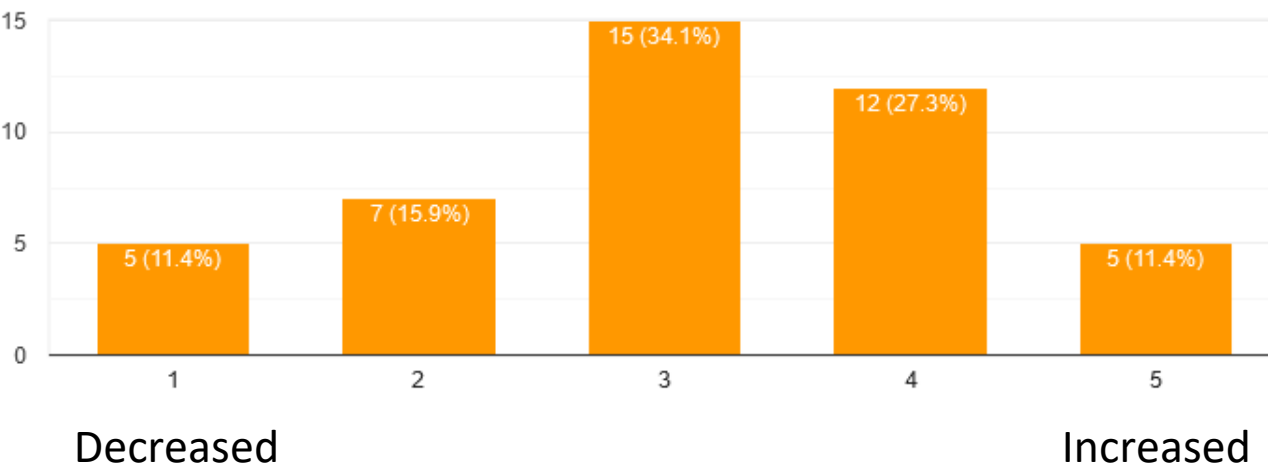
6. How satisfied are you with your PhD experience?



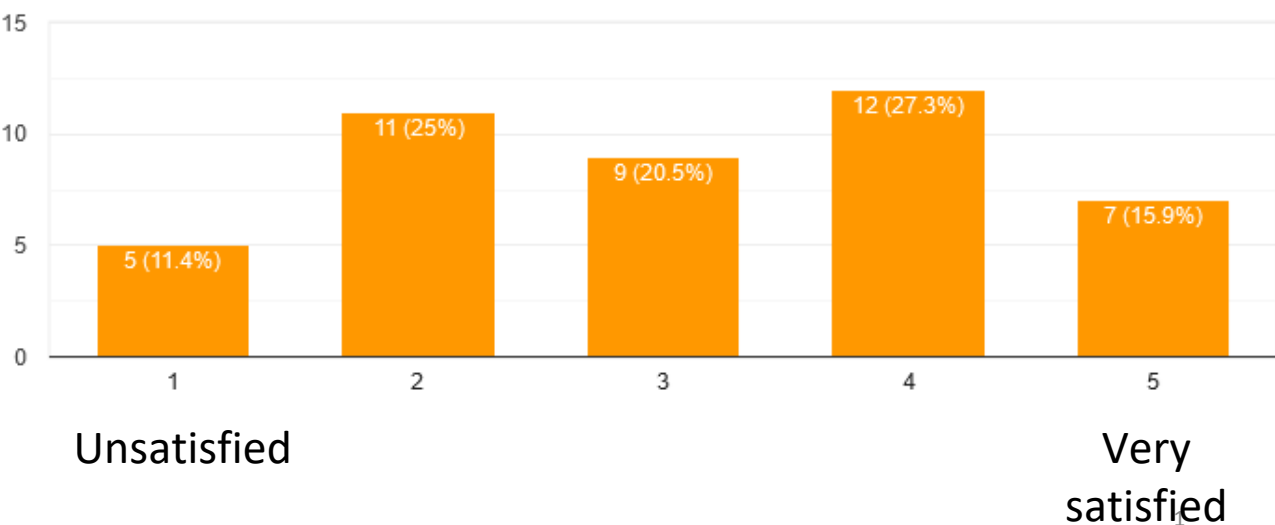
7. How satisfied are you with the level of interaction on your work with other people apart from your supervisor?



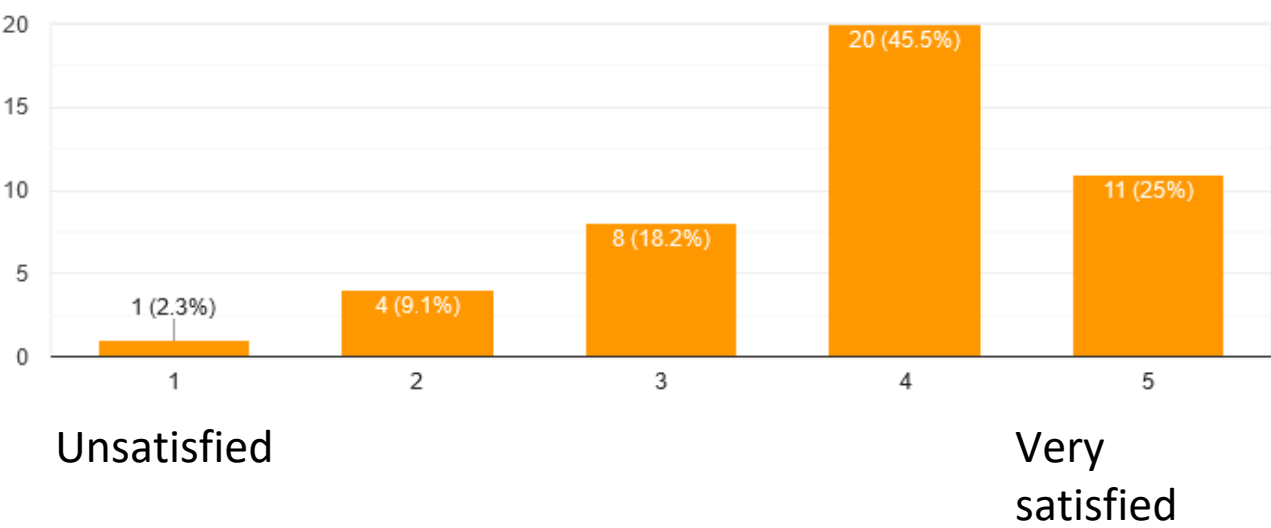
8. Since the very start of your graduate school experience, would you say your level of satisfaction has:



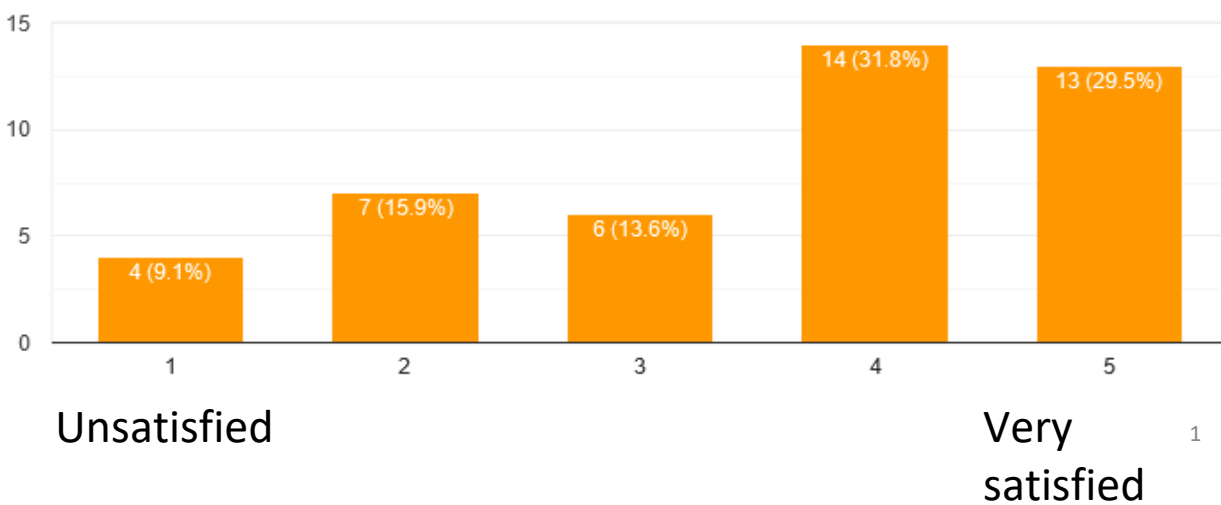
9. How satisfied are you with the hours worked during your PhD?



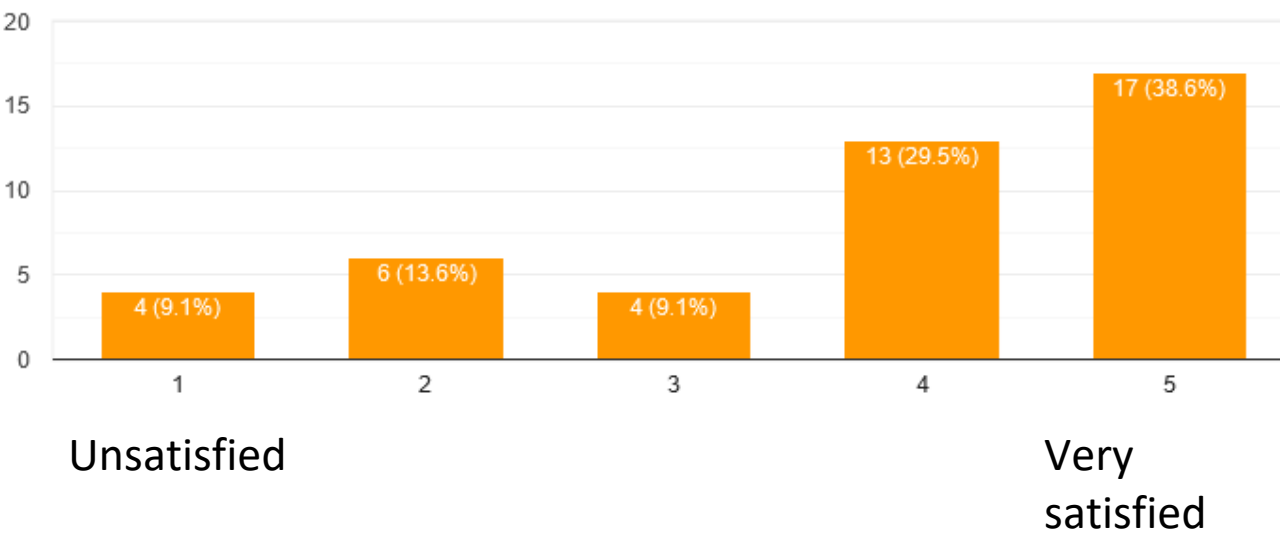
10. How satisfied are you with the social environment during your PhD?



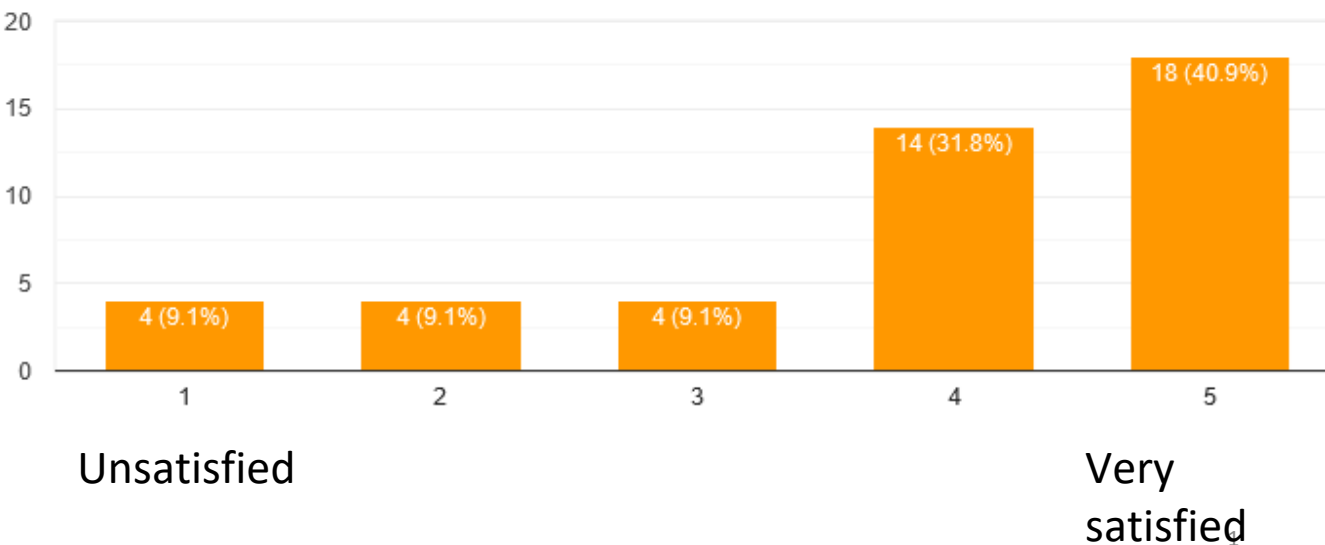
11. How satisfied are you with your degree of independence during your PhD?



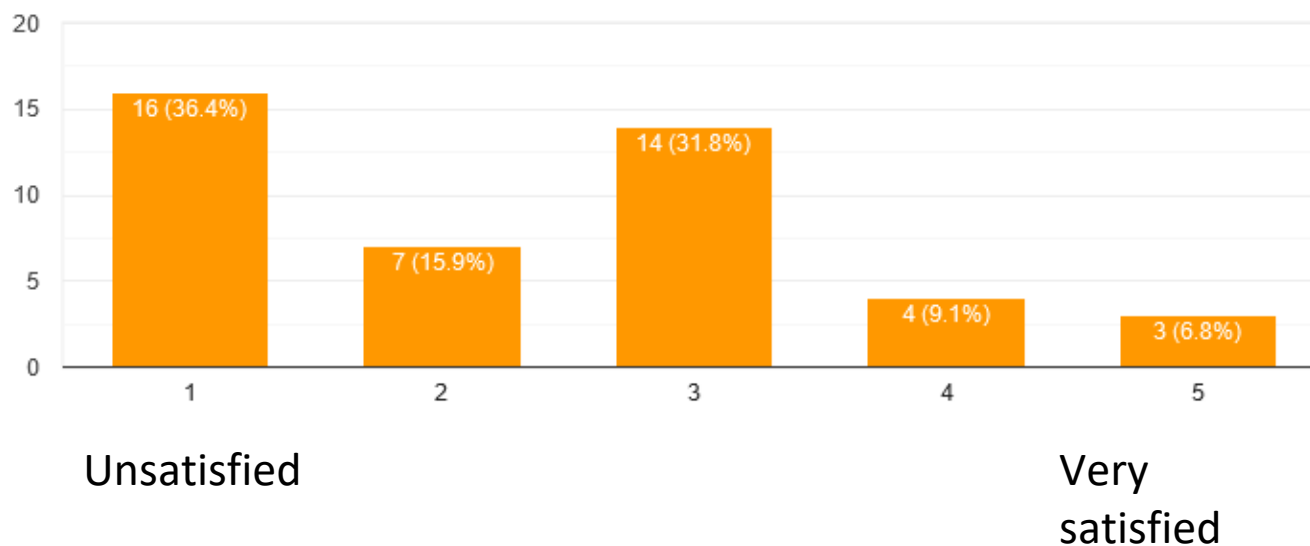
12. How satisfied are you with the recognition you receive from your PhD supervisor?



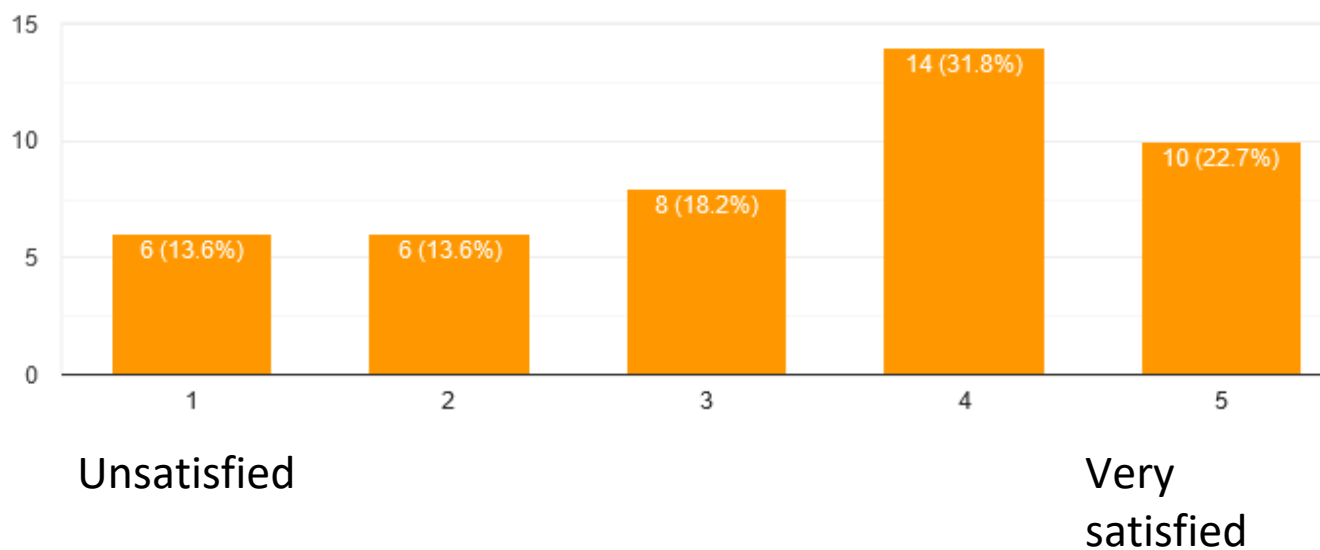
13. How satisfied are you with the overall relationship with your PhD supervisor?



## 14. How satisfied are you with your salary/ financial support?

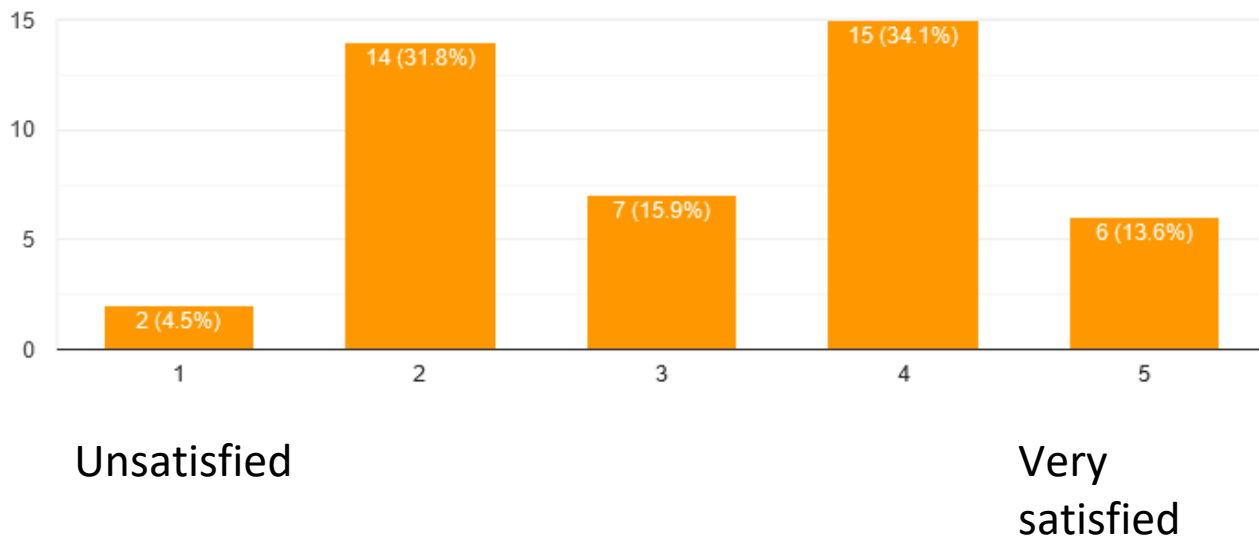


## 15. How satisfied are you with your vacation time?



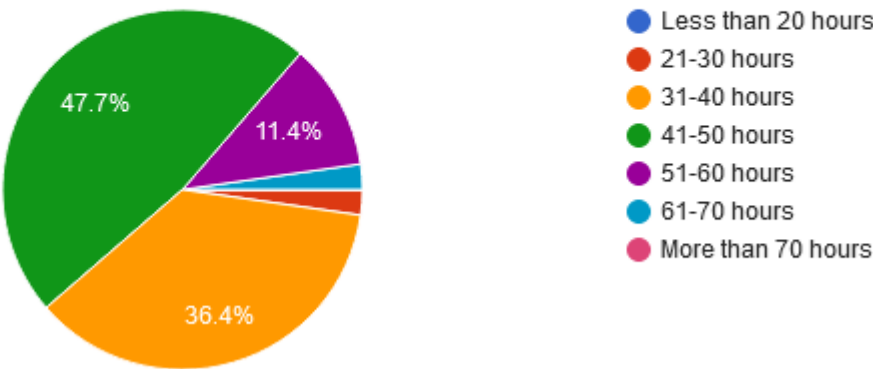


## 16. How satisfied are you with your work-life balance?

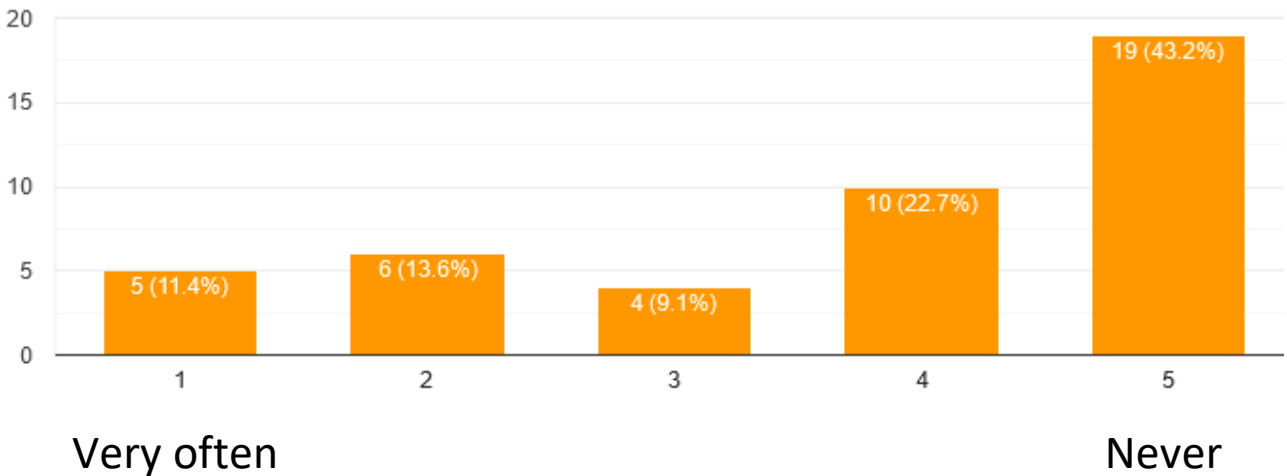


# About the PhD programme

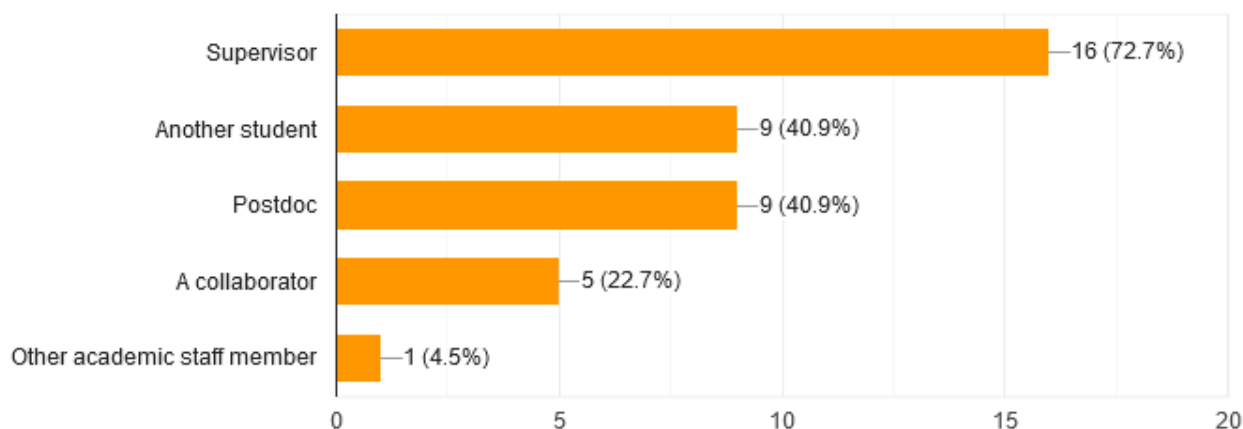
17. On average, how many hours a week do you typically spend on your PhD?



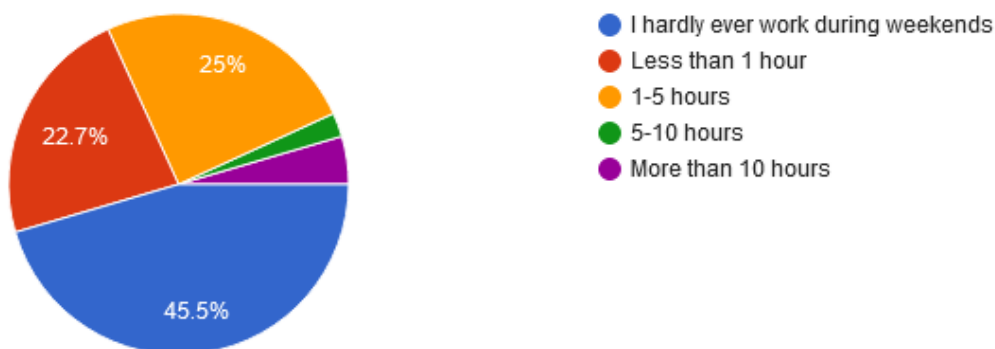
18. Do you receive emails, calls, whatsapps or other type of direct messages related to your PhD work during the weekend?



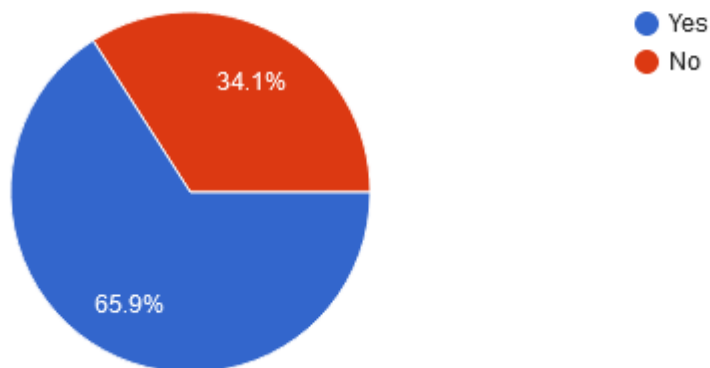
19. If you answered affirmatively to the previous question, who is the person that usually contacts you? You can choose more than



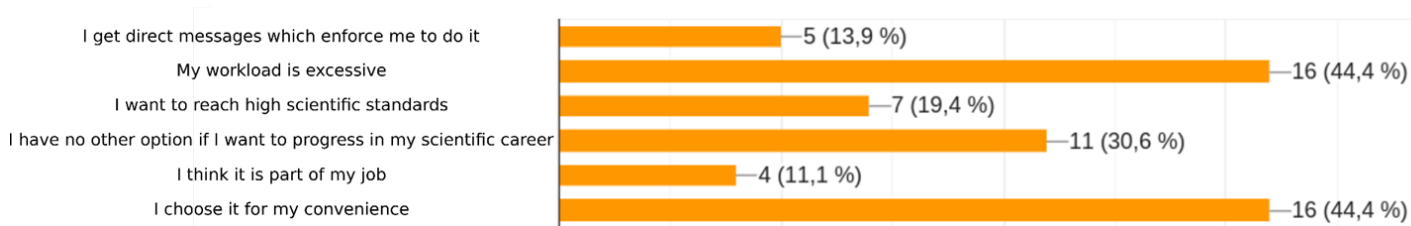
20. On average, how many hours do you work during the weekend?



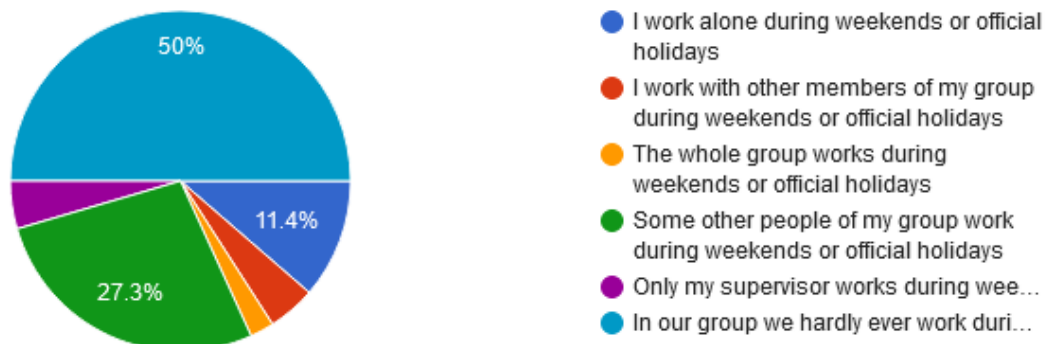
21. Have you ever worked during official holidays such as Easter, Christmas, New Year or others during the PhD?



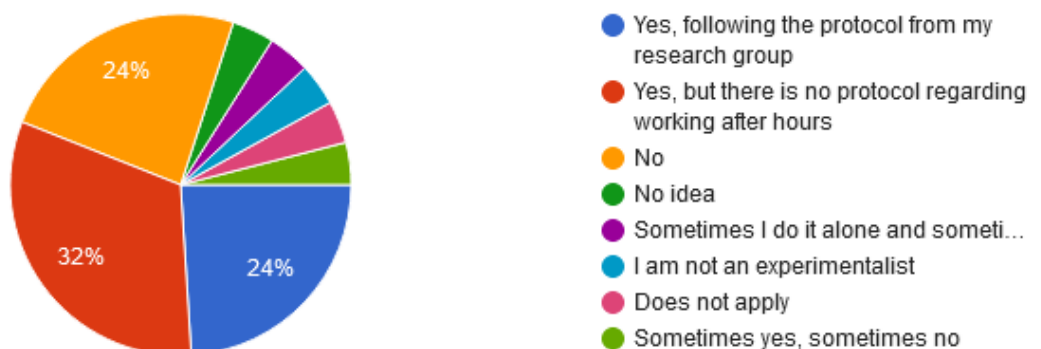
22. What is the main reason that led you to work during the weekend or official holidays? You can choose more than one.



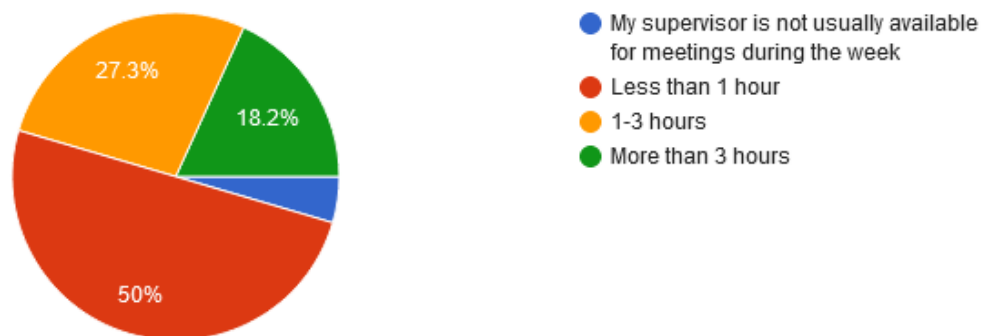
## 23. Working culture of my research group after working hours.



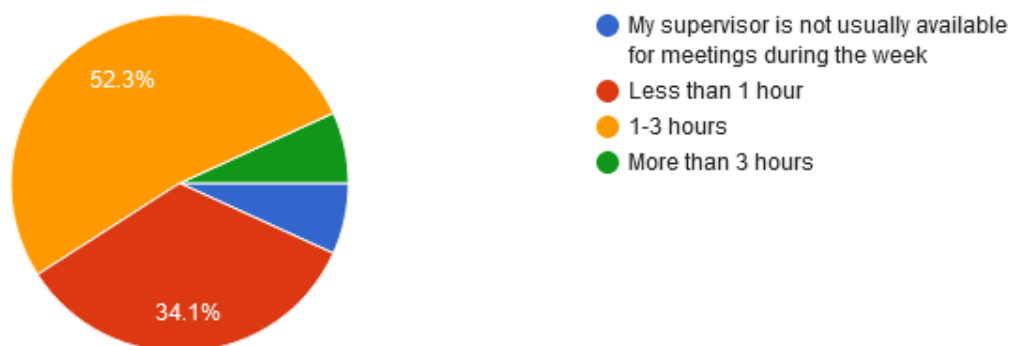
## 24. If you were an experimentalist, when you work after hours, do you usually work alone?



25. On average, how much one-on-one contact time do you spend with your supervisor each week?

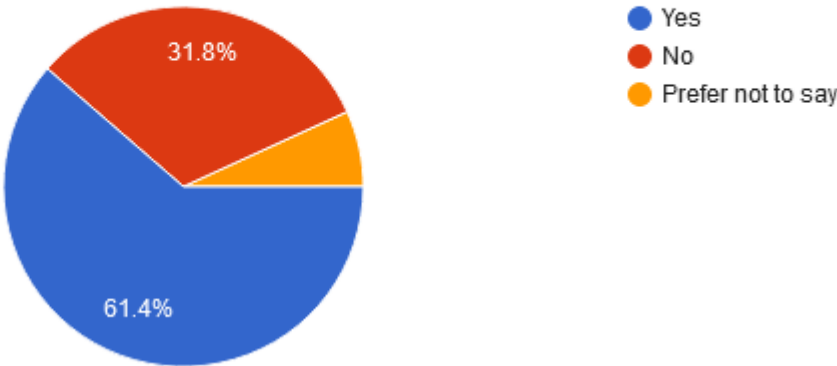


26. On average, how much time do you spend with your supervisor each week in activities other than one-on-one meetings? (i.e. group discussions, group seminars, journal clubs, ...)

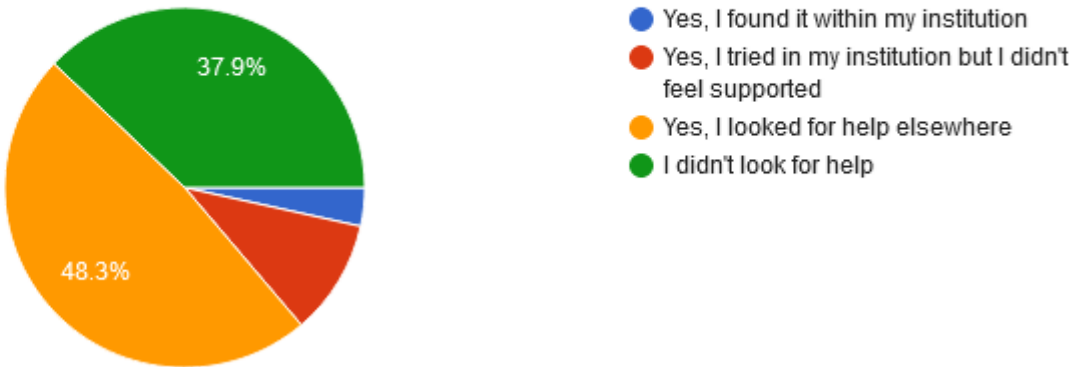


# Mental health and harassment at work

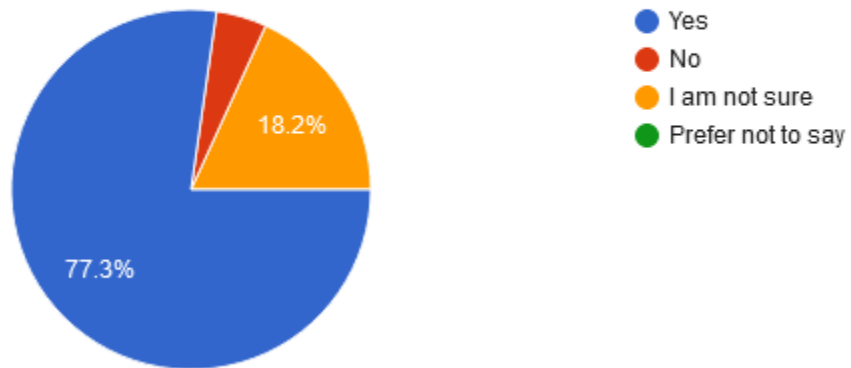
27. Have you ever experienced anxiety or depression caused by the PhD?



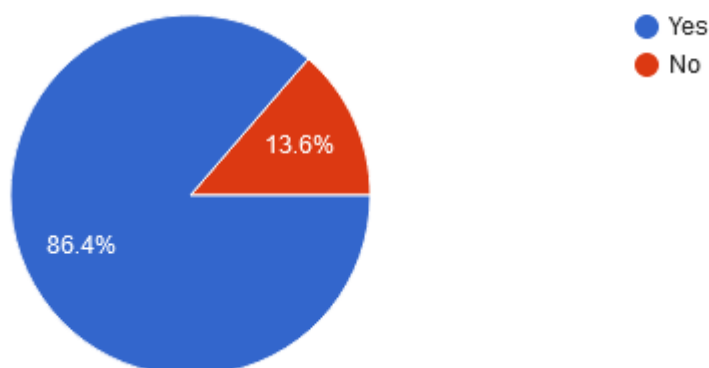
28. If you answered "Yes" in the previous question, did you look for help?



29. Has someone around you experienced anxiety or depression caused by the PhD?

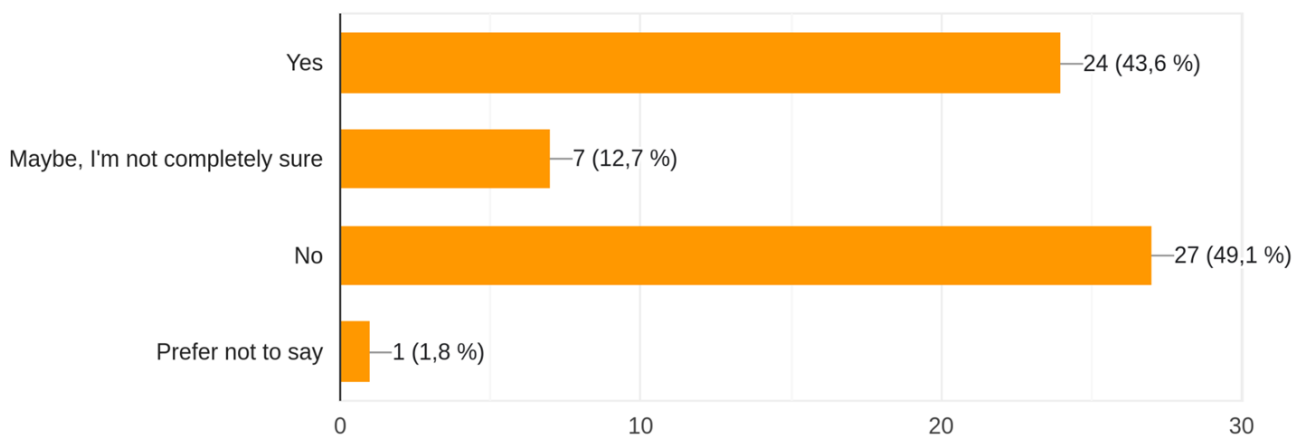


30. Do you think that your institution should have a psychology service to treat this type of issues?

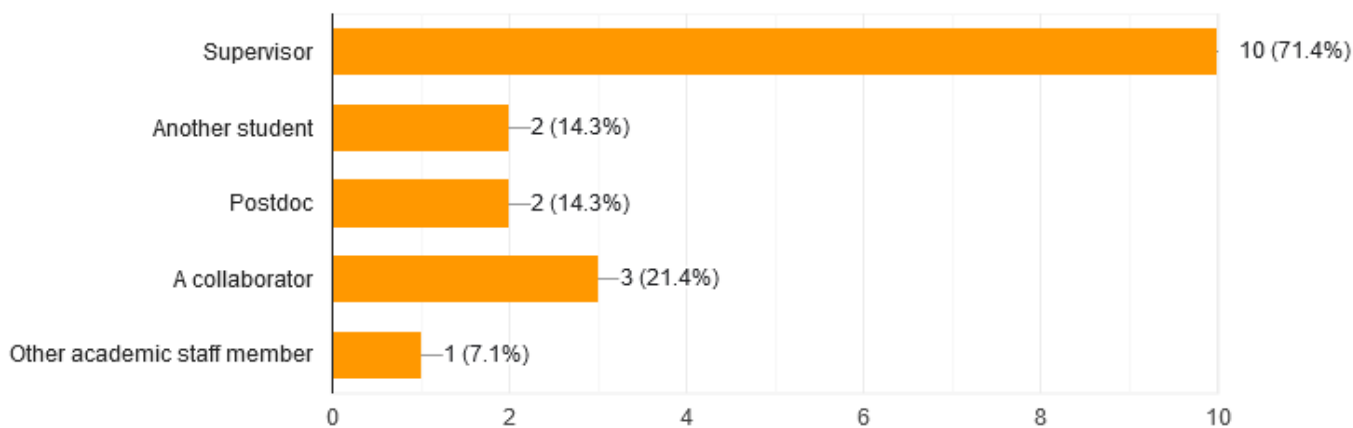




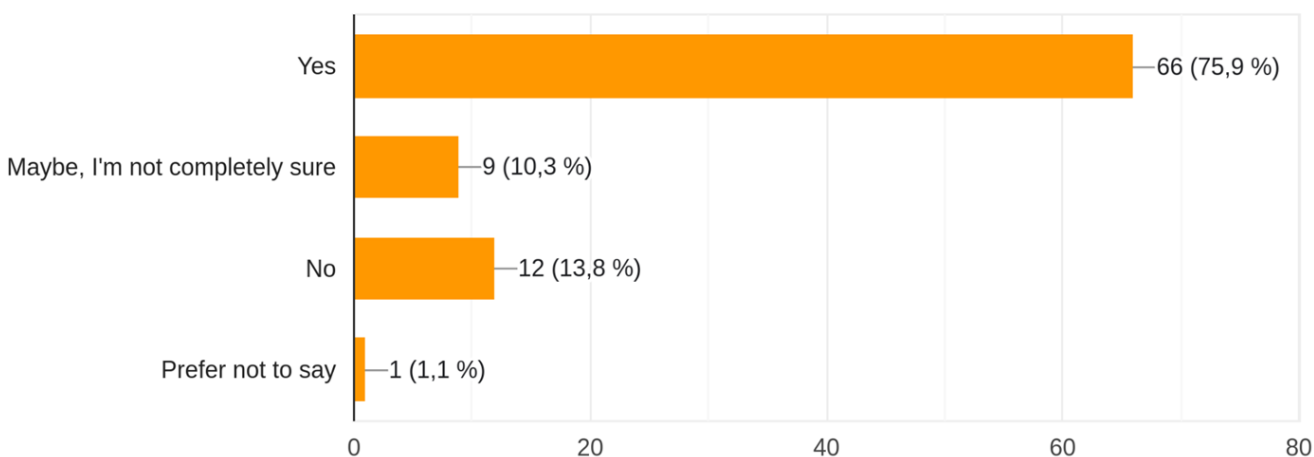
31. Have you ever experienced bullying during the PhD? You can choose more than one. (Yes includes 7 options: sexual harassment, threats, insults, work underestimation, forcing, exclusion from taking important decisions and in another way)



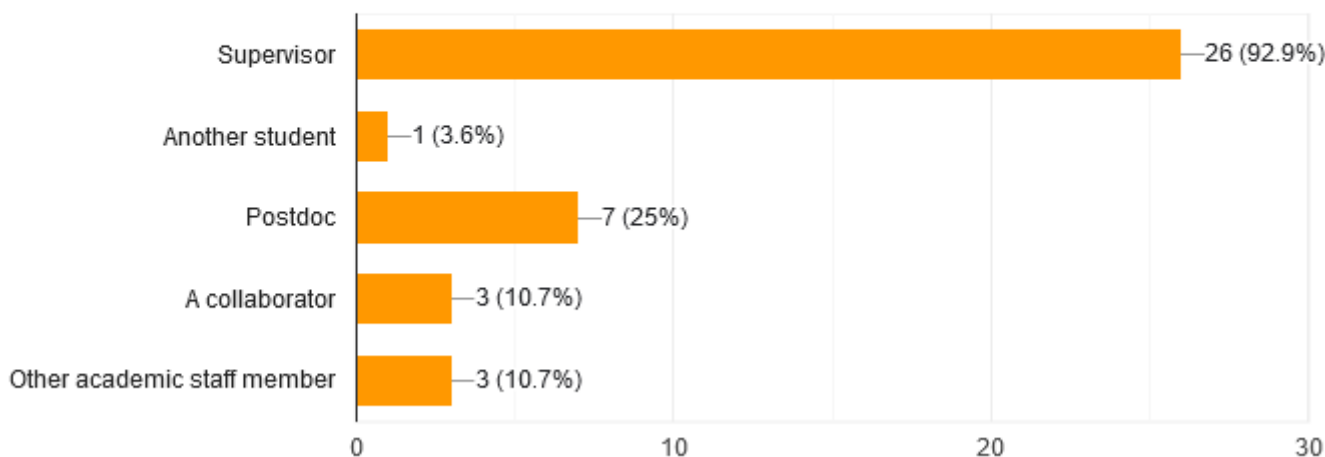
32. If you answered "Yes" or "Maybe" to the previous question, who was the perpetrator? You can choose more than one.



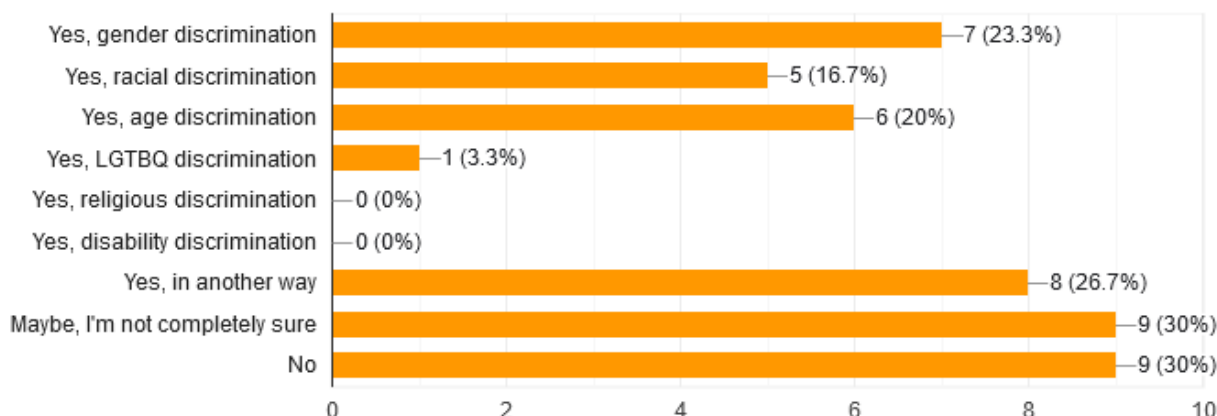
33. Has someone around you experienced bullying during the PhD? You can choose more than one. (Yes includes 7 options: sexual harassment, threats, insults, work underestimation, forcing, exclusion from taking important decisions and in another way)



34. If you answered "Yes" or "Maybe" to the previous question, who was the perpetrator? You can choose more than one.



35. If you answered "Yes" or "Maybe" to the previous questions, do you believe that the bullying cases responded to any of the following discrimination factors?



36. If you were personally affected, have you ever shared your experiences of bullying, discrimination or harassment?

