

# Doctoral Researchers' perceptions of supervisory relationships on their mental health & well-being

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Considered withdrawing from the programme



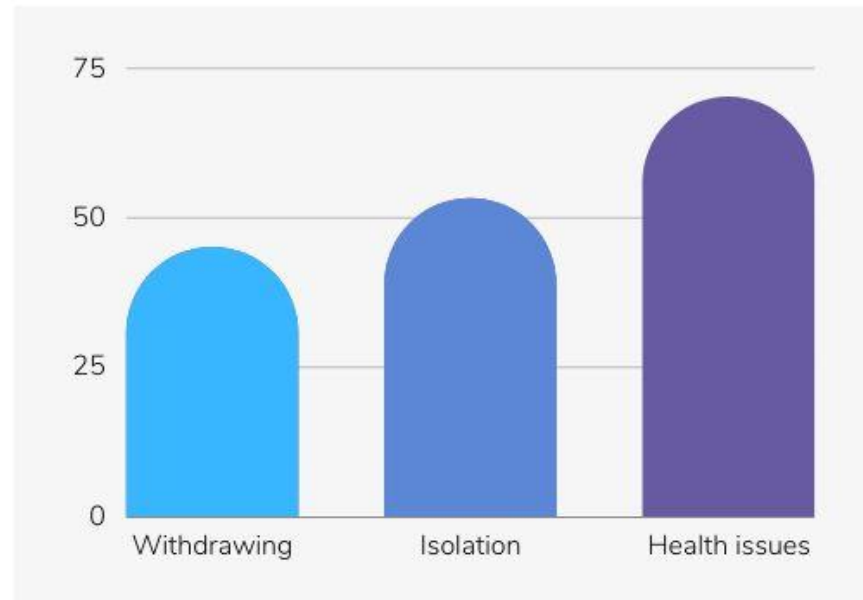
Feelings of isolation and loneliness



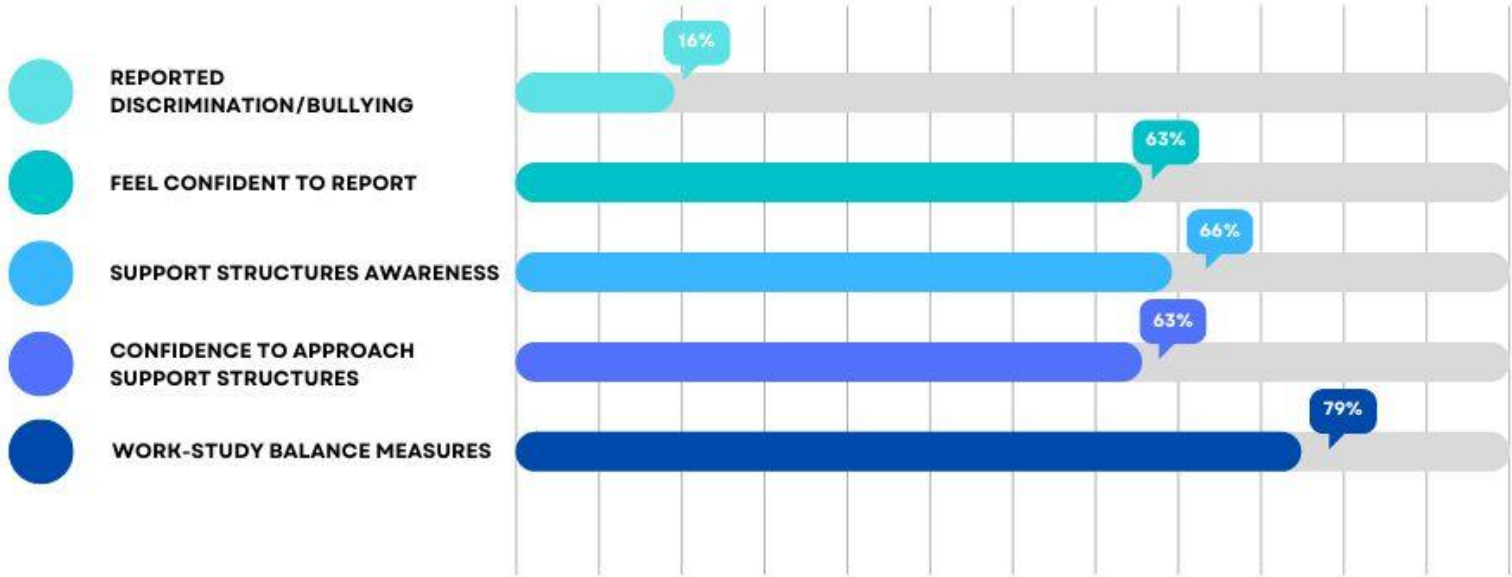
Personal and/or familial health issues



## REFLECTIONS ABOUT HEALTH AND WELLBEING



# SUPPORT STRUCTURES AND WORK-STUDY BALANCE



# REFLECTIONS ABOUT COURSE TUTORS AND SUPERVISORY TEAMS



**80%**

Respond appropriately to cultural sensitivities, treat me fairly and are wholly inclusive

**86%**

Demonstrated empathy and understanding in relation to personal needs and circumstances

**88%**

Provided me with good and timely advice, guidance and feedback

**91%**

Were approachable and available when I needed them (whether related to personal and/or academic matters)

## 2020-21 Case Studies



they keep me  
on my toes in  
the *kindest* way

Kemi: PT, EdD. Self-funded, 41-50, caring responsibilities, Ethnicity: Caribbean, works full time



have supported me  
[on] a personal  
journey

Dan: PT, EdD. Self-funded, 41-50, has caring responsibilities, working full time, Ethnicity: English/Welsh /Scottish/Northern Ireland/British



understand the  
difficulties of  
balancing study with  
teaching full-time

Rachel: PT, EdD. Female, 31-40, no caring responsibilities, self funded, Ethnicity: English /Welsh /Scottish /Northern Ireland/British



able to complete a  
course, teach some  
classes at HE level and  
published an article

Yasmina: FT, PhD. Self-funded, 31-40, caring responsibilities, ethnicity: "other"



# 2021-22 Case Studies



very kind and caring hearts ... 99% of my progress and learning is down to my supervisors'

Beth: FT, PhD. Self-funded, 21-30, no caring responsibilities, Ethnicity: other white.



if folks would only do some training

Ben: FT, PhD. Self-funded, 51-60, no caring responsibilities, Ethnicity: English/Welsh/Scottish/Northern Ireland/British



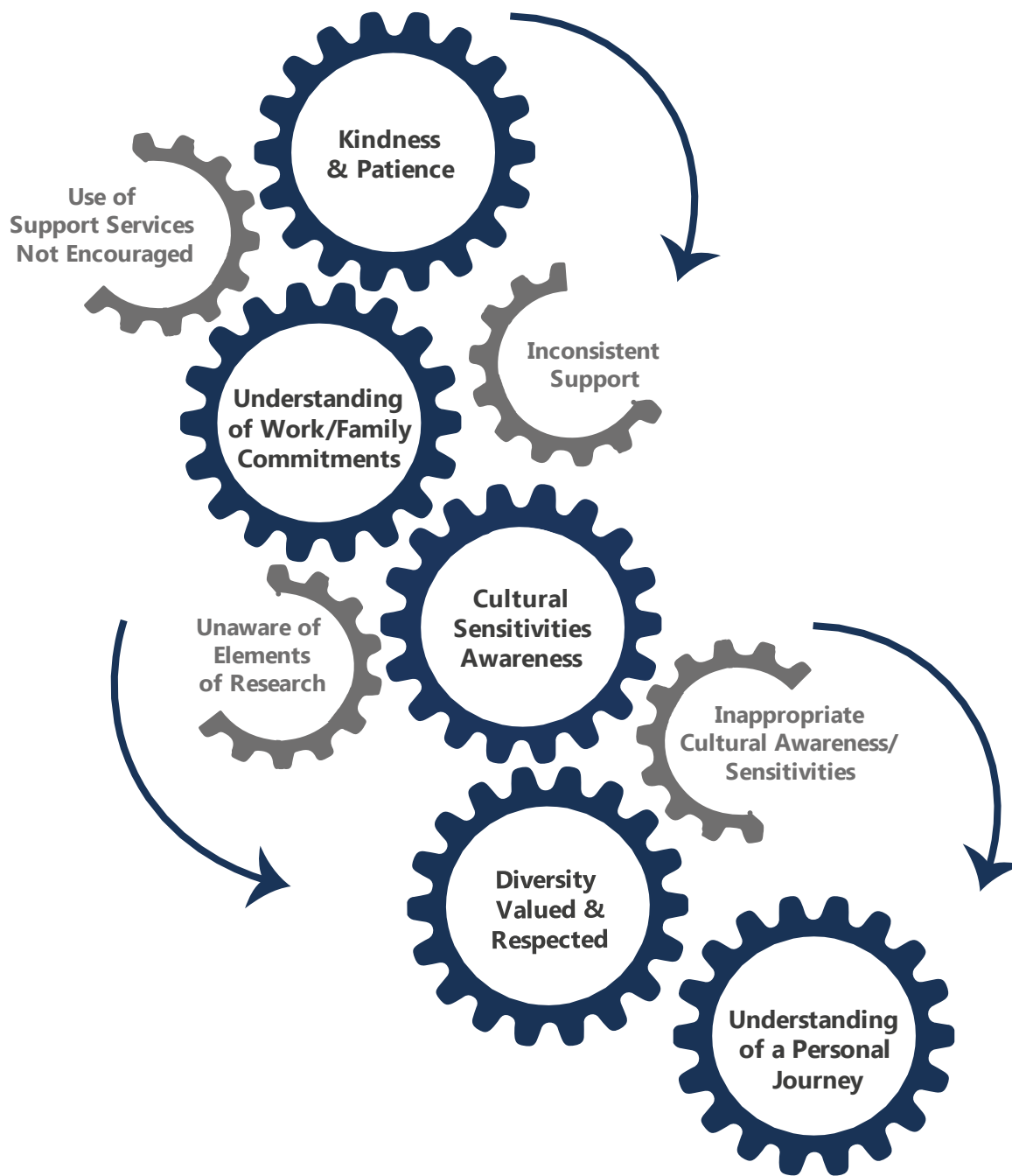
...am discouraged by my supervisor

Bruce: International PhD, FT, 31-40, no caring responsibilities, sponsored, Ethnicity: African

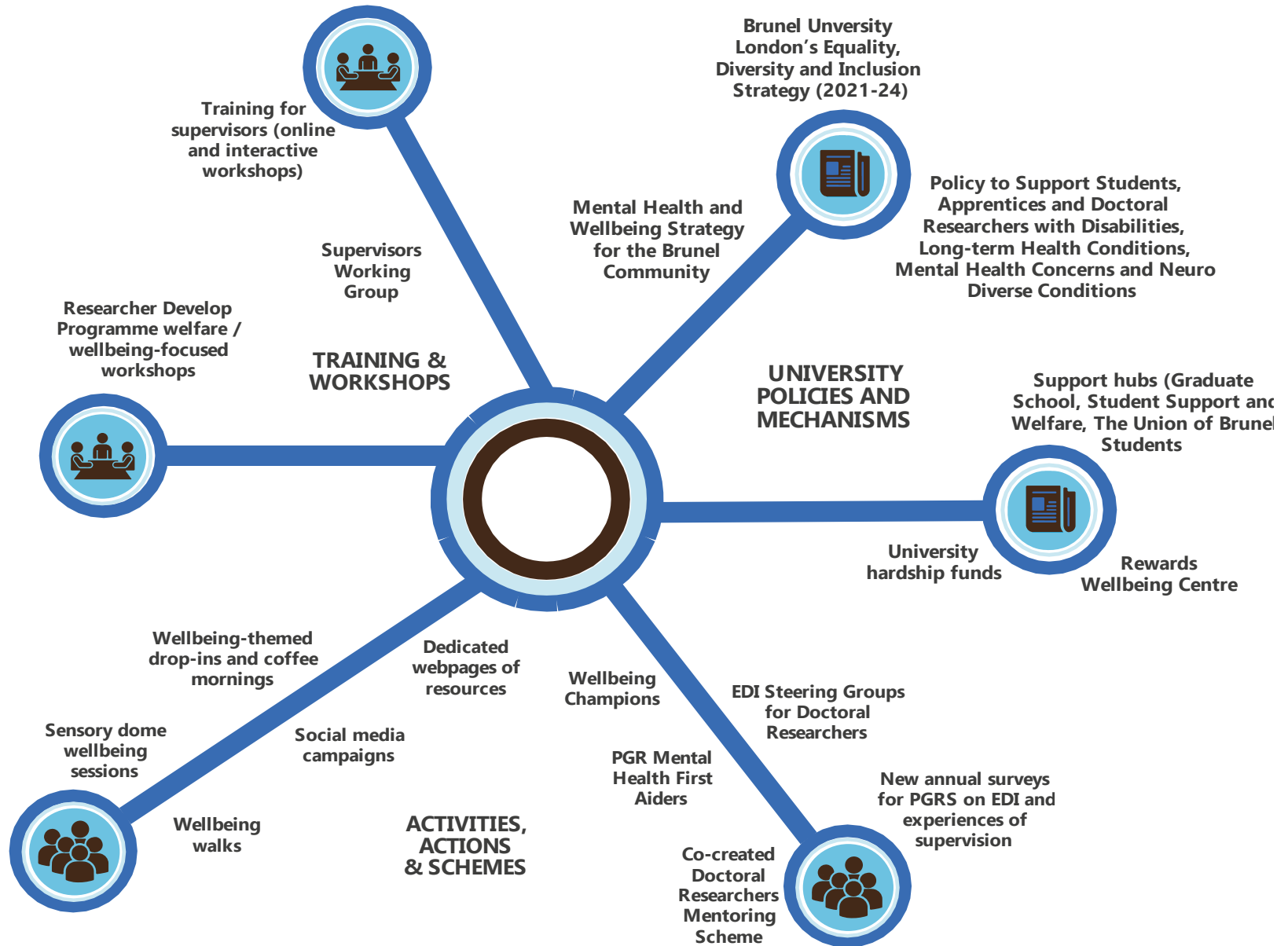


genuinely care about how you are doing academically and pastorally

Beatrice: FT, PhD. Sponsored, 21-30, no caring responsibilities, Ethnicity: English/Welsh/Scottish/Northern Ireland/British



# PGR Support at Brunel






# Questions?

10 November 2022



← Tweet

 **Brunel Grad School**  
@BrunelGradSch

#Chaplinsays sometimes in life we feel like we are going round and round in circles, so take a moment to get off the roundabout, reflect and evaluate what's important.  
#MentalHealthMatters #Wellbeing #Timeout #evaluate #Reflections #selfawareness #assess #anxiety #selflove

