

Survey on mental health support systems in Indian academia

Thank you for participating in this survey. IndiaBioscience (<https://indiabioscience.org/>) is trying to collect information on the nature and quality of mental health support systems available for Indian researchers and students through their institutions. You can participate anonymously if you like. If your answer to any of the questions is 'I don't know', please do a quick search to see if the information is available online through your institute's website before entering your answer.

* Required

1. Name (optional)

2. Email id (optional)

3. Institution/University *

4. Current Position *

Mark only one oval.

PhD Student

Post-doctoral fellow

JRF/Intern

Master's student

Faculty (Assistant/Associate/Full Professor, Scientist or Group leader)

Administrator

Other: _____

5. Does your Institution/University provide counselling services to its students and staff? *

Mark only one oval.

- Yes, and it's free
- Yes, but one needs to pay
- No *Skip to question 12*

Counselling services on campus

6. How often does a counsellor visit the campus? *

Mark only one oval.

- Less than once a week
- 1 - 2 times per week
- 3 - 5 times per week
- Every day
- I don't know

7. How many counsellors are usually available? *

Mark only one oval.

- 1
- 2 - 3
- More than 3
- I don't know

8. How many hours a day does the counsellor (s) visit for? *

Mark only one oval.

- Less than 2 hours
- 2 - 4 hours
- 4 - 6 hours
- More than 6 hours
- I don't know

9. Does the counselling centre provide referrals to external medical practitioners for cases beyond the scope or expertise of the available counsellors? *

Mark only one oval.

- Yes
- No
- I don't know

10. Is information about the counselling services easily accessible? *

Mark only one oval.

- Yes
- No

11. How does your Institution/University spread awareness about the counselling services? Please check as many options below as are applicable. *

Check all that apply.

- Regular emails to students, staff and faculty
- Institution/University website or Intranet
- Student/Staff handbooks
- Notice Boards
- Talks/seminars
- Information given during student/staff orientation
- None of the above

Other: _____

Other support services

12. Are there any informal peer support groups or societies on campus working towards mental health? *

Mark only one oval.

- Yes
- No

13. If you answered yes to the above, please describe the initiative briefly.

14. Are mental health resources/reading material available at the Institution/University library/website? *

Mark only one oval.

- Yes
- No
- I don't know

15. Does your Institution/University hold talks/seminars/discussions for mental health awareness? *

Mark only one oval.

- Yes, quite regularly
- Yes, but infrequently
- No

16. On a whole, do you find the mental health support systems at your Institution/University to be adequate? *

Mark only one oval.

- Yes
- No

Your
experience

Note: Please leave the 'Name' and 'Email id' portions blank in the first page if you wish to answer these anonymously

17. Have you ever faced any mental health-related issues during your stay at the institute? *

Mark only one oval.

- Yes
- No *Skip to question 21*

Your experience

18. Were you able to receive help for your mental health-related issues? *

Mark only one oval.

- Yes, through services available at my institute
- Yes, through external services
- No

19. Were you officially diagnosed? *

Mark only one oval.

Yes

No

20. Were you able to talk to your friends, colleagues, advisor etc. about your mental health? *

Mark only one oval.

Yes, and the majority of them were supportive

Yes, and the majority of them were not supportive

No

21. Do you know whom to contact in case of a mental health crisis? *

Mark only one oval.

Yes

No

Suggestions

22. What, in your opinion, is the root cause of the high prevalence of mental health issues in academia? *

23. Thank you for participating in this survey. Do you have any suggestions for improving mental health support services in Indian research institutes/Universities, or is there anything else that you would like to share with us? *

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