



## Research Question

What are veterinarian perceptions regarding their preparedness for stressors in their profession?

## Significance

- ❖ Veterinarians have one of the highest suicide rates. Veterinarians are experiencing psychological distress, including depressive and anxiety symptoms, primarily because their work can cause distress and anxiety due to requests made by clients.
- ❖ There has not been any definitive answer to why the suicide rates are so high or why veterinarians may be experiencing poor mental

## Background

- ❖ Veterinarians have indicated that there is a lack of training for dealing with ethical dilemmas.
- ❖ The work stressors that veterinarians may encounter are the high stakes in an unpredictable profession, dynamic duality of serving both client and patient, and euthanasia
- ❖ Veterinarians are not required to complete a mentorship or internship before practicing on their own, while medical doctor counterpart's complete residency programs before being able to practice.



## Methods

Qualitative study following a constructivist paradigm and utilizing narrative inquiry to conduct semi structured interviews. The first two interviews were individual and focused on participants experiences in the field. Data analysis is focused on identifying themes, and rigor was addressed through immersion in the data and member-checking. Current data follows one participant, data collection is still ongoing.

## Preliminary Themes

### Learned More in Practice

"You learn more just by doing it rather than in school. When I was a student there was very minimal real life clinical situations... I would say that would probably help mental health just having more practical skills...hands on experience you typically have to reach outside of vet school."

### Mentorship

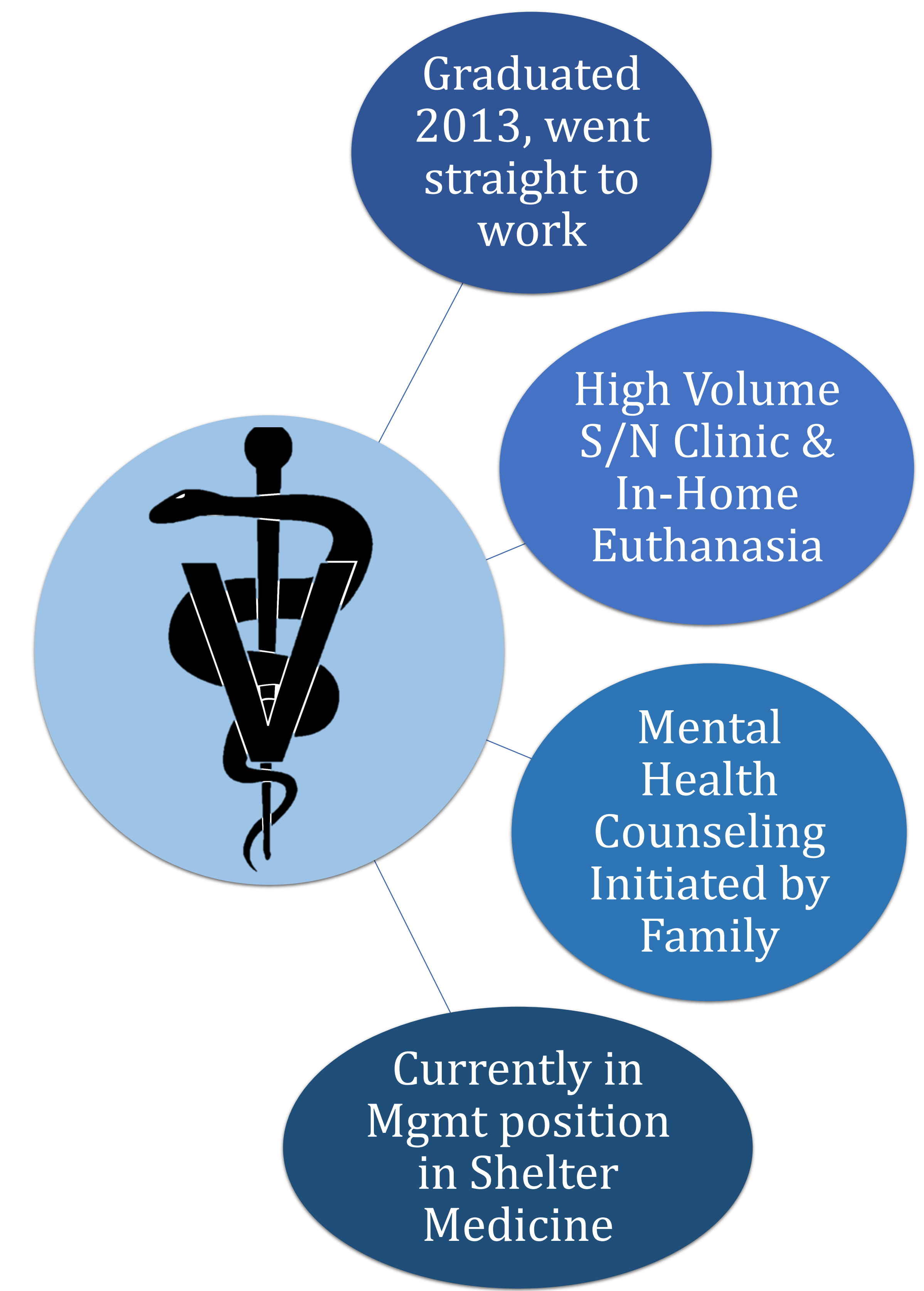
"The expectation was just that everyone was going to do an internship and continue getting mentored out of school and that's not the case for everyone, it's not realistic for everyone. You can't afford it."

### Mental Health Stigma

"Therapy means there's something wrong with you...it is okay to get help or reach out. I don't talk to many people about like my depression or anxiety because you feel like, oh my gosh you're supposed to be a doctor you can't have anything wrong with you... about two to three years out of school that I realized like what a huge impact this profession had had on my mental health, even though I loved it, it like was destroying me"



## Participant Profile



## References:

