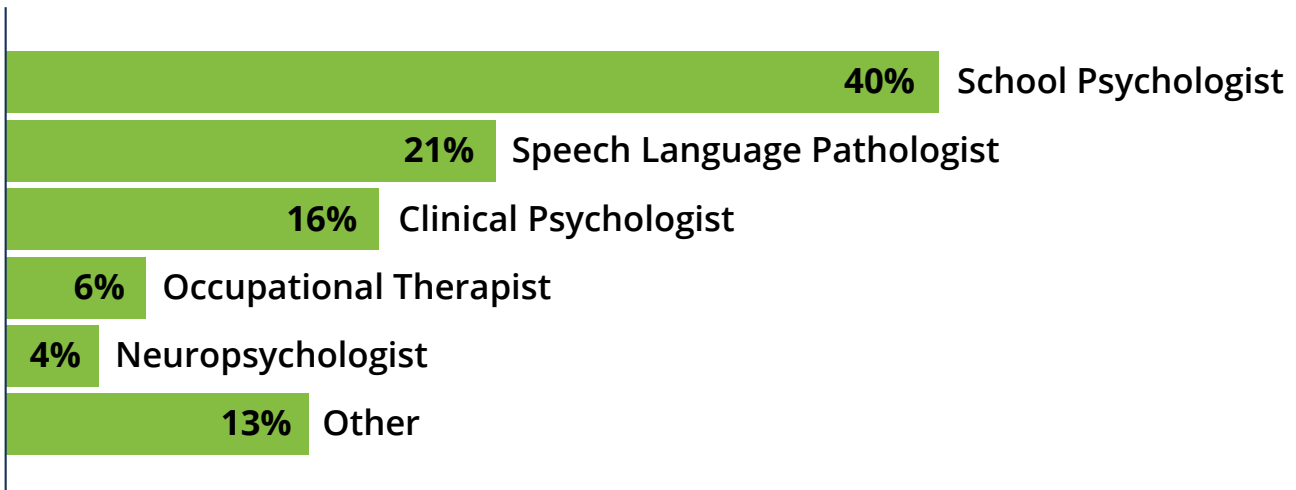


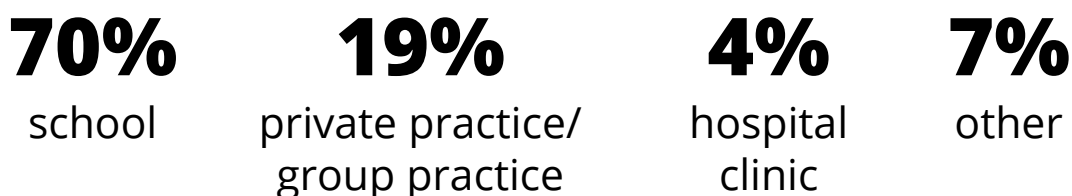
# Mental Health by the Numbers

Professionals in every industry are facing new challenges at every turn, and with burnout at an all-time high, we wanted to get a temperature on the mental health of our customers. We received 817 responses from our April 2022 US survey - across the education and healthcare fields we serve - and gained some valuable insights into how their mental health is faring.

## 817 survey respondents across education and healthcare



### Current workplace of respondents:



Survey participants were asked to **rate their stress levels in their personal and professional lives** on a scale of 1 (cool as a cucumber) to 10 (a hot chilli).

*Personal life:*

**38%** of respondents scored **7 or higher**

*Professional life:*

**70%** of respondents scored **7 or higher.**



Survey participants were asked to **rate their level of professional burnout** on a scale of 1 to 10, with 1 being fully balanced and 10 being completely burnt out.

**54%**  
of respondents rated themselves a **7 or higher.**

Survey participants were asked to **identify the leading cause of their professional burnout.**

**33.5%** of survey respondents reported work/professional **instability due to staffing and business management.**

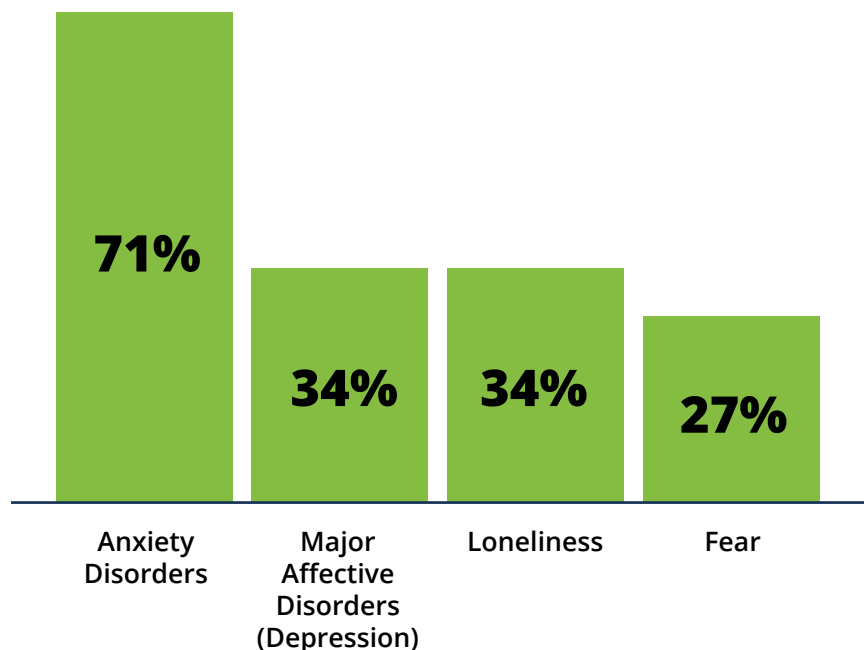


Survey participants were asked whether **the pandemic changed their career priorities, goals, or practices.**

**64%** of survey respondents rated **strongly agree** or **somewhat agree** with this statement.

Survey participants were asked about **the issues they most commonly discuss with their clients or students.**

**70%** of respondents reported that the **most common topic** or concern they are discussing is **anxiety.**







Survey respondents were asked to **identify what they rely on Pearson for.**

**Quality of Assessments**

**85%**

**Digital Resources**

**41%**

**Training/PD**

**29%**

**Mental Health**

**11.5%**



Learn more about these tools and other resources on our **Mental Health Hub**

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