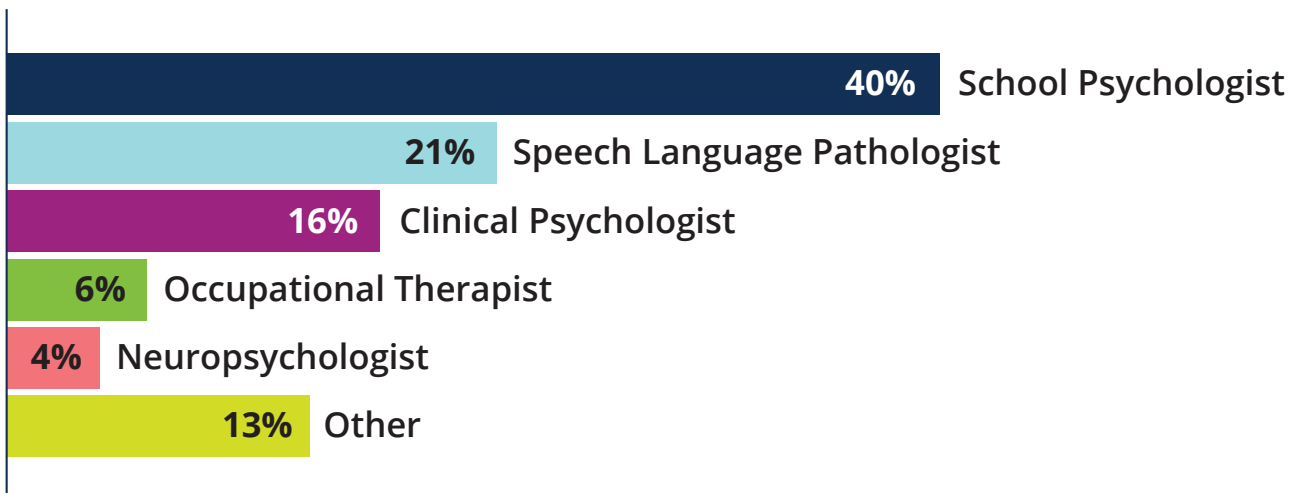


# Mental Health by the Numbers

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 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 (hot tamale).

*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.**

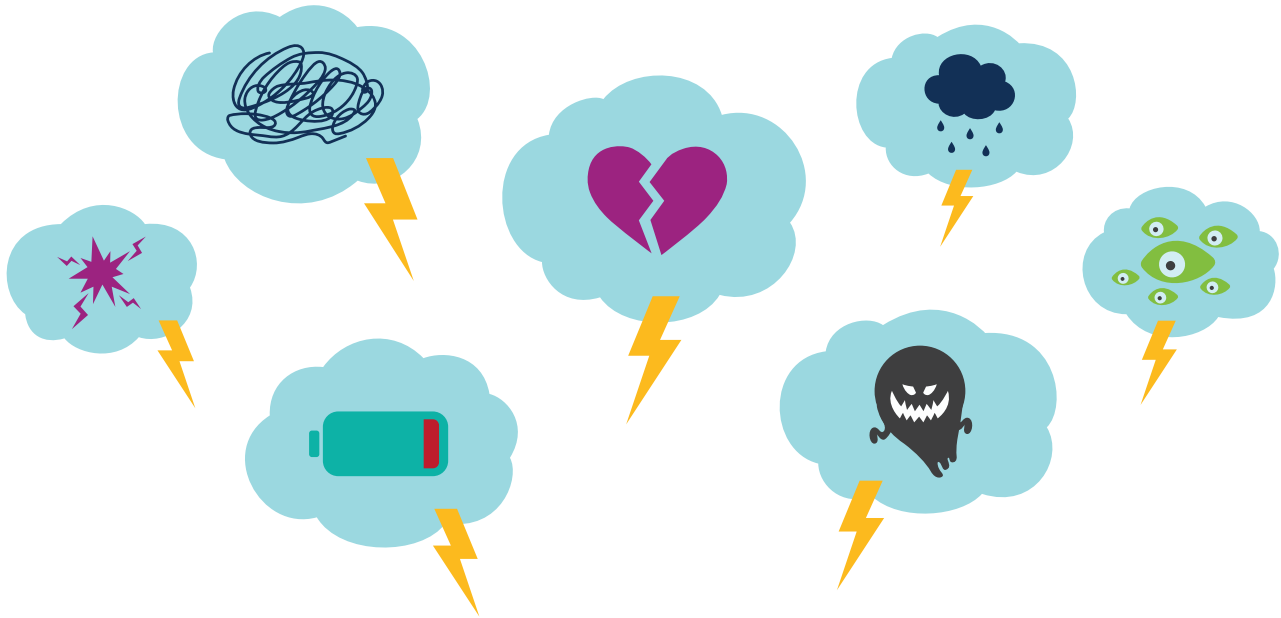
**33.5%** of survey respondents reported work/professional **instability due to staffing and business management.**





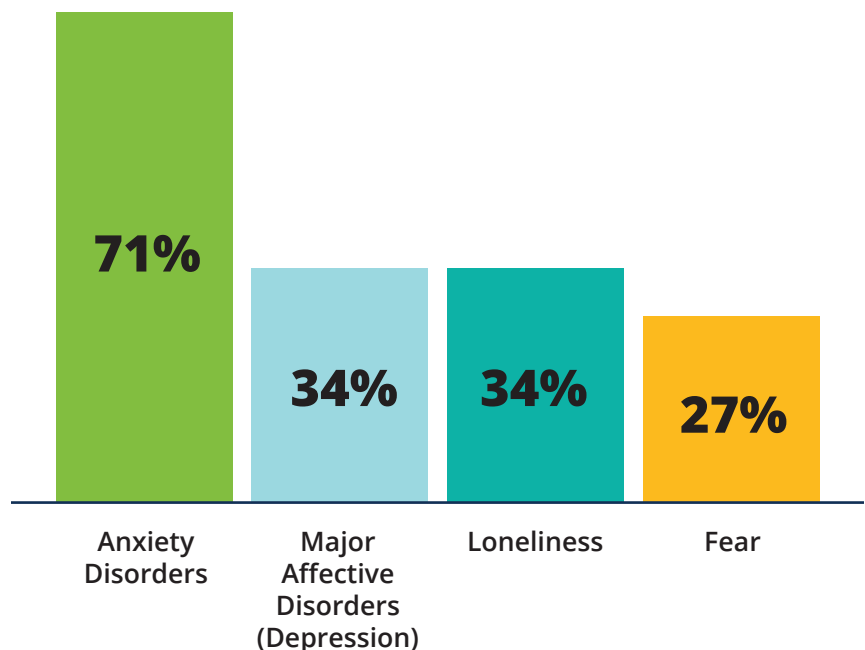
Survey participants were asked whether **the pandemic has changed their career priorities, goals, or practices.**

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

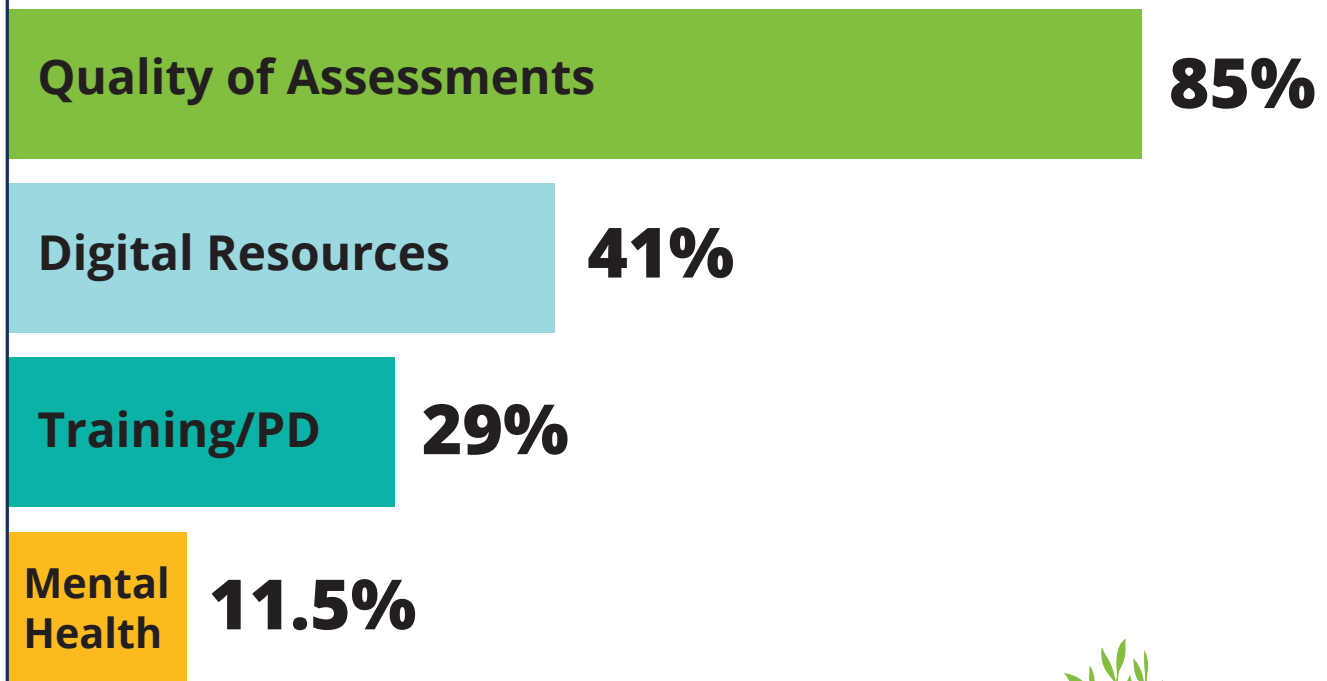


Survey participants were asked about **the issues they most commonly discuss with their clients or students.**

**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.**



Learn more about how Pearson can help at [pearsonassessments.com/mentalhealth](https://pearsonassessments.com/mentalhealth)

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