



COLLOQUIUM

Thursday, Feb. 13, 2025
4pm Workman 101

Speaker: David Trang

Affiliation: Space Science Institute & Hawai'i Pacific University

Mental Health of Planetary Science: The Evidence of a Mental Health Crisis and How to Create a Positive Work Environment through Small Personal Changes and Advocating for Large Policy Changes

Several studies have shown that a mental health crisis is present across all of academia. No differently, the planetary science community is facing greater severities of anxiety and depressive symptoms than the general United States population. Groups that are dealing with some of the greatest severities include early career researchers and graduate students as well as marginalized populations. Consequently, this will affect overall research productivity and quality and potentially lead to loss of highly skilled researchers as they transition into other careers. In this presentation, we will cover some of the findings of our mental health surveys of the planetary science community. Additionally, we will talk about some small personal changes we could all do in the sciences to lessen the severity of these symptoms based on psychotherapy techniques as well as some large policy changes within institutions to prevent mental health problems in future members of the sciences.