

Mental Health Self-Assessment Checklist



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Welcome to the **Mental Health Self-Assessment Checklist**,
designed with PhD students and academics in mind.

The academic journey, especially at the PhD level, can be very challenging. This fact is supported by numerous studies conducted across different countries and scientific fields, showing that PhD researchers are more likely to develop mental health issues such as burn-out, anxiety and depression, compared to highly educated individuals working outside of academia (Evans, Bira, & Vanderford, 2019; Levecque et al., 2017; Smith & Brook, 2015; Panger, 2014).

That's why it's so important to take care of your mental health.
So don't wait, check how are you doing today!

**This checklist is here to help you assess the first
Signs of Psychological Suffering
and react on time to prevent further suffering.**



To complete this checklist consider a 1 month period.



Be honest with yourself as you go through the checklist.

Physical signs of psychological suffering

1. Tiredness, lack of energy

Yes No

2. Apathy

Yes No

3. Sleeping problems

Yes No

4. Headaches, chronic pain

Yes No

5. Frequent sickness

Yes No

6. Eating disorders

Yes No

7. Decrease of libido

Yes No

How many **Physical signs** do you currently experience?

.....

Which sign is the most bothering for you?

.....

When did this sign occur?

.....



Physical

Cognitive signs of psychological suffering

1. **Constant worry** Yes No

2. **Problems with concentration** Yes No

3. **Forgetting** Yes No

4. **Problems with taking decisions** Yes No

5. **Overwhelm** Yes No

6. **Restless thoughts** Yes No

7. **Slow reasoning** Yes No

How many **Cognitive signs** do you currently experience?

.....

Which sign is the most bothering for you?

.....

When did this sign occur?

.....



Emotional signs of psychological suffering

1. **Lack of pleasure** (ahedonia) Yes No

2. **Irritability** Yes No

3. **Mood swings** Yes No

4. **Overacting** Yes No

5. **Negativity** Yes No

6. **Oversensitivity** Yes No

7. **Constant frustration** Yes No

How many **Emotional** signs do you currently experience?

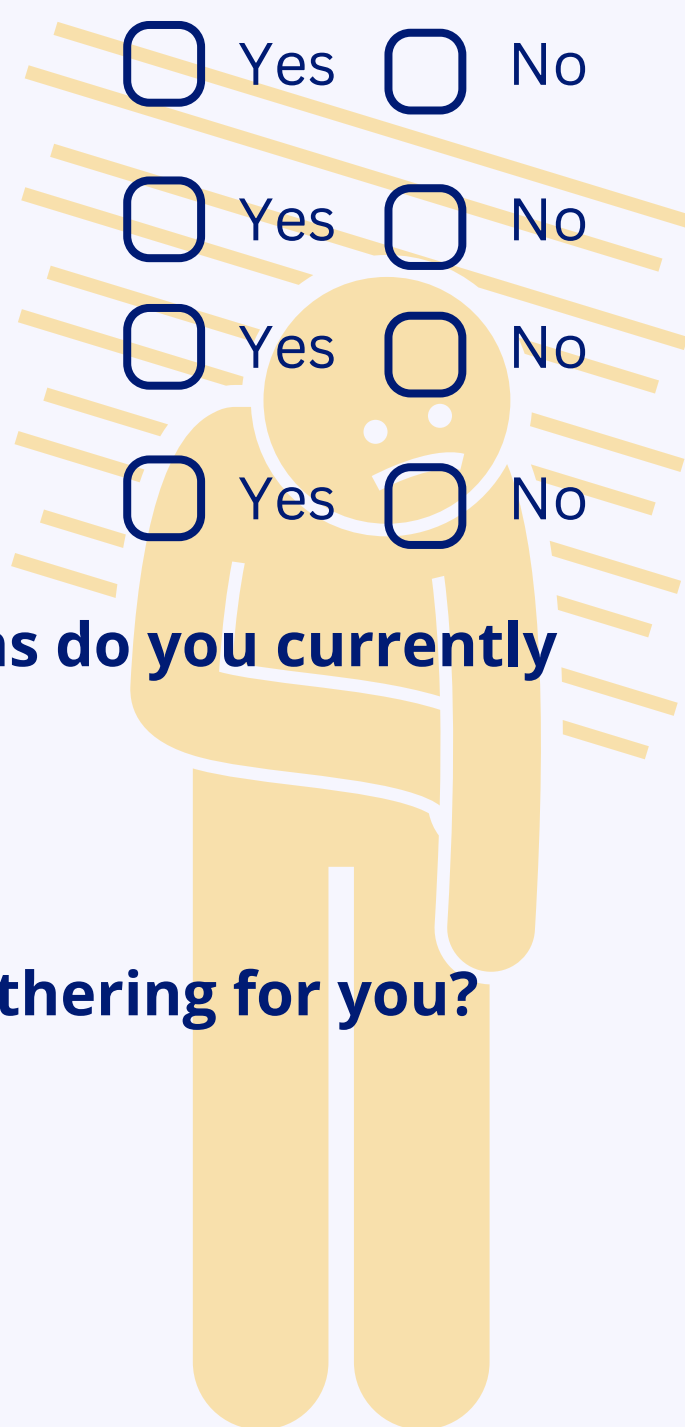
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Which sign is the most bothering for you?

.....

When did this sign occur?

.....



SUMMARY

1. Number of signs:



.....



.....



.....

=====

TOTAL

2. Since when do you experience these signs and are they becoming more troubling with time:

.....

.....

3. Is there any particular situation that explains why you feel this way:

.....

.....

4. What actions are you going to take to feel better?

.....

.....

Looks like you are suffering?

Remember, you don't need to go through this alone!

Professional help will help you get better sooner.



Hi there!

I'm **Dr. Ewa Pluciennicka**, a licensed **psychologist**,
doctor of Cognitive Psychology and founder of **PhD Success**.

As an Academic Mental Health Specialist I help researchers overcome mental suffering. Moreover, I can help you conquer stress, boost productivity, and build confidence, so you can reach your full intellectual potential and enjoy the academic experience!



Ready for change? 🙌 **Schedule a FREE discovery call:**

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