

Title: Mentoring as Psychosocial Support for the Psychological Wellbeing of Veterinarians.

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Veterinarians are faced with a number of unique job demands and if not equipped with the resources to meet and reduce demands it leads to a decline in wellbeing. The aim of this study was to quantify the benefits of psychosocial support in the form of mentoring provided to veterinarians via the Australian Veterinary Association (AVA) graduate mentor program. Mentoring early in one's career can be beneficial for career development and building personal resources which aid in psychological wellbeing. The study focused on the personal resources of veterinarians and their psychological wellbeing; specifically levels of depression, anxiety, stress, and burnout. Veterinarians both mentored and not were invited to contribute via an online survey to compare personal resources and psychological wellbeing between the two groups. The study found no statistically significant difference between the groups, however did find being equipped with personal resources is strongly predictive of psychological wellbeing and a lower incidence of burnout.