

CACTUS
FOUNDATION

Mental Health
Survey

Joy and stress triggers

A global survey on mental health among researchers



CACTUS A brief introduction

Founded in 2002, Cactus Communications is the **world's largest provider of scholarly communication services** to researchers, journals, publishers, institutions, and corporations, with offices in Tokyo, Seoul, Shanghai, Beijing, London, Princeton, Mumbai, and Singapore. Cactus operates through a multitude of service and product brands:

- [Cactus Life Sciences](#) provides rich strategic and tactical content solutions to stakeholders associated with global pharma and device-making.
- [Editage](#) is a leading consumer technology content business that provides editorial, translation, and digital solutions.
- [Editage Insights](#) is a community platform for researchers to exchange ideas, opinions, and stories.
- [PubSure](#), a game-changing AI powered product, helps researchers increase the chances and speed of getting their papers publication-ready.
- [Impact Science](#) is a full-service amplification partner that helps researchers amplify the impact of their work to a larger stakeholder audience.
- [Kolabtree](#) helps organizations and businesses hire freelance scientists and researchers for a wide range of services.
- [Science Talks](#) is an open dialogue platform for various stakeholders to meet and discuss various topics pertaining to research and academia.
- [blank:a](#) is an online and print magazine that features groundbreaking practices of universities that are challenging the norms of research and higher education.

Over the years, Cactus has collaborated with individuals and institutions in the academic space—researchers, publishers, journals, societies, universities—to build an ecosystem of trusted advisors to our partners, collaborators, and clients where knowledge can be shared with a wider audience. Our team, comprising over 800+ full-time employees and 2,500+ freelancers, has served close to 362,000+ authors including; researchers, doctors, and scientists across 173 countries and has transformed over 1,042,000+ papers across 1,200 disciplines.



Making Researchers Successful. Making Research Consumable.

VISION: We are **Trusted Advisors** who help make research more accessible, accelerating global science and human development, through a combination of **Inspired People** and **Great Technology**.



17+ years'
experience

800+
in-house
employees

94,000+
scientific peers
and collaborators
worldwide

362,000+
authors served



About

CACTUS FOUNDATION

Cactus Foundation is an initiative aligned with the United Nations Sustainable Development Goals, and it aims to help researchers grow and create global impact through their research. It was established to build a more just, equal, and inclusive society by providing grants, business support, education, and other initiatives to the global research community as well as to aspiring next-generation researchers.

Our aim is to contribute to improvements in the quality of life and the greater prosperity of human society. Our commitment to society compels us to create meaningful change that is not only based on appearances but on enabling real impact to solve society's problems.



The researcher voice

“Being positive about the delays that occur in our lives and letting that positive attitude reflect in our actions and reactions is key to achieving our goals.”

Michael Okyere Asante, PhD student

No one prepared me for the worst possible outcome of a dissertation defense: Failure. I had never failed in any academic endeavor, until this one...It was a broad, powerful slap in the face. It would be three months before I stopped wallowing in my depression and began the process of revision.

Lorie Owens – PhDiva (@Dissertating on Twitter)

We all go through times where we feel like something has brought us down or we have been left behind. DO NOT LET THIS DEFINE YOUR PHD. More importantly, when you feel like these things keep going and going on, and you just can't do it anymore – stop. Stop and tell yourself that you can do it. Stop and tell your supervisor you need help. Stop and ask someone else for help and don't be shy to.

Lyndsey Middleton, PhD student

For those that don't know, imposter syndrome is the feeling that you are not good enough, that you are doing a PhD based on lies, or that you will actually be found out to not be good enough for doing what you are doing. The feeling of being a fake, an imposter, and that everything you do will eventually be your downfall when people realise 'the truth.' -

Daniel Morse, Research Associate

About this survey



7.8 million researchers in a world of 8 billion...



Researchers are **6 times more likely to experience clinical anxiety and depression** issues than the general population



In a previous survey, about 73% of research staff in higher education said they **find their job stressful**.



About 32% research staff stated they **experience unacceptable levels of stress**

Yet, some researchers **thrive** in this environment and would not give up research for anything!



What brings researchers joy and what causes them stress?



What can research institutions do to create a healthier research environment?



This large-scale global survey, being conducted in several languages, addresses these questions

Expected survey outcomes



Responses in over 8 languages



More open discussions about mental health



Over 1 million respondents from over 150 countries



Over 200 universities and institutional partners



A global movement that reshapes the culture in academia



Research institutions paying more attention to researcher needs, and setting up counselling and support centers

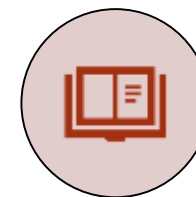
Who can partner?



RESEARCH & ANALYTICS
PARTNERS



GLOBAL AGENCIES / NGOs



UNIVERSITIES &
RESEARCH GROUPS



PUBLISHERS & JOURNALS



INDUSTRY INFLUENCERS



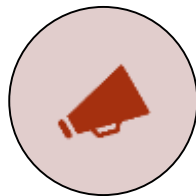
ACADEMIC SOCIETIES



SOCIAL INFLUENCERS &
AMBASSADORS



BRANDS CHAMPIONING THE
CAUSE OF MENTAL HEALTH



MEDIA AMPLIFIERS
(ACROSS MEDIA PLATFORMS
VIZ,; PRINT, TV, DIGITAL,
NEWMEDIA)

Why partner?



Get priority access to survey data and report



Understand views and experiences of academics across demographics



Understand perspectives of underrepresented groups in academia to foster inclusion and diversity



Receive international recognition as an organization committed to one of the largest global health concerns



Contribute to the conversation by providing quotes, stories, interviews, and insights



Be part of a truly global initiative of significance to international stakeholders even outside academia (e.g., policy makers, governmental and non-profit organizations focused on workplace happiness and mental health)



Let's collaborate!

CACTUS
FOUNDATION

Mental Health
Survey



Thank you