



UNIVERSITY OF
PLYMOUTH

PSYCHOLOGICAL STRESS AMONGST AID WORKERS

Over the past couple of decades guidelines created to help protect aid workers have fortunately improved within the industry.

However, these tend to focus on the physical effects of working in such environments and unfortunately neglect the mental health

consequences, despite the fact that mental health illnesses are far more common amongst aid workers than the general population

The University of Plymouth will be conducting 30-60min interviews, via Zoom, on the experiences and perceptions of psychological stress amongst aid workers. Our hope is that this research will increase awareness and improve support for aid workers in the future.

**WE ARE LOOKING TO INTERVIEW AID WORKERS WHO HAVE
RETURNED FROM THEIR LAST PLACEMENT OVER 6 MONTHS
AGO. IF YOU MEET THESE CRITERIA THEN WE WOULD LOVE
TO HEAR FROM YOU**

If you are interested in participating or would like further information on the study then please send an email to:

david.barkwill@postgrad.plymouth.ac.uk

