Overview & ID

Graduate Student Mental Health: A Study of American Economics Departments

Researchers: Paul Barreira, MD; Matthew Basilico; Valentin Bolotnyy

Consent Form

Participation is voluntary

It is your choice whether or not to participate in this research. If you choose to participate, you may change your mind and leave the study at any time. Refusal to participate or stopping your participation will involve no penalty or loss of benefits to which you are otherwise entitled.

What is the purpose of this research?

The purpose of this research is to understand the prevalence and severity of common mental health problems among graduate students in economics departments across the United States. In addition, the study will help identify environmental factors that may mitigate or contribute to mental health issues. A faculty survey portion of the study will help supplement the graduate student study by shedding additional light on faculty-student relationships.

What can I expect if I take part in this research?

The study is intended for economics graduate students in all years of the PhD program.

The initial survey will take 20 to 25 minutes to complete. A follow-up survey will be sent to you in the Spring of 2018 and will take about 10 minutes to complete. At the end of each survey, you will receive scores on the clinically validated mental health screens and explanations for what those scores mean about your mental health.

Once you begin a survey you will not be able to leave it and return to it at another time, so please complete it in one sitting. There is also no "Back" button, so you cannot change responses once you proceed to the next page.

The researchers will produce an aggregated report across all participating economics programs, as well as an aggregated report specifically for your department. Data from your department will only be studied in an aggregated way and the researchers will share department-specific results only with your
department Chair. The report aggregated across all participating programs will not identify department-specific results.

**What are the risks and possible discomforts?**

If you choose to participate, answering questions that require reflection on issues related to your mental health and potentially distressing past experiences has some psychological risk. If you become upset or feel any distress when you are responding to these questions, please call your university’s mental health services. The National Suicide Prevention Lifeline is another resource that is available 24 hours a day at 1-800-273-8255.

**Benefits**

We cannot promise any benefits to you or others from your taking part in this research. However, possible benefits include an improved understanding of your own mental health and its connection to your life experiences; structural department-level and profession-level reforms that improve student and faculty quality of life; improved departmental culture around mental health; initiatives across graduate programs worldwide to improve mental health among students and faculty.

**If I take part in this research, how will my privacy be protected? What happens to the information you collect?**

The data we collect will be stored on a secure server and analyzed in an anonymous way. No raw, individual response-level data will ever be made public. Such data will also not be handled or accessed by anyone other than a third-party data scientist hired by the researchers. The data scientist has no affiliation with any economics department and has signed a confidentiality agreement. No attempt will ever be made to identify whether or how specific individuals answered the questions in this study.

The ID provided to you for access to each survey is intended to ensure that you only complete each survey once and to allow the researchers to see how graduate student mental health changes over time across all participating programs and in your department. Data matching the ID to you will be stored on a separate secure server from the data set with your survey responses and will only be used for the purpose of this study, as described above.

**If I have any questions, concerns, or complaints about this research study, who can I talk to?**

The lead researcher for this study is *Paul Barreira, MD* who can be reached at 671-495-2010; 75 Mt. Auburn Street, Cambridge, MA 02138; gradsurvey@huhs.harvard.edu.

Please contact him if you have questions, concerns, complaints, or:

- If you would like to talk to the research team,
If you think the research has harmed you, or
If you wish to withdraw from the study.

This research has been reviewed by the Committee on the Use of Human Subjects in Research at Harvard University. The Committee can be reached at 617-496-2847, 1350 Massachusetts Avenue, 9th Floor, Suite 935, Cambridge, MA 02138, or cuhs@harvard.edu for any of the following:

- If your questions, concerns, or complaints are not being answered by the research team,
- If you cannot reach the research team,
- If you want to talk to someone besides the research team, or
- If you have questions about your rights as a research participant.

Statement of Consent

I have read the information in this consent form. All my questions about the research have been answered to my satisfaction.

Click here to download consent form PDF

Signature

By selecting this box, I consent to taking part in this research.

Please note that refreshing the survey or using your browser navigation button to go back will invalidate the survey.

Please enter the survey ID number provided in the e-mail:

PHQ-9

Over the last 2 weeks, how often have you been bothered by any of the following problems?

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure in doing things</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Feeling down, depressed, or hopeless</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Trouble falling or staying asleep, or sleeping too much</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>Feeling tired or having little energy</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>
How difficult have these problems made it for your to do your work, take care of things at home, or get along with other people?

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor appetite or overeating</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling bad about yourself - or that you are a failure or have let yourself or your family down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thoughts that you would be better off dead or of hurting yourself in some way</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<th>Not at all</th>
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<th>More than half the days</th>
<th>Nearly everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling nervous, anxious or on edge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not being able to stop or control worrying</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worrying too much about different things</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble relaxing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Being so restless that it is hard to sit still</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Becoming easily annoyed or irritable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling afraid as if something awful might happen</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How difficult have these problems made it for your to do your work, take care of things at home, or get along with other people?

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>Not difficult at all</th>
<th>Somewhat difficult</th>
<th>Very difficult</th>
<th>Extremely difficult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor appetite or overeating</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling bad about yourself - or that you are a failure or have let yourself or your family down</td>
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<td></td>
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<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

GAD-7

SBQ-R Suicide Behaviors Questionnaire-Revised
Have you ever thought about or attempted to kill yourself?

Never
It was just a brief passing thought
I have had a plan at least once to kill myself but did not try to do it
I have had a plan at least once to kill myself and really wanted to die
I have attempted to kill myself, but did not want to die
I have attempted to kill myself, and really hoped to die

How often have you thought about killing yourself in the past year?

Never
Rarely (1 time)
Sometimes (2 times)
Often (3-4 times)
Very Often (5 or more times)

Have you ever told someone that you were going to commit suicide, or that you might do it?

No
Yes, at one time, but did not really want to die
Yes, at one time, and really wanted to die
Yes, more than once, but did not want to do it
Yes, more than once, and really wanted to do it

How likely is it that you will attempt suicide someday?

Never
No chance at all
Rather unlikely
Unlikely
Likely
Rather likely
Very likely

Self Esteem, Rosenberg Self-Esteem Scale
Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the whole, I am satisfied with myself.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>At times I think I am no good at all.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I feel that I have a number of good qualities.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I am able to do things as well as most other people.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I feel I do not have much to be proud of.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I certainly feel useless at times.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I feel that I am a person of worth, at least on an equal plane with others.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I wish I could have more respect for myself.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>All in all, I am inclined to feel that I am a failure.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I take a positive attitude toward myself.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

**Imposter Phenomenon (IP)**

For each question, please check the box that best indicates how true the statement is of you. It is best to give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Not at true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very true</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can give the impression that I'm more competent than I really am.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I'm afraid people important to me may find out that I'm not as capable as they think I am.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>I often compare my ability to those around me and think they may be more intelligent than I am.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Sometimes I'm afraid others will discover how much knowledge or ability I really lack.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>
I feel bad and discouraged if I’m not "the best" or at least "very special" in situations that involve achievement.

<table>
<thead>
<tr>
<th>Not at true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I feel confident in my abilities as a researcher.

<table>
<thead>
<tr>
<th>Not at true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I feel confident in my abilities in math.

<table>
<thead>
<tr>
<th>Not at true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I feel that I am at the same level of technical ability as my peers.

<table>
<thead>
<tr>
<th>Not at true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very true</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**EPS (Eating Disorder Screening Tool for Primary Care)**

Please answer the following questions:

Are you satisfied with your eating patterns?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Do you ever eat in secret?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Does your weight affect the way you feel about yourself?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Have any members of your family suffered with an eating disorder?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Do you currently suffer with or have you ever suffered in the past with an eating disorder?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Adult Self-Report Scale -VI.I (ASRS-VI.I) Screener (ADHD)**

Check the box that best describes how you have felt and conducted yourself over the past 6 months.

How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How often do you have difficulty getting things in order when you have to do a task that requires organization?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How often do you have problems remembering appointments or obligations?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

When you have a task that requires a lot of thought, how often do you avoid or delay getting started?

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?

How often do you feel overly active and compelled to do things, like you were driven by a motor?

<table>
<thead>
<tr>
<th>Question on feeling overwhelmed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over the last 7 days, on how many days did you feel overwhelmed by the work you had to do?</td>
</tr>
<tr>
<td>0-1 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>On how many of the past 7 days did you:</td>
</tr>
</tbody>
</table>

| Do moderate-intensity cardio or aerobic exercise (caused a noticeable increase in heart rate, such as a brisk walk) for at least 30 minutes? |
| Do vigorous-intensity cardio or aerobic exercise (caused large increase in breathing or heart rate, such as jogging) for at least 20 minutes? |
| Do 8-10 strength training exercises (such as resistance weight machines) for 8-12 repetitions each? |

<table>
<thead>
<tr>
<th>AUDIT-C</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you have a drink containing alcohol?</td>
</tr>
</tbody>
</table>

| Never | Monthly or less | 2-4 times per month | 2-3 times per week | 4+ times per week |

This is one unit of alcohol...

...and each of these is more than one unit

How many units of alcohol do you drink on a typical day when you are drinking?

1-2  
3-4  
5-6  
7-9  
10+

If female: how often have you had 6 or more units on a single occasion in the last year?
If male: how often have you had 8 or more units on a single occasion in the last year?

Never  
Less than monthly  
Monthly  
Weekly  
Daily or almost daily

Sleep

On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?

0 days  
1 day  
2 days  
3 days  
4 days  
5 days  
6 days  
7 days

People sometimes feel sleepy during the daytime. In the past 7 days, how much of a problem have you had with sleepiness (feeling sleepy, struggling to stay awake) during your daytime activities?

No problem at all
A little problem
More than a little problem
A big problem
A very big problem

Mental Health Diagnosis & Treatment
How would you rate your mental health overall?
Poor
Fair
Good
Excellent

Do you think your mental health is better or worse than the mental health of the average PhD student in your department?
Better
Worse

If you ever feel that you are experiencing a mental health issue, would you know where to turn for help?
Yes
No

If you ever feel that you are experiencing a mental health issue, how likely would you be to turn to someone for help?
Not likely
Somewhat likely
Moderately likely
Very likely

If you had an issue with mental health in the last 2 months, to whom did you turn for help? (Select all that apply)
Mental health professional(s) at your university
Mental health professional(s) outside of your university
Department staff member(s)
Department faculty member(s)
Family member(s)
Friend(s) in the department
Friend(s) outside of the department
Did not turn to anyone for help
How helpful were the mental health professional(s) at your university with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the mental health professional(s) outside of your university with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the department staff member(s) with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the department faculty member(s) with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the family member(s) with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the friend(s) in the department with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

How helpful were the friend(s) outside of the department with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful

Were you diagnosed by a mental health professional with any mental health issue(s) prior to starting this PhD program?
Yes
No

Have you been diagnosed by a mental health professional with any mental health issue(s) after you started this PhD program?
Yes
No

Are you currently receiving treatment for:

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Anxiety</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Any other mental health issue</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

**Personal**

About how many people do you have in your personal life that you can really open up to about your most private feelings without having to hold back?

0
1
2 - 5
6 - 10
11 - 15
16 - 20
More than 20

When you have a problem or worry, how often do you let someone in your personal life know about it?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Most of the Time</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disagree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I have very good friends at my Economics Department.

Strongly agree
Agree
Neither agree nor disagree
Disagree
Strongly disagree

The following questions address how you feel about different aspects of your life. For each question, please tell us how often you feel that way.

<table>
<thead>
<tr>
<th></th>
<th>Hardly Ever</th>
<th>Some of the Time</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you feel you lack companionship?</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often do you feel left out?</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How often do you feel isolated from others?</td>
<td>0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Over the last 7 days, how many hours per day did you typically spend on a leisure activity unrelated to the PhD program?

0
1
2
3 or more

Over the last 7 days, how many times per day did you typically check Facebook?

0
1
2
3 or more
Don't have a Facebook account
Over the last 2 weeks:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has a significant other, friend, or family member experienced a significant negative life event?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you experienced a significant negative life event?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How important are the following to your sense of success in life?

<table>
<thead>
<tr>
<th>Item</th>
<th>Not important at all</th>
<th>Somewhat important</th>
<th>Moderately important</th>
<th>Very important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tenure at an academic institution</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tenure at a top-ranked academic institution</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High income</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having your own family</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knowing that you have made a useful contribution to the world</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recognition of your work by the general public</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Academic Performance**

In this academic year, how successful do you think you will be ... ?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not successful at all</th>
<th>Somewhat successful</th>
<th>Moderately successful</th>
<th>Very successful</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>in your courses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in your research process</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in your presentations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in your teaching</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As of right now, how comfortable would you be voicing a thought in a seminar setting?

- Not comfortable at all
- Somewhat comfortable
- Moderately comfortable
- Very comfortable

As of right now, how certain would you have to be about the high quality of a thought before you voiced it in a seminar setting?
As of right now, how competitive do you think your peers are with each other?

Not competitive at all
Somewhat competitive
Moderately competitive
Very competitive

If you are a 2nd year student or above, please answer the following: What was the average of your grades in the first-year Microeconomic Theory and Macroeconomic Theory courses?

A
A/A-
A-
A-/B+
B+
B+/B
B
B/B-
B-
Lower than B-

During your 1st year in the PhD program, how large was the group (including yourself) in which you typically found yourself working on problem sets? Please respond even if you are currently a 1st year student.

Worked alone
2 people
3 people
4+ people

As of right now, do you have one or more projects that you are co-authoring with another PhD student?

Yes
No
As of right now, do you have one or more projects that you are co-authoring with a faculty member?

Yes
No

In general, how often does your work provide you with the following:

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Most of the time</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
<th>Don't Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opportunities to fully use your talents</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opportunities to make positive impact on</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>community/society</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sense of personal accomplishment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goals to aspire to</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Satisfaction of work well done</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling of doing useful work</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thinking about both your commitments at work and outside of work, please select the response which best describes your situation. How often, in the last 3 months, has it happened that you:

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Most of the time</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worried about work when not working</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Were too tired for activities in private life</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Were too tired to do household jobs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had difficulty making ends meet financially</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had work prevent time with family or significant others</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Over the last 2 weeks, on how many days did you seriously contemplate quitting the PhD program?

0 days
1 day
2 days
3 days or more
Academic Field

What year are you in your program?

1st  2nd  3rd  4th  5th  6th  7th+

What do you consider to be your primary field?

What do you consider to be your secondary field, if you have one?

On a scale of 1 to 10, where 1 = Extremely dissatisfied and 10 = Extremely satisfied, how satisfied are you with your PhD experience?

1  2  3  4  5  6  7  8  9  10

What would you do differently right now if you were starting your program? Please select as many as apply.

Change area of study
Change adviser(s)
Not pursue a PhD at all
Study at another institution
Engage more with study
Organize time more effectively
Nothing
Other

On average, how many hours a week do you typically work?

Less than 11  11-20 hours  21-30 hours  31-40 hours  41-50 hours  51-60 hours  61-70 hours  71-80 hours More than 80 hours

Over the last 7 days, how many days did you work in the Economics Department?

0 days  1 day  2 days  3 days  4 days  5 days  6 days  7 days

Over the last 2 months, have you been physically away from your department for 1 month or longer?
Advising

Think of your Economics Department faculty members with whom you’ve met in the last 2 months:

From your impressions, how much do they care about the success of your research project(s)?

- Do not care at all
- Care somewhat
- Care moderately
- Care very much
- Not applicable/have not met with faculty in the last 2 months

From your impressions, how much do they care about you as a person?

- Do not care at all
- Care somewhat
- Care moderately
- Care very much
- Not applicable/have not met with faculty in the last 2 months

How easy is it for you to talk to them about non-academic career options?

- Not easy at all
- Somewhat easy
- Moderately easy
- Very easy
- Not applicable/have not met with faculty in the last 2 months

Think of your Economics Department faculty members with whom you’ve met in the last 2 months:

How honest can you be with them about the difficulties you face with:
Think of your Economics Department faculty members with whom you’ve met in the **last 2 months**: 

How honest **would you like to be** with them about the difficulties you face with:

<table>
<thead>
<tr>
<th></th>
<th>Not honest at all</th>
<th>Somewhat honest</th>
<th>Moderately honest</th>
<th>Very honest</th>
<th>Not applicable/have not met with faculty in the last 2 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research progress</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Presentations</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Teaching</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Refereeing</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Co-authoring with other students</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Co-authoring with these faculty</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Your <strong>other</strong> advisers</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Preparing for the job market</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Your decision to get a PhD in economics</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Decisions related to starting a family</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Your mental health</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Other personal life issues</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

## Questionnaire:

**How easy would you like it to be** for you to talk to them about non-academic career options?

- Not easy at all
- Somewhat easy
- Moderately easy
- Very easy
- Not applicable/have not met with faculty in the last 2 months

**In the last 2 months, how many times have you met with your:**

- Main adviser (the faculty member with whom you meet most frequently)
- Second adviser (the faculty member with whom you meet second-most frequently)
- Third adviser (the faculty member with whom you meet third-most frequently)

**As of right now, how significant are the following impediments for the frequency with which you meet with faculty?**

- Meetings are difficult to schedule
- Meetings are too short
- Meetings are not useful
- Meetings are unpleasant
- Fear of the consequences of a bad impression
- Doubt about the quality of your ideas, questions, thoughts
- Lack of progress on to-dos from previous meeting

**Over the last 2 months, how many faculty members in your department initiated an informal conversation with you about how you were doing academically or personally?**

- 0
- 1
As of right now, how many faculty members in your department do you consider to be your professional role models?

0
1
2
3 or more

If you are a 2nd year student or above, please select the number of advisers you had last academic year who are:

- No longer at the department
- On leave this term only
- On leave this academic year

Was one of the advisers who is no longer at the department or currently on leave your main adviser?

- Yes
- No

If you ever feel that you are experiencing an issue with advising, would you know where to turn for help?

- Yes
- No

If you ever feel that you are experiencing an issue with advising, how likely would you be to turn to someone for help?

- Not likely
- Somewhat likely
- Moderately likely
- Very likely

Background Questions
How old are you?
Younger than 20
20-24
25-29
30-34
35 or older

Which of the following races best describe(s) you: (Select all that apply)
American Indian or Alaska Native
Asian or Asian American
Hispanic or Latino
Black or African American
Native Hawaiian or Other Pacific Islander
White

Are you a U.S. citizen or permanent resident?
Yes
No

Is English your first language?
Yes
No

Which best describes your gender identity?
Man
Woman
Transgender
Other

Do you consider yourself to be:
Heterosexual
Bisexual
Gay or lesbian
Do you have a disability?
Yes
No

How would you best describe your current relationship status?
Single
Casual
Dating
Long-term/Committed
Married
Divorced
Other

Do you live alone?
Yes
No

Do you have 1 or more children?
Yes
No

Are your parents:
Never married
Married
Divorced or separated
Other

Please indicate the highest degree earned by your father (biological or step). If you have multiple fathers, select the highest degree earned.
High school or below
Associate
Bachelor's
Please indicate the graduate degree(s) earned by your father. (Select all that apply)

MBA
Other Master's
MD
JD
Economics PhD
Other PhD
Other

Please indicate the highest degree earned by your mother (biological or step). If you have multiple mothers, select the highest degree earned.

High school or below
Associate
Bachelor's
Graduate degree

Please indicate the graduate degree(s) earned by your mother. (Select all that apply)

MBA
Other Master's
MD
JD
Economics PhD
Other PhD
Other

Which of the following best describes your undergraduate institution?

Small liberal arts college (US)
Public university (US)
Private university (US)
Non-U.S. university
Other
How many math courses did you take between the start of your undergraduate study and the start of this PhD program?

0
1 or 2
3 or 4
5 or 6
7+

Did you go straight into this Economics PhD program after completing your undergraduate degree?

Yes
No

Over the last 2 months, what position(s) have you held for compensation? (Select all that apply)

Teaching Assistant
Grader
Research Assistant
Resident Assistant
Private tutor
Non-academic data scientist
Other
Did not work for compensation

Sexual Harassment

These next questions ask about situations in which a student, faculty member, staff member, or someone else associated with your Economics Department said or did something that:

· Interfered with your academic or professional performance,
· Limited your ability to participate in your academic program, or
· Created an intimidating, hostile or offensive social, academic or work environment

Check all that you have experienced since becoming a PhD student from a student, faculty member, staff member, or someone else associated with your Economics Department:

Sexual remarks, jokes, or stories that were insulting or offensive to you
Inappropriate or offensive comments about your or someone else’s body, appearance, or sexual activities
At the time of this event/these events, what was the person’s/were the persons’ relationship(s) to you? (Select all that apply)

At the time, it was someone I was involved or intimate with
Someone I had been involved or was intimate with
Professor
Adviser
Staff member
Graduate student friend or acquaintance
Undergraduate student friend or acquaintance
Stranger
Other
Don’t know

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