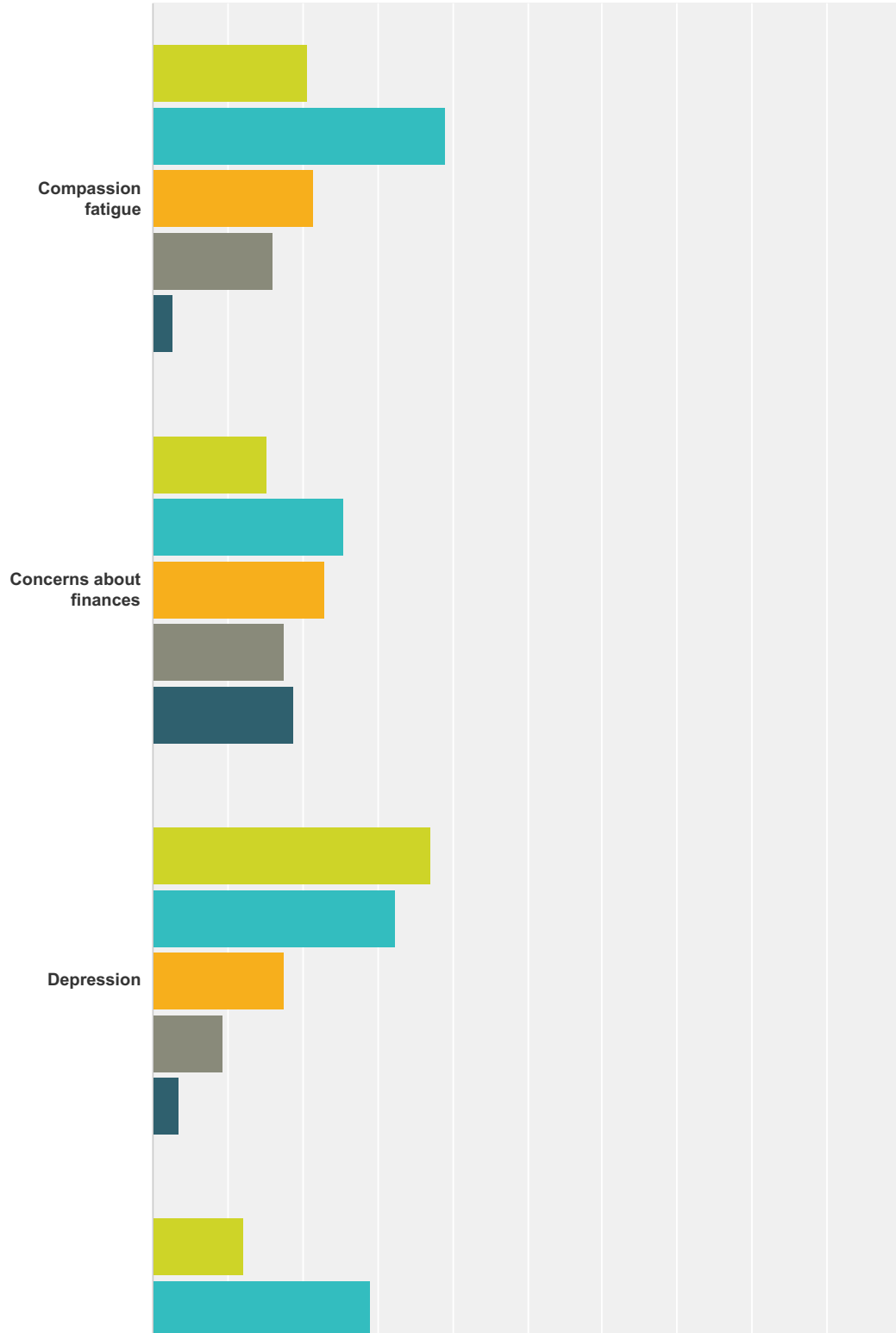
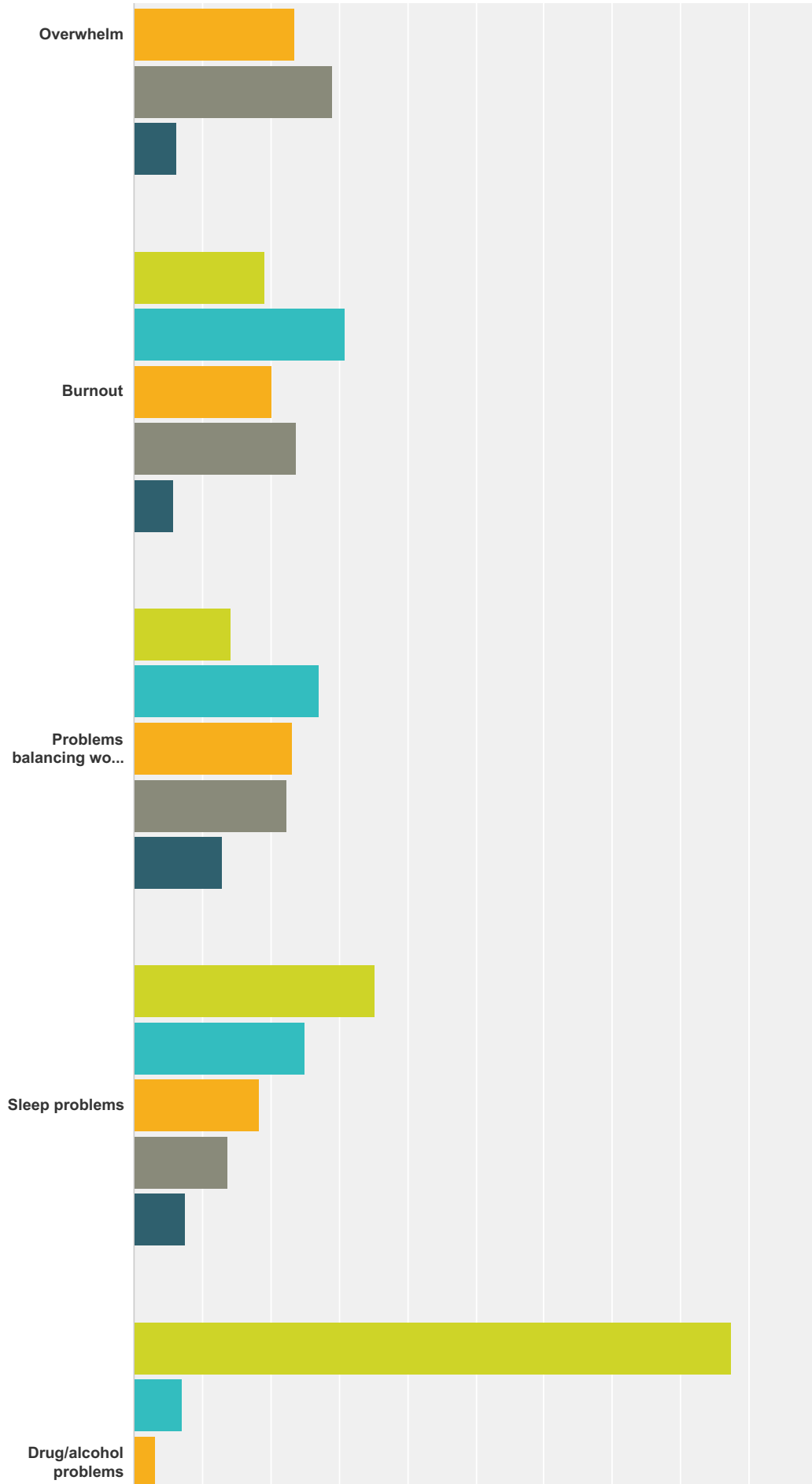


**Q1 Below is a list of concerns that people commonly have. Please read each one carefully and indicate how much that problem has bothered you during the past month.**

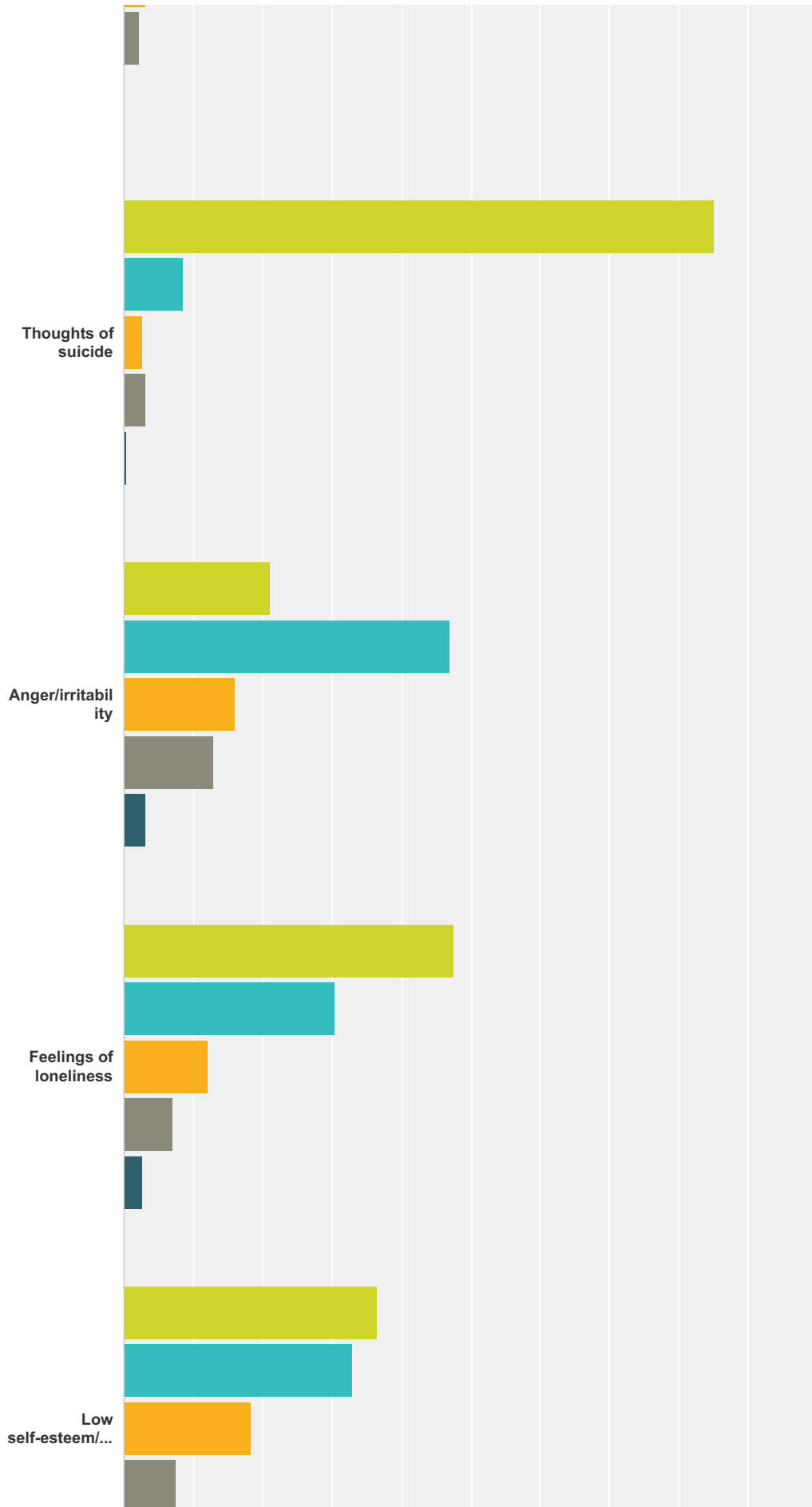
Answered: 224 Skipped: 0



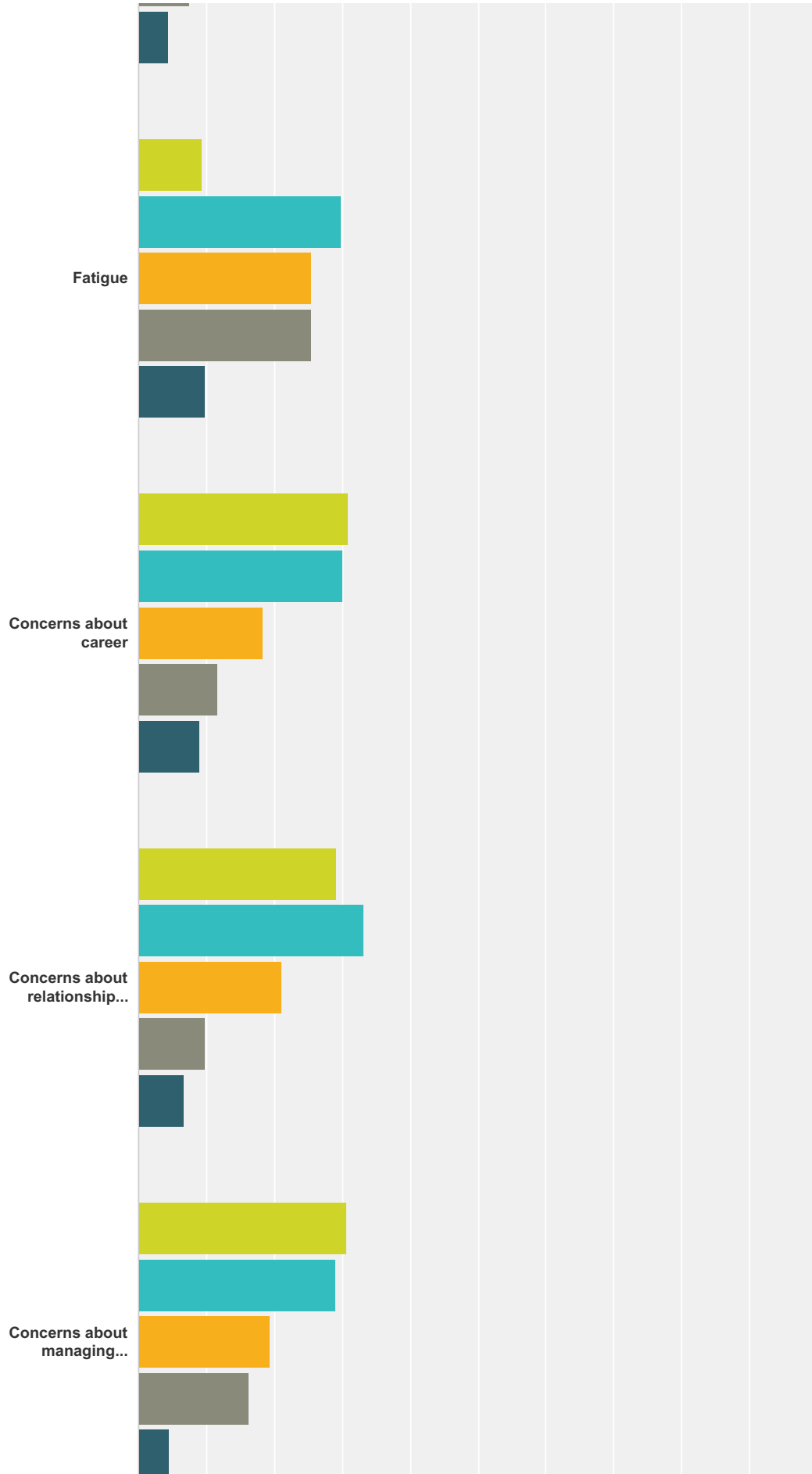
# MVMA Stress and Wellness Survey



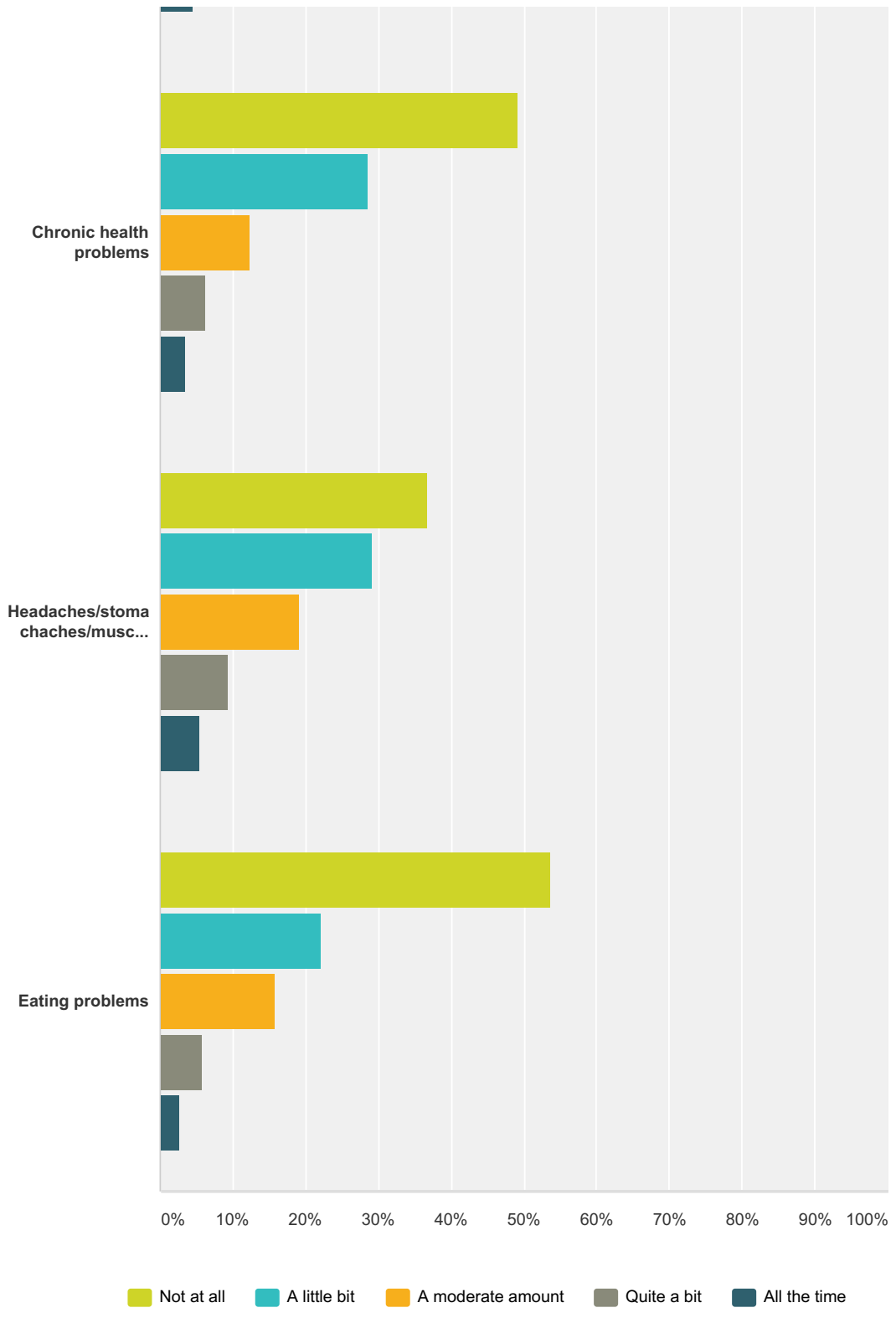
# MVMA Stress and Wellness Survey



# MVMA Stress and Wellness Survey



# MVMA Stress and Wellness Survey



	Not at all	A little bit	A moderate amount	Quite a bit	All the time	Total
Compassion fatigue	20.63% 46	39.01% 87	21.52% 48	16.14% 36	2.69% 6	223
Concerns about finances	15.25% 34	25.56% 57	22.87% 51	17.49% 39	18.83% 42	223

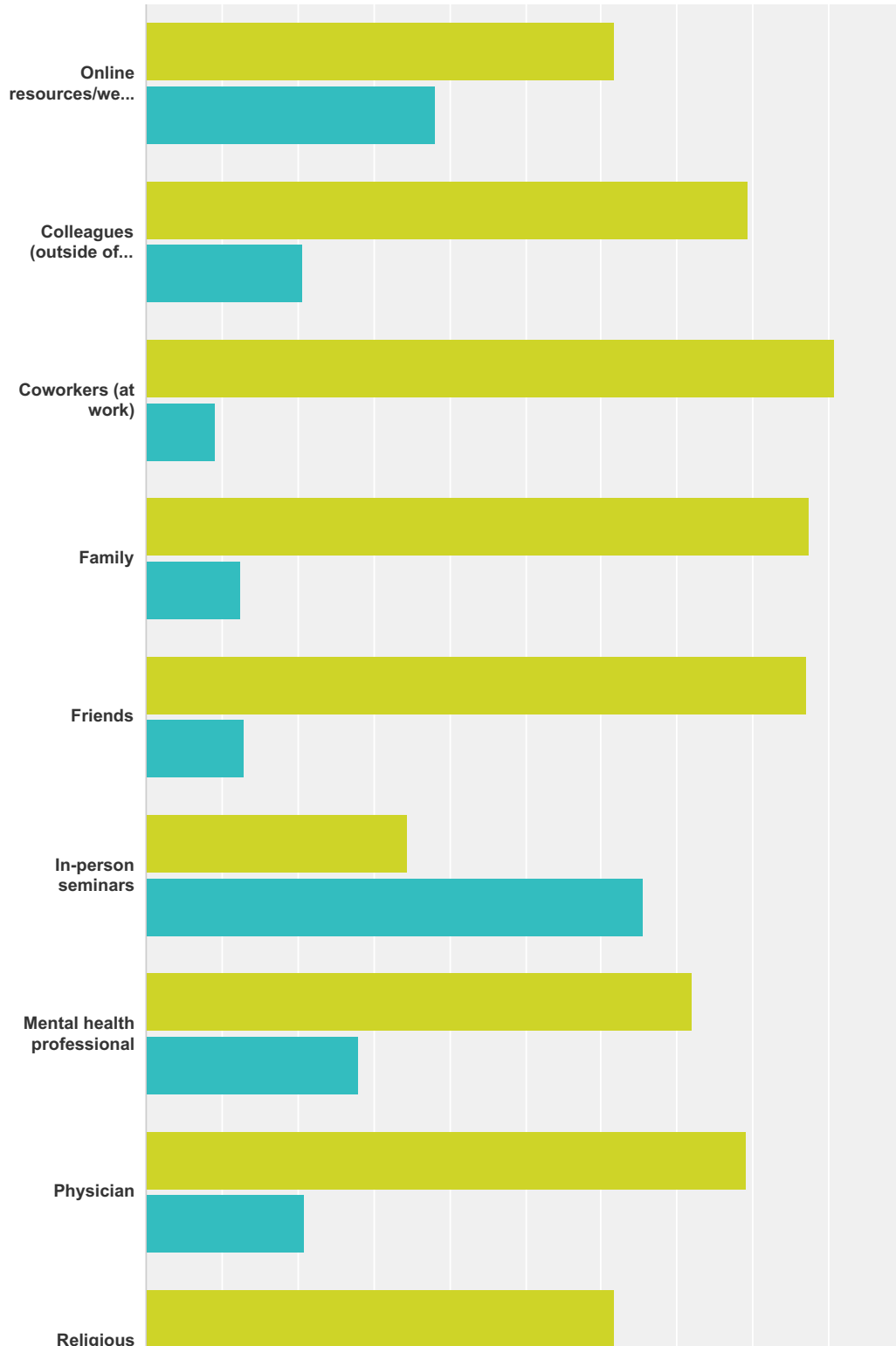
## MVMA Stress and Wellness Survey

Depression	<b>37.22%</b> 83	<b>32.29%</b> 72	<b>17.49%</b> 39	<b>9.42%</b> 21	<b>3.59%</b> 8	223
Overwhelm	<b>12.05%</b> 27	<b>29.02%</b> 65	<b>23.66%</b> 53	<b>29.02%</b> 65	<b>6.25%</b> 14	224
Burnout	<b>19.28%</b> 43	<b>30.94%</b> 69	<b>20.18%</b> 45	<b>23.77%</b> 53	<b>5.83%</b> 13	223
Problems balancing work and personal life	<b>14.29%</b> 32	<b>27.23%</b> 61	<b>23.21%</b> 52	<b>22.32%</b> 50	<b>12.95%</b> 29	224
Sleep problems	<b>35.27%</b> 79	<b>25.00%</b> 56	<b>18.30%</b> 41	<b>13.84%</b> 31	<b>7.59%</b> 17	224
Drug/alcohol problems	<b>87.50%</b> 196	<b>7.14%</b> 16	<b>3.13%</b> 7	<b>2.23%</b> 5	<b>0.00%</b> 0	224
Thoughts of suicide	<b>85.27%</b> 191	<b>8.48%</b> 19	<b>2.68%</b> 6	<b>3.13%</b> 7	<b>0.45%</b> 1	224
Anger/irritability	<b>20.98%</b> 47	<b>46.88%</b> 105	<b>16.07%</b> 36	<b>12.95%</b> 29	<b>3.13%</b> 7	224
Feelings of loneliness	<b>47.53%</b> 106	<b>30.49%</b> 68	<b>12.11%</b> 27	<b>7.17%</b> 16	<b>2.69%</b> 6	223
Low self-esteem/self-confidence	<b>36.61%</b> 82	<b>33.04%</b> 74	<b>18.30%</b> 41	<b>7.59%</b> 17	<b>4.46%</b> 10	224
Fatigue	<b>9.38%</b> 21	<b>29.91%</b> 67	<b>25.45%</b> 57	<b>25.45%</b> 57	<b>9.82%</b> 22	224
Concerns about career	<b>30.94%</b> 69	<b>30.04%</b> 67	<b>18.39%</b> 41	<b>11.66%</b> 26	<b>8.97%</b> 20	223
Concerns about relationships with friends/family	<b>29.15%</b> 65	<b>33.18%</b> 74	<b>21.08%</b> 47	<b>9.87%</b> 22	<b>6.73%</b> 15	223
Concerns about managing professional staff	<b>30.77%</b> 68	<b>28.96%</b> 64	<b>19.46%</b> 43	<b>16.29%</b> 36	<b>4.52%</b> 10	221
Chronic health problems	<b>49.32%</b> 109	<b>28.51%</b> 63	<b>12.22%</b> 27	<b>6.33%</b> 14	<b>3.62%</b> 8	221
Headaches/stomachaches/muscle tension	<b>36.77%</b> 82	<b>29.15%</b> 65	<b>19.28%</b> 43	<b>9.42%</b> 21	<b>5.38%</b> 12	223
Eating problems	<b>53.60%</b> 119	<b>22.07%</b> 49	<b>15.77%</b> 35	<b>5.86%</b> 13	<b>2.70%</b> 6	222

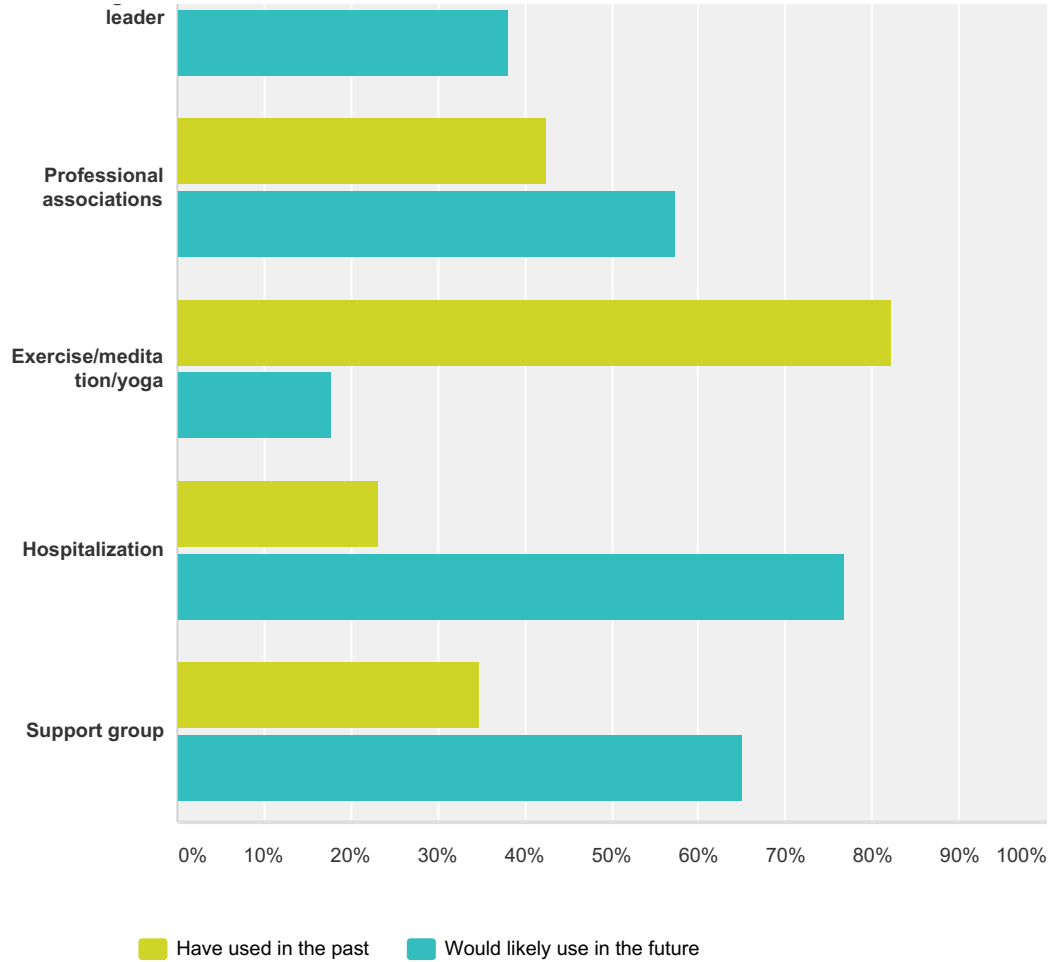
#	Other (please specify)	Date
1	A good part of the problem in feeling overwhelmed is that one does not have any opportunity to "reach Out". There is no time available for any more items on the plate and even though you know you need to make changes there never seems to be a plausible solution so the spiral of taking care of everyone's needs and putting off one's own needs continues.	6/20/2015 9:16 AM
2	Chronic migraines Narcolepsy Depression	6/18/2015 9:29 AM
3	Ethical disagreements with practice philosophy and quality of care (all the time-biggest stressor of all)	6/4/2015 12:41 AM
4	I think that these issues will continue to escalate until something is done to reduce the cost of a veterinary education. All other issues pale by comparison.	6/3/2015 10:51 AM
5	Stress about money, bankruptcy	6/2/2015 10:03 PM
6	Anxiety	6/2/2015 5:58 PM
7	Tired of regulations and government interference with practice and business	6/2/2015 4:11 PM

**Q2 If you struggle with issues above, where have you sought or where would you be likely to seek assistance? (check all that apply)**

Answered: 213 Skipped: 11



## MVMA Stress and Wellness Survey



	Have used in the past	Would likely use in the future	Total
Online resources/webinars	61.76% 63	38.24% 39	102
Colleagues (outside of work)	79.26% 107	20.74% 28	135
Coworkers (at work)	90.91% 110	9.09% 11	121
Family	87.43% 160	12.57% 23	183
Friends	87.13% 149	12.87% 22	171
In-person seminars	34.38% 22	65.63% 42	64
Mental health professional	71.93% 82	28.07% 32	114
Physician	79.09% 87	20.91% 23	110
Religious leader	61.70% 29	38.30% 18	47
Professional associations	42.55% 20	57.45% 27	47



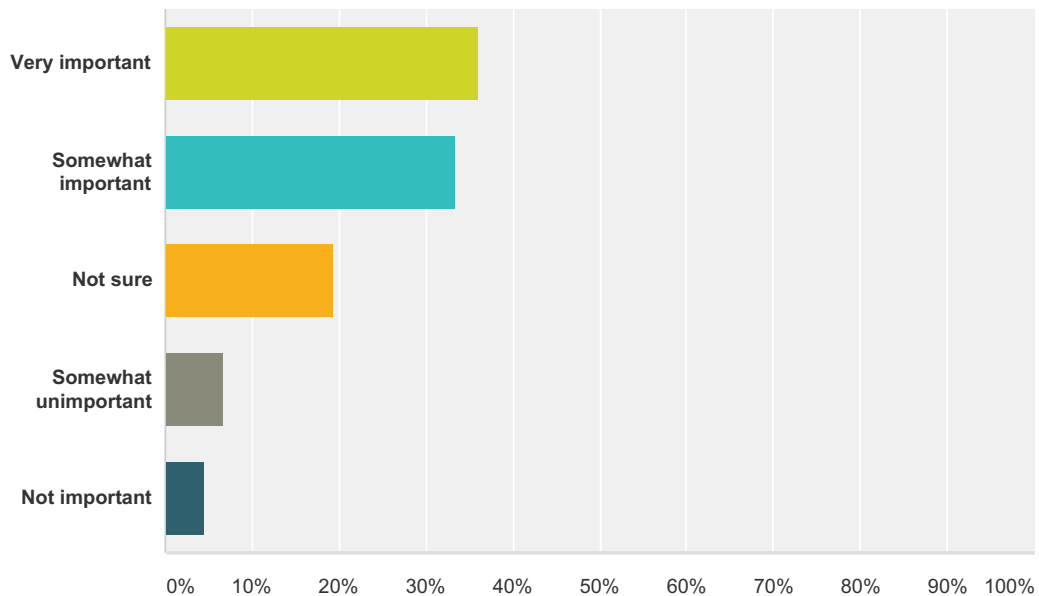
## MVMA Stress and Wellness Survey

Exercise/meditation/yoga	<b>82.17%</b> 129	<b>17.83%</b> 28	157
Hospitalization	<b>23.08%</b> 3	<b>76.92%</b> 10	13
Support group	<b>34.88%</b> 15	<b>65.12%</b> 28	43

#	Other (please specify)	Date
1	Truth to tell, I love science and I love to read. As Long as I have that outlet and the golf course, bowling to take out my aggressions, I will rarely involve others with my concerns.	6/11/2015 10:44 AM
2	Truth to tell, I love science and I love to read. As Long as I have that outlet and the golf course, bowling to take out my aggressions, I will rarely involve others with my concerns.	6/11/2015 10:44 AM
3	VIN	6/4/2015 12:41 AM
4	Should be able to choose both past and future! Also checked online in error and couldn't erase.	6/2/2015 7:22 PM
5	no answer implies have not used that resource and unlikely to use in the future	6/2/2015 4:44 PM
6	To me, what I did or did not do in the past is a separate conversation from what I will or will not do in the future. When I tried to click that I had used a particular resource in the past AND would be willing to use it again in the future it would not allow me to click both options. So I only answered these questions from the perspective as to what I have done. I did not answer anything from the lens of what I would do in the future.	6/2/2015 4:33 PM
7	I currently use exercise/yoga as a means to reduce stress, as well as talking to family members. Most bosses seem annoyed by discussing burnout and stress, and the few times I have expressed concern to a boss they have used that conversation as black mail in the future. I think most bosses are burned out, so they hire a new doctor expecting them to do most of the work, stay late, come in early, but they don't realize a new associate has their own stresses, like massive student debt, trying to achieve a work-life balance so they can mentally manage the stress, etc. The only people I trust to help me through this are my immediate family and my minister. I am also planning to see a psychologist.	6/2/2015 11:40 AM

### Q3 How important do you feel it is for MVMA to develop wellness resources for you as a veterinary professional?

Answered: 222 Skipped: 2

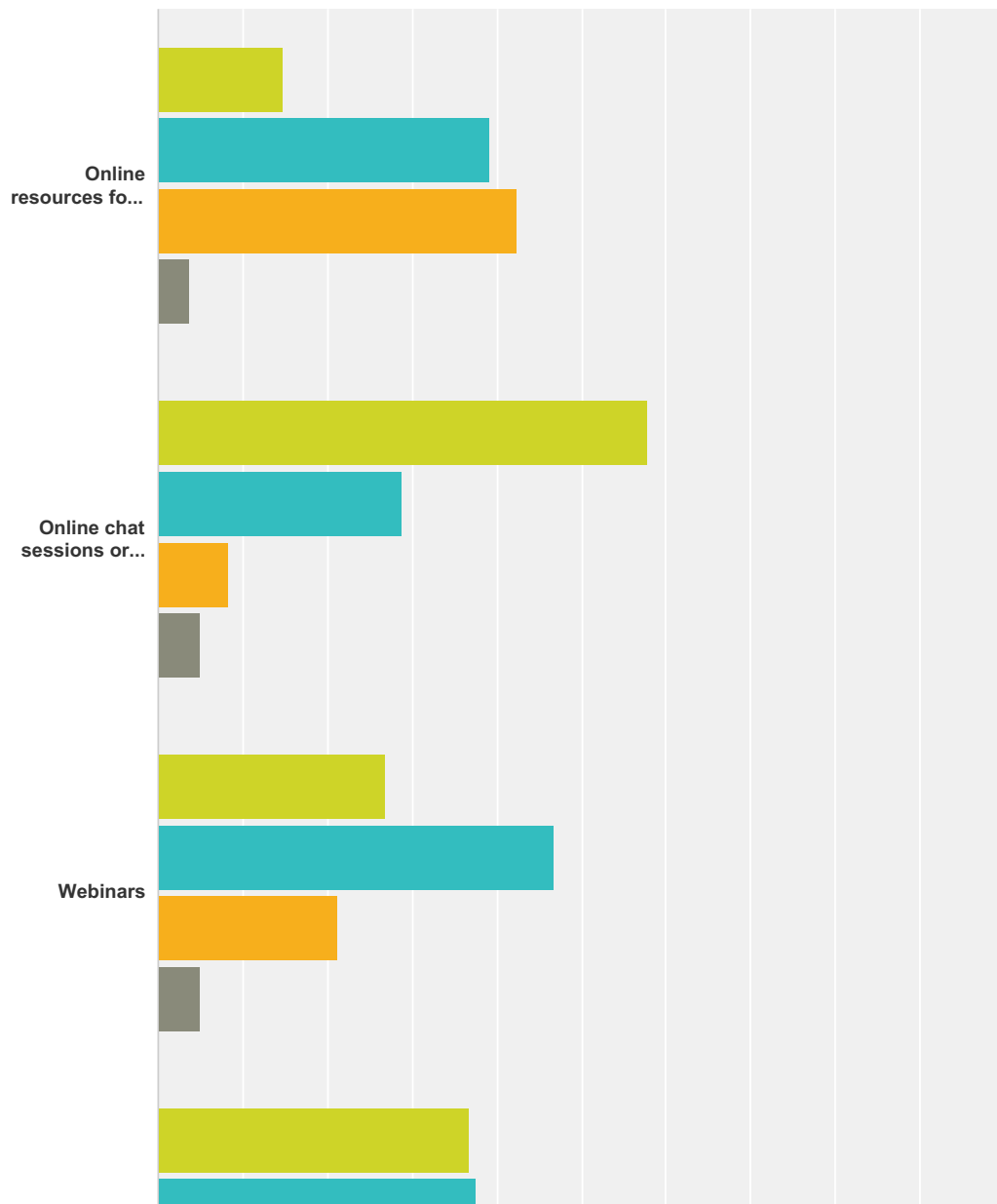


# MVMA Stress and Wellness Survey

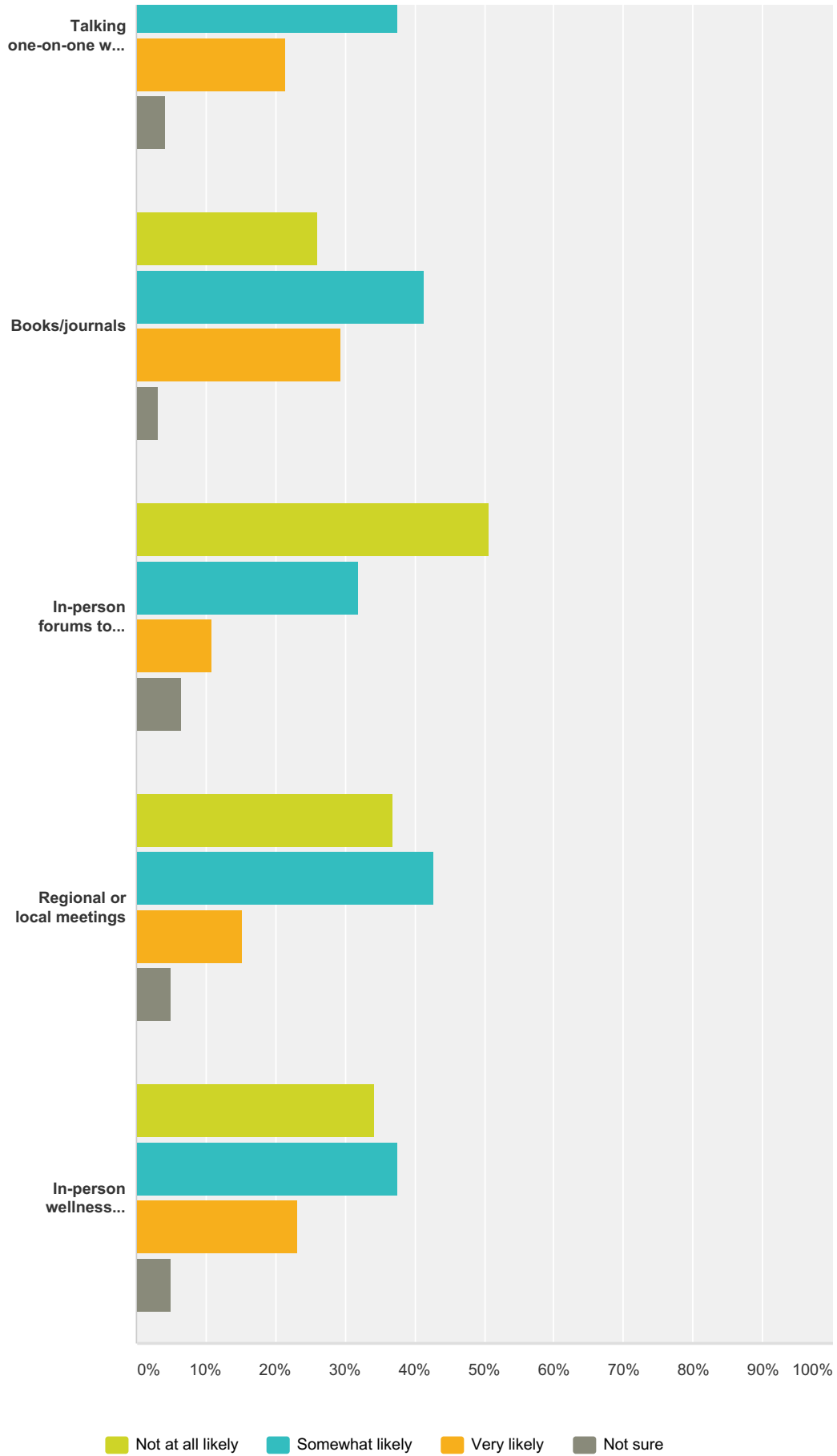
Answer Choices	Responses	
Very important	36.04%	80
Somewhat important	33.33%	74
Not sure	19.37%	43
Somewhat unimportant	6.76%	15
Not important	4.50%	10
<b>Total</b>		<b>222</b>

## Q4 If MVMA were to develop resources for a wellness program, how likely would you be to use each of these resources?

Answered: 221 Skipped: 3



# MVMA Stress and Wellness Survey



## MVMA Stress and Wellness Survey

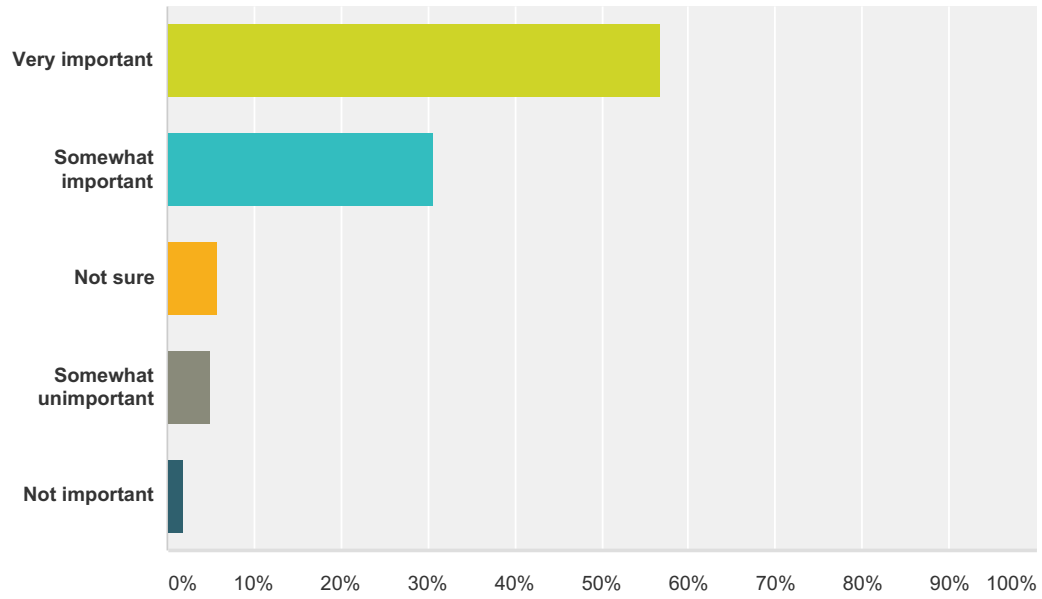
	Not at all likely	Somewhat likely	Very likely	Not sure	Total
Online resources for individual reading or clinic use	14.75% 32	39.17% 85	42.40% 92	3.69% 8	217
Online chat sessions or forums to facilitate discussion between members	57.80% 126	28.90% 63	8.26% 18	5.05% 11	218
Webinars	26.85% 58	46.76% 101	21.30% 46	5.09% 11	216
Talking one-on-one with a colleague who has "been there"	36.70% 80	37.61% 82	21.56% 47	4.13% 9	218
Books/journals	26.15% 57	41.28% 90	29.36% 64	3.21% 7	218
In-person forums to facilitate discussion between members	50.68% 111	31.96% 70	10.96% 24	6.39% 14	219
Regional or local meetings	36.87% 80	42.86% 93	15.21% 33	5.07% 11	217
In-person wellness seminar at the Michigan Veterinary Conference	34.26% 74	37.50% 81	23.15% 50	5.09% 11	216

#	Other (please specify)	Date
1	Takes too much time	6/18/2015 9:29 AM
2	I want in person, local face time!!!!	6/2/2015 6:38 PM
3	Not really in need of support - Is this that large a problem?	6/2/2015 5:55 PM
4	I don't think I would use these resources, but I endorse providing them for other members. For me, life is good. There are challenges, but they are manageable. Cat Stevens said it best, "Look at me, I am old, but I am happy."	6/2/2015 5:05 PM
5	MVMA has a lawyer on standby for legal questions; what if MVMA had a psychologist on standby for burnout/stress/compassion fatigue, suicidal thoughts, etc?	6/2/2015 11:40 AM
6	afraid I'm kind of old school, "just tough it out/deal with it"	6/2/2015 10:35 AM
7	I am not in private practice, so an MVMA-sanctioned wellness program would have to address more than just practice issues for me to attend	6/2/2015 10:27 AM

### Q5 How important is anonymity to you when working through sensitive wellness issues?

Answered: 222 Skipped: 2

## MVMA Stress and Wellness Survey



Answer Choices	Responses	
Very important	<b>56.76%</b>	126
Somewhat important	<b>30.63%</b>	68
Not sure	<b>5.86%</b>	13
Somewhat unimportant	<b>4.95%</b>	11
Not important	<b>1.80%</b>	4
<b>Total</b>		<b>222</b>