

Extended report from the LHC Early Career Scientist Fora (LHC ECSF)

Kathryn Coldham (Head of the LHC ECSF),
on behalf of the LHC ECSF

About the LHC ECSF

ALICE Junior Representatives:

- Formed in 2013. 3 elected members. 2-year terms.
- Represent 765 ALICE juniors (≤ 5 years after PhD)

ATLAS Early Career Scientist Board (ATLAS ECSB)

- Formed in 2017. 7 elected members with 2-year terms
- 25 volunteers.
- Represents ATLAS members within 10 years of PhD completion

CMS Young Scientists Committee (CMS YSC)

- Formed in 2013. 3 elected members (1 chair, 2 deputy chairs) with 1-year terms, can be extended to 2.
- Approx. 50 volunteers + 5 advisory members.
- Represents CMS members without a permanent position (> 2500 members).

LHCb Early Career, Gender and Diversity Office (LHCb ECGD):

- Formed in 2014. 2 elected members. 1 year term, can be extended to 2.
- Represent approx. 800 LHCb members.



Surveys

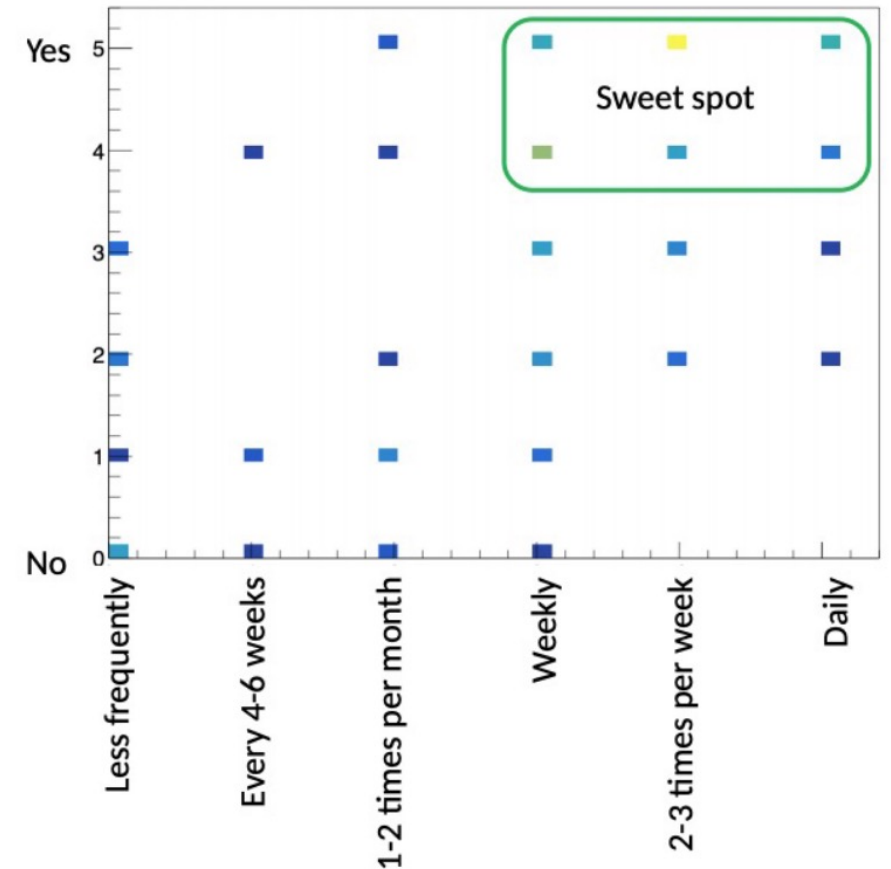
ALICE Junior Representatives:

- Mental health check-in (2023)

CMS YSC:

- Satisfaction of CMS PhD students (2021)
- Childcare survey (2021)
- Satisfaction survey for the supervisors of CMS PhD students (2021)
- How aware are untenured CMS members of Collaboration Board matters? (2024)

Satisfaction with frequency of supervisor meetings



A trend from the CMS PhD student satisfaction survey 2021.

Surveys

Will give an update
on this one today

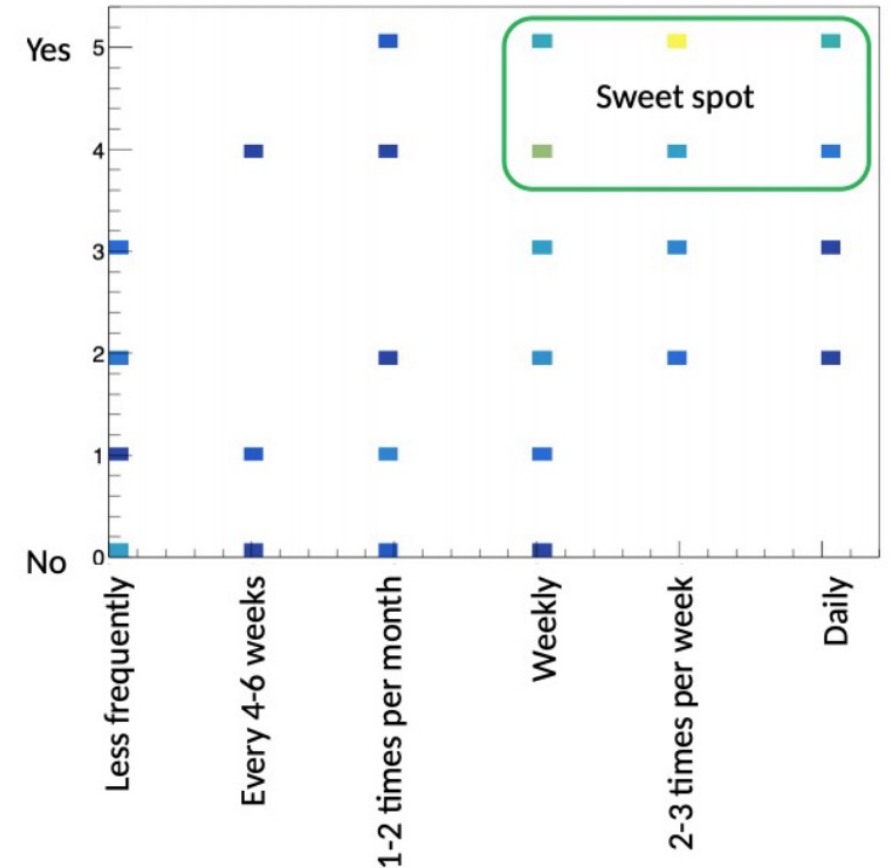
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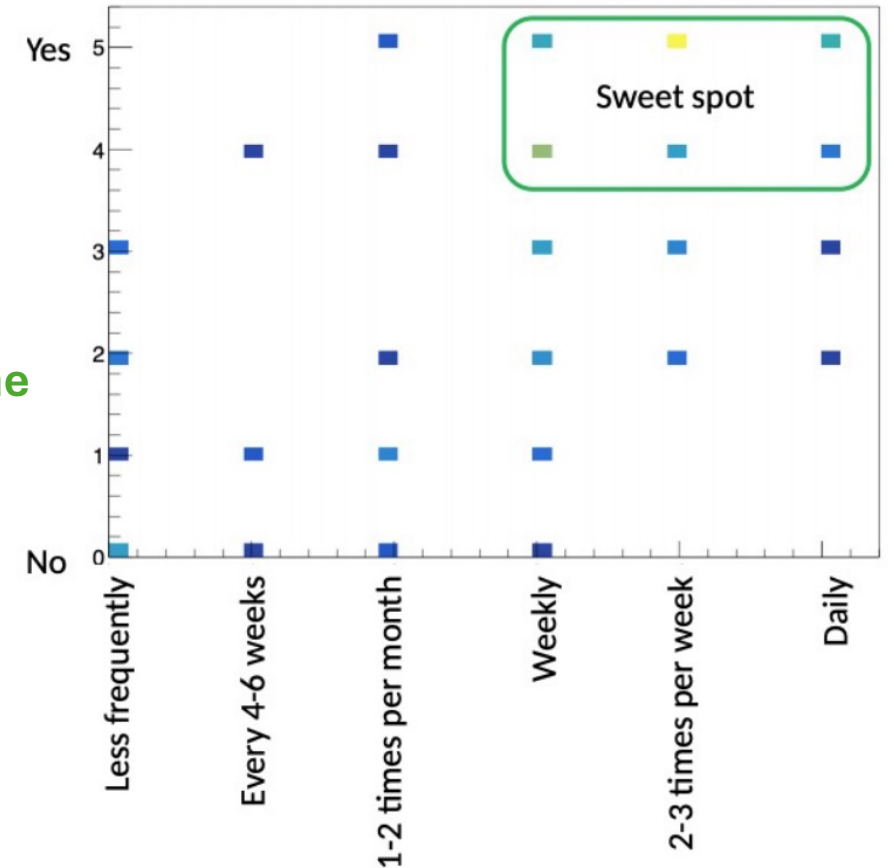
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In talks about publishing the findings and outcomes

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Mental Health Check-in 2023

Survey created in collaboration with life coach and psychologist [Sarah Speziali](#)

Responses recorded **from early May 2023**.

Preliminary results presented at LHCP 2023 [1].

Deadline for survey results extended after the conference to **late June 2023**.

[1] Petra Loncar. 2024. *Experiences from Mental Health Workshops for LHC Scientists*. *Proceedings of Science*. Available: <https://pos.sissa.it/450/059>



Volume 450 - The Eleventh Annual Conference on Large Hadron Collider Physics (LHCP2023) - session Outreach, Diversity and Education

Experiences from Mental Health Workshops for LHC Scientists

P. Loncar* and *On behalf of the ALICE, ATLAS, CMS and LHCb collaborations*

Full text: [pdf](#)

Pre-published on: January 28, 2024

Published on: —

Abstract

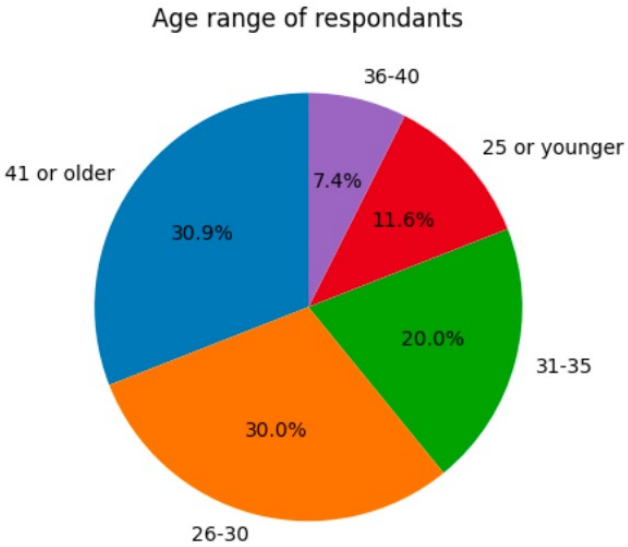
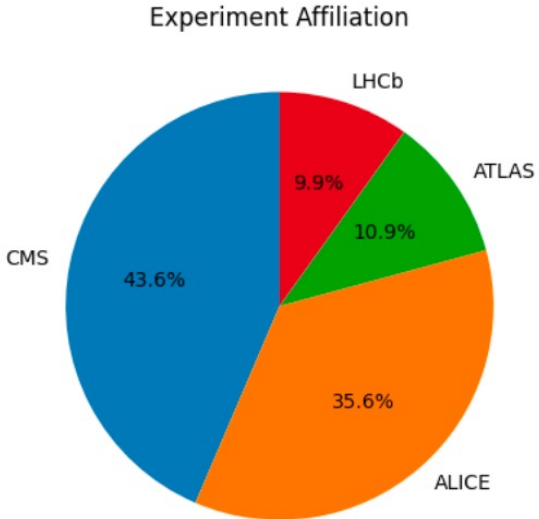
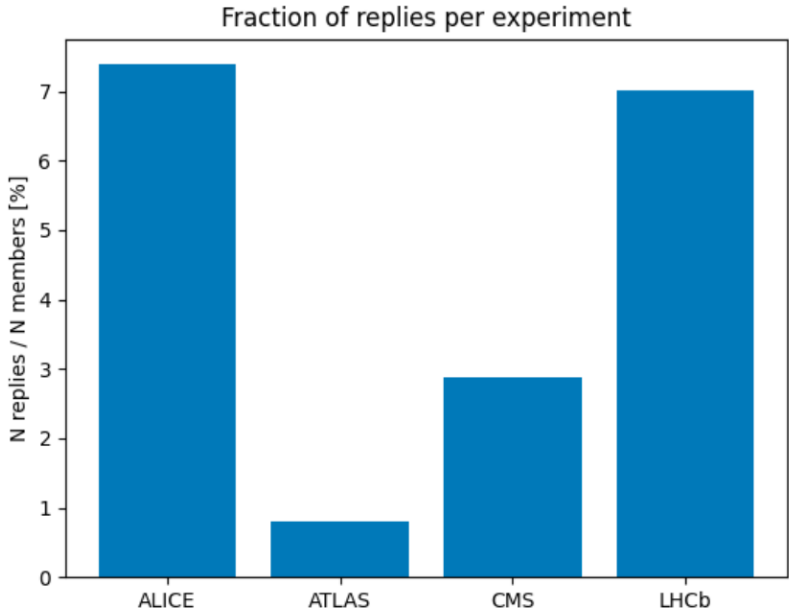
The topic of mental health and well-being has received increasing awareness over the past years in the scientific community at the LHC. This contribution presents experiences and results from several workshops dealing with different aspects of mental health and well-being which have been conducted in CERN's ALICE, ATLAS, CMS, and LHCb Collaborations over the past three years. The workshops' impact was evaluated with a broad survey among LHC researchers of all career levels gauging the general state and level of awareness of mental health and well-being among the polled researchers. A summary of the survey results is also shown and discussed in this contribution.

Demographics

Circulated via **email** to all ALICE, CMS and LHCb members. Advertised during the **ATLAS Week** by the *ATLAS Diversity and Inclusion Office*.

408 responses across ALICE, ATLAS, CMS and LHCb.

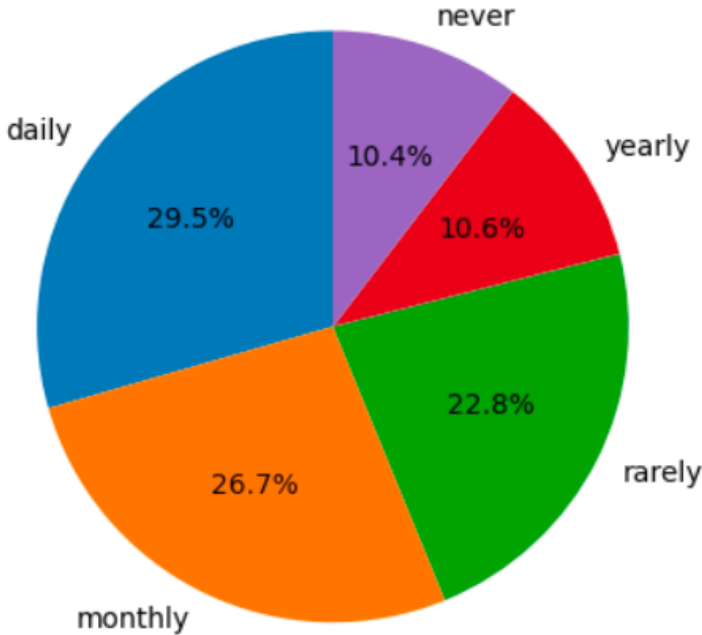
Most respondents were from **ALICE** or **CMS** and were **< 35 years old**.



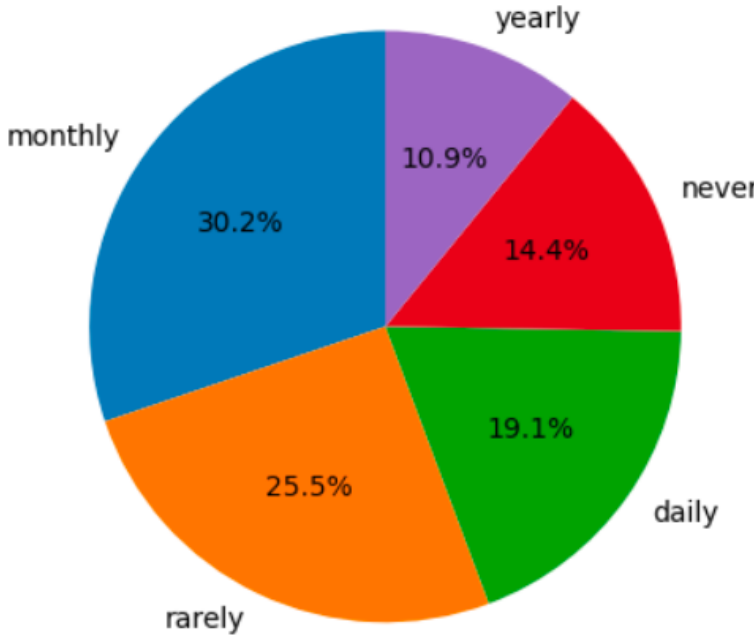
Experience with mental health challenges

Around 56% of respondents reported daily or monthly experience with mental health challenges.

Experience with Mental Health Challenges



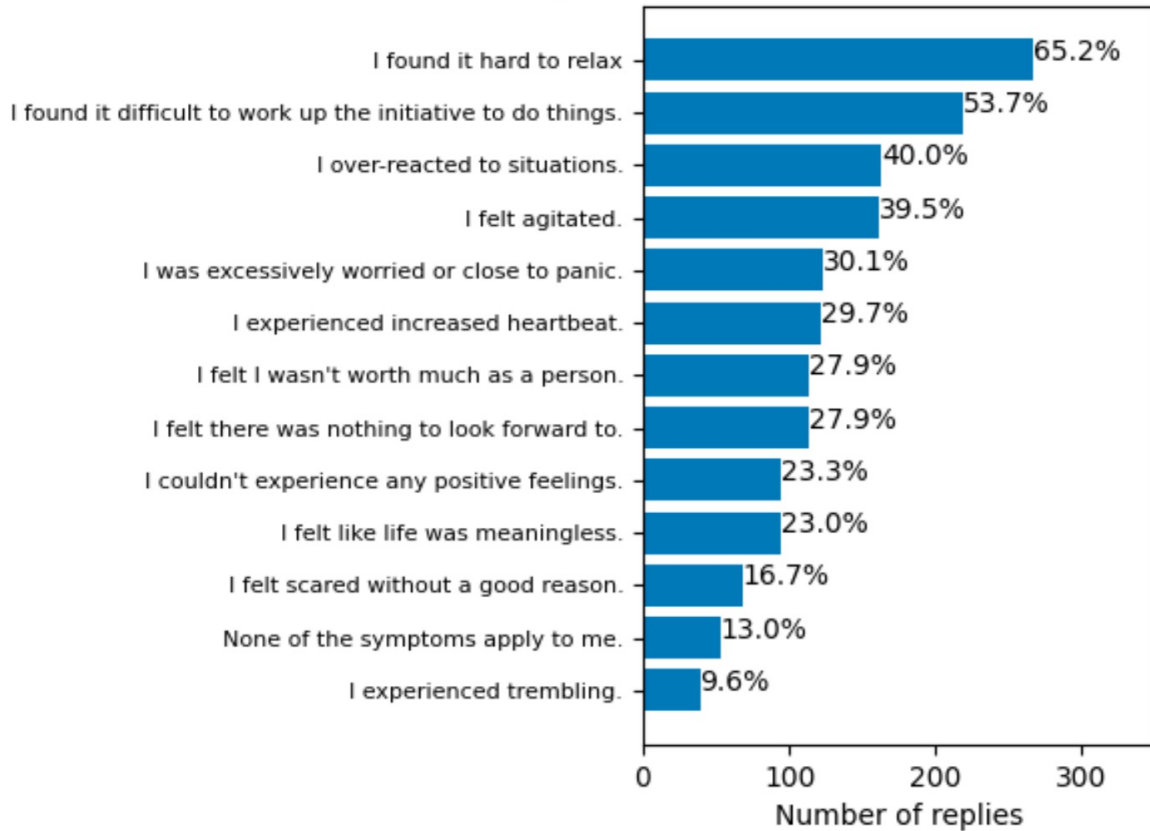
Experience supporting someone with a Mental Health Challenge



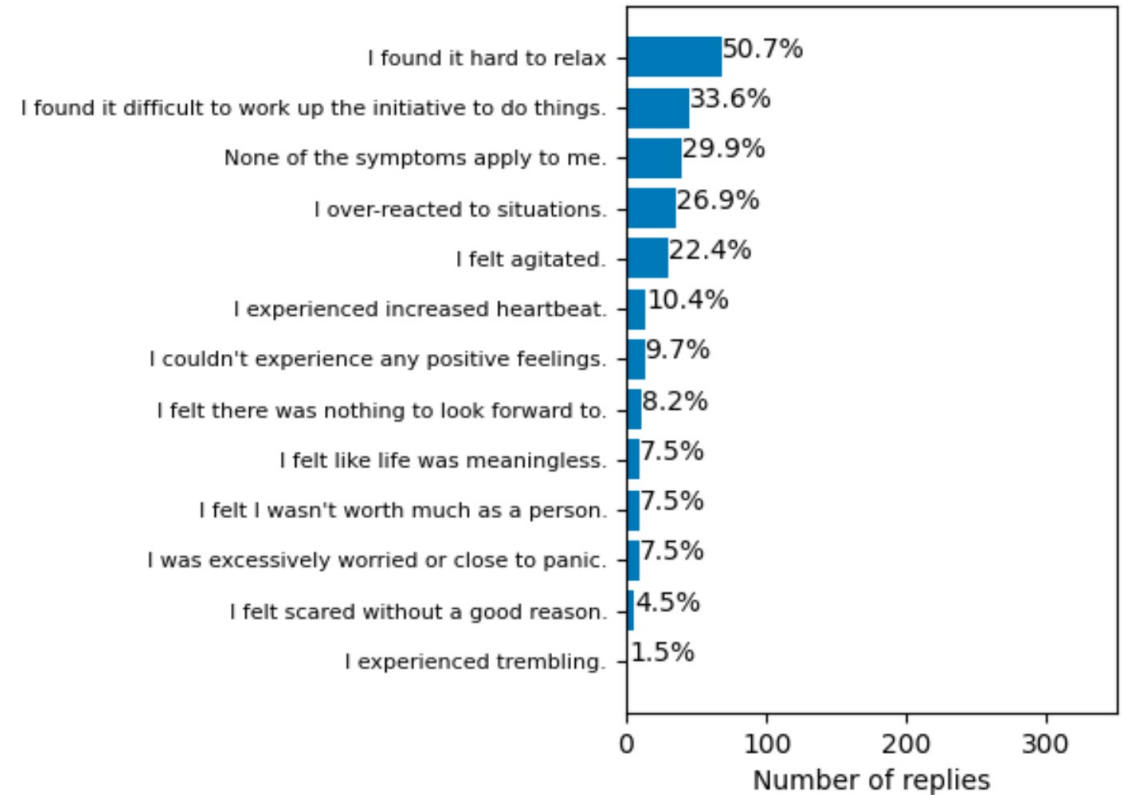
Symptoms

The most common symptoms reported were finding it **hard to relax** and a **loss of motivation in doing things**.

Symptoms experienced in the past 2 weeks



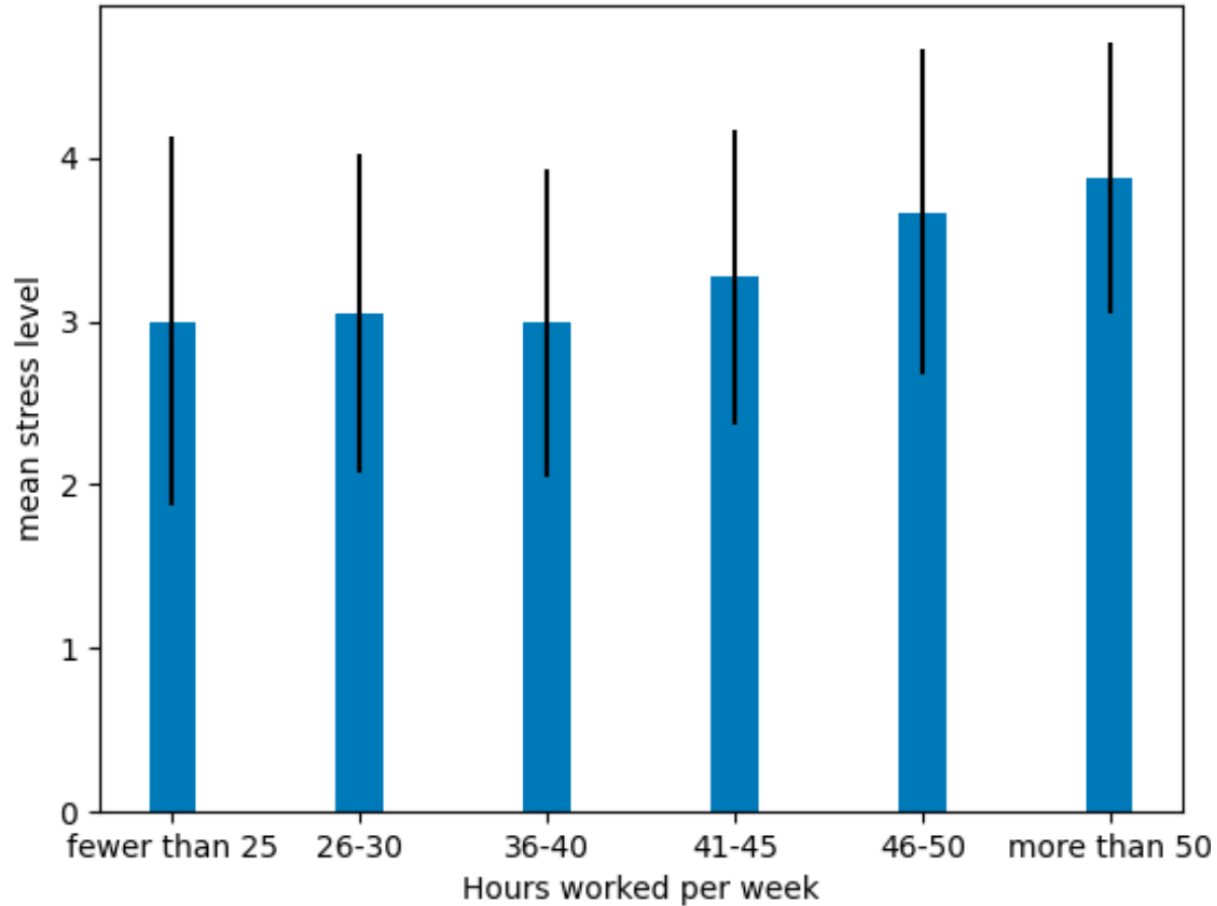
Symptoms experienced in the past 2 weeks for participants rarely or never dealing with mental health challenges



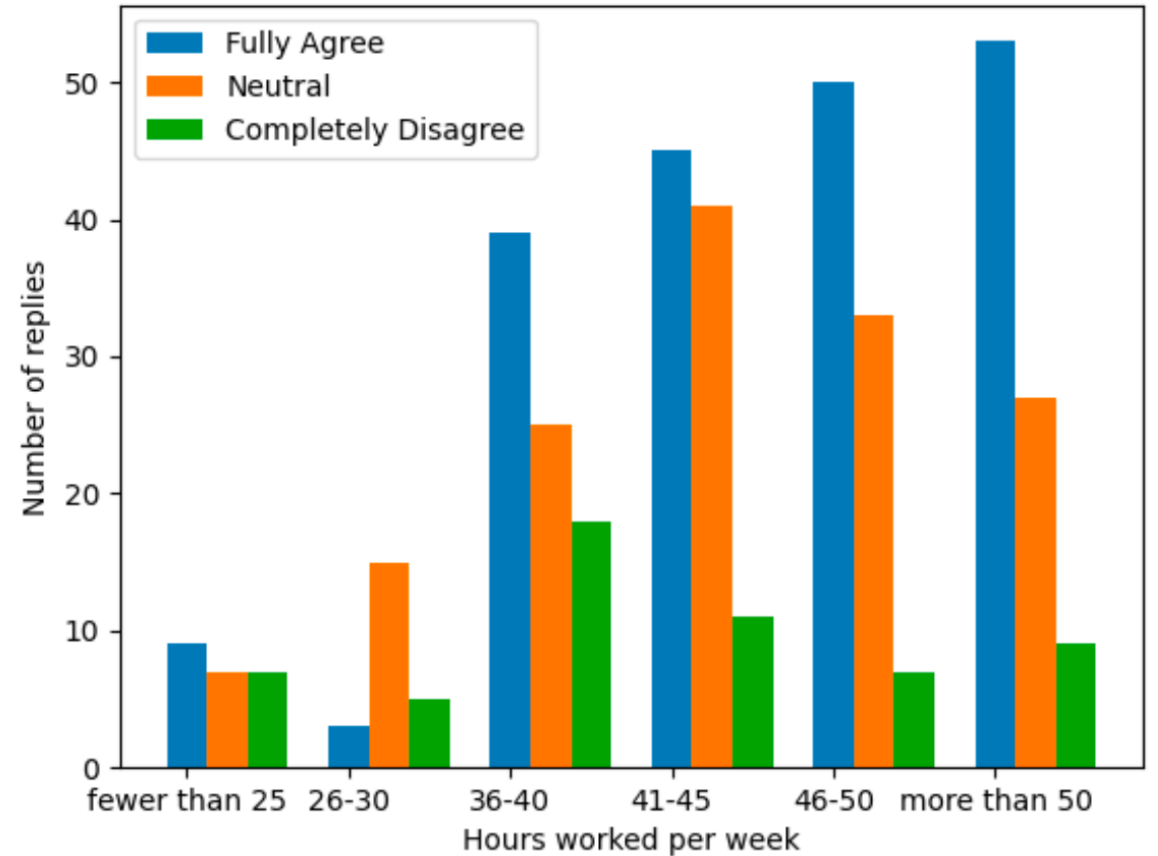
Work hours

Respondents with **longer work hours** reported **higher stress levels/neglecting tasks**.

Stress level vs Work hours

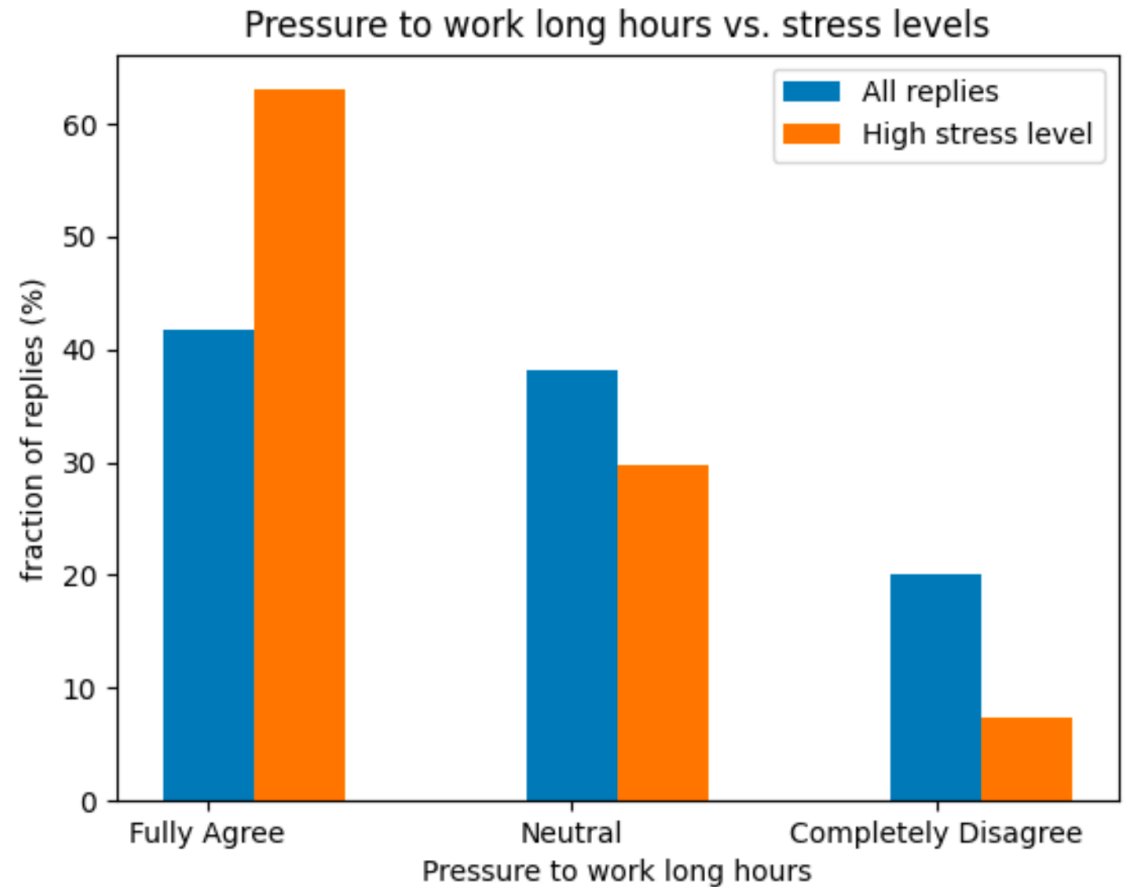
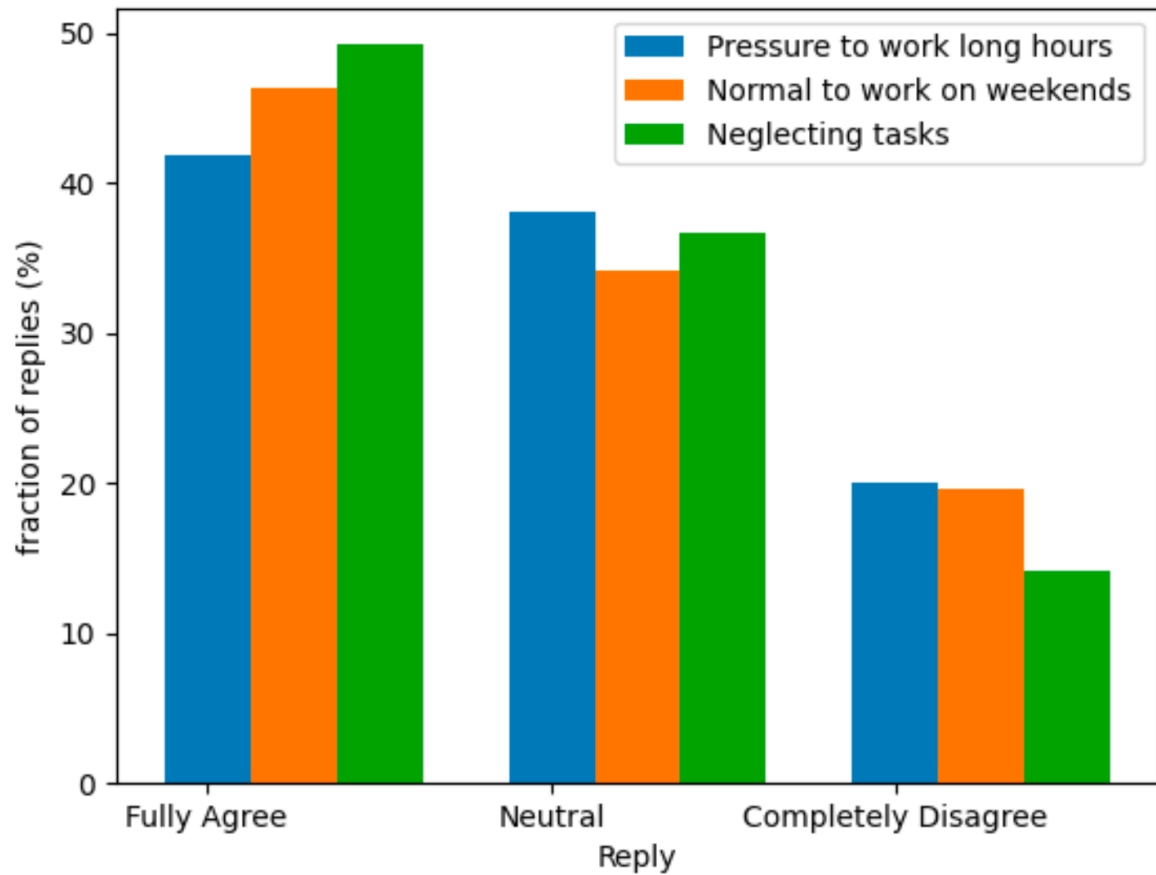


Neglecting Tasks vs Work hours



Pressure to overwork

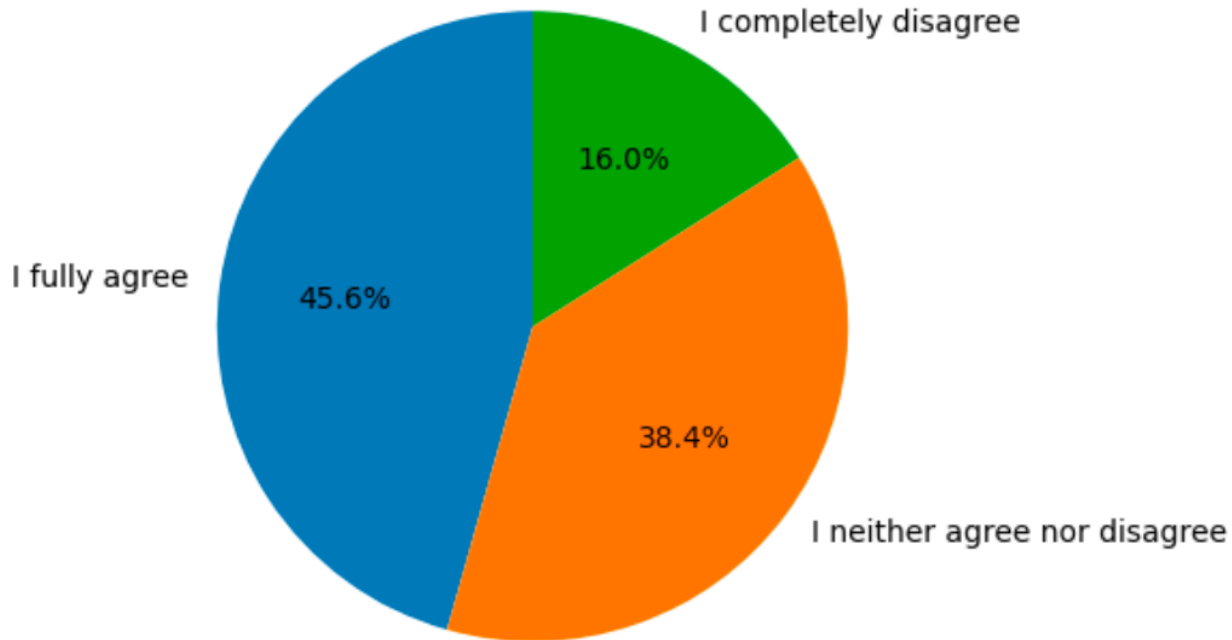
Most respondents **reported they experience pressure to work long hours or on the weekends.**



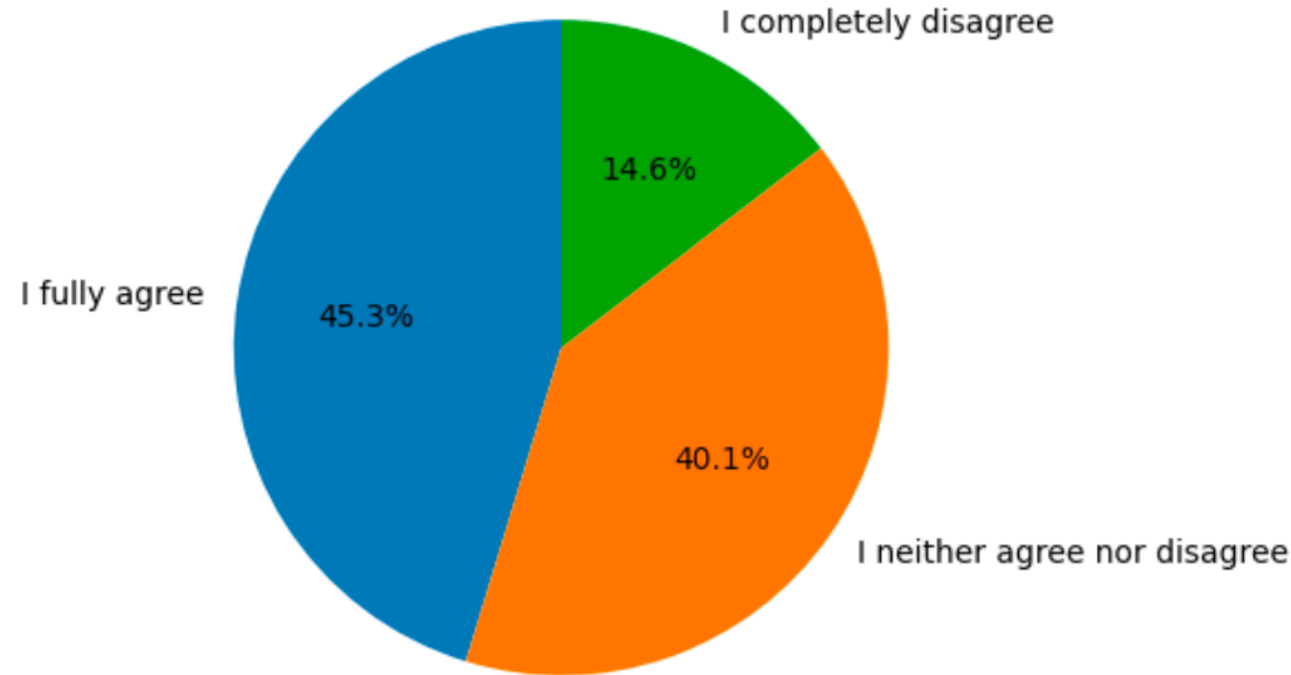
Supervisors

A large fraction reported that they receive **support from their supervisor**. A large fraction neither agreed nor disagreed \Rightarrow shows there is room for improvement.

Supervisor helps to achieve goals and find solutions
(N = 346 replies with supervisor)



Supervisor motivates to do best job
(N = 343 replies with supervisor)



Summary

The LHC ECSF aims to represent and meet the **professional needs of early career researchers** working on the four main LHC experiments.

An update for the results of the Mental-Health Check-in survey (2023) has been presented. A **publication note** is being drafted.

Most respondents reported experience with **mental health challenges**, pressure to **work long hours/on the weekends**. A large fraction reported receiving **supervisory support**, but there is room for improvement.

Stresses the **importance of mental health awareness**, **supervisory support** and the **negative impact of overworking**.

Thank you

Any questions?