

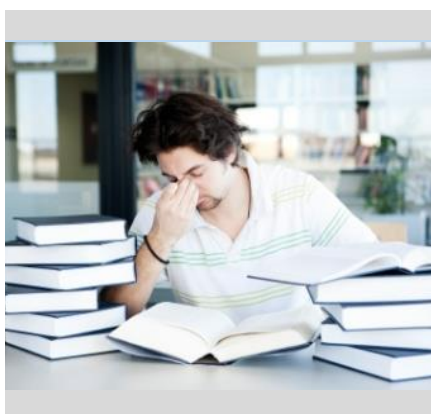
Resilience Study: RESIST: What helps students to adapt to exam stress?

The facts:

- >25% of medical students suffer from **depressive symptoms**
- >10% of medical students suffer from **suicidal ideation**
- > 50% of medical students experience **anxiety symptoms**
- symptoms increase during **exam stress**

The good news:

- **not everyone** suffers!
- the majority of students have **skills** or **resources** that benefit mental health **resilience**



What you can do:

Fill in our **online survey** (3 parts), to help us find out which **skills** and **resources** help students to **adapt to exam stress** and thus benefit mental health **resilience**. We will send you a **survey link** to your **@cam email**.

What you will get

- **£5*** for online survey 1 (~25 minutes)
- **£7*** for online survey 2 (~25 minutes)
- **£5*** for online survey 3 (~25 minutes)
- the chance to **win 1 out of 5 £50-prizes***
- * 'Love2Shop' e-code voucher (www.love2shop.co.uk)

What you can learn

- come to our follow-up presentation and learn about mental health resilience

! We **guarantee** that no teaching staff of the medical school will have access to personal identifiable data, only **anonymized data** will be analysed and shared. !