

Forskningskommunikasjon – hvorfor engasjere seg?

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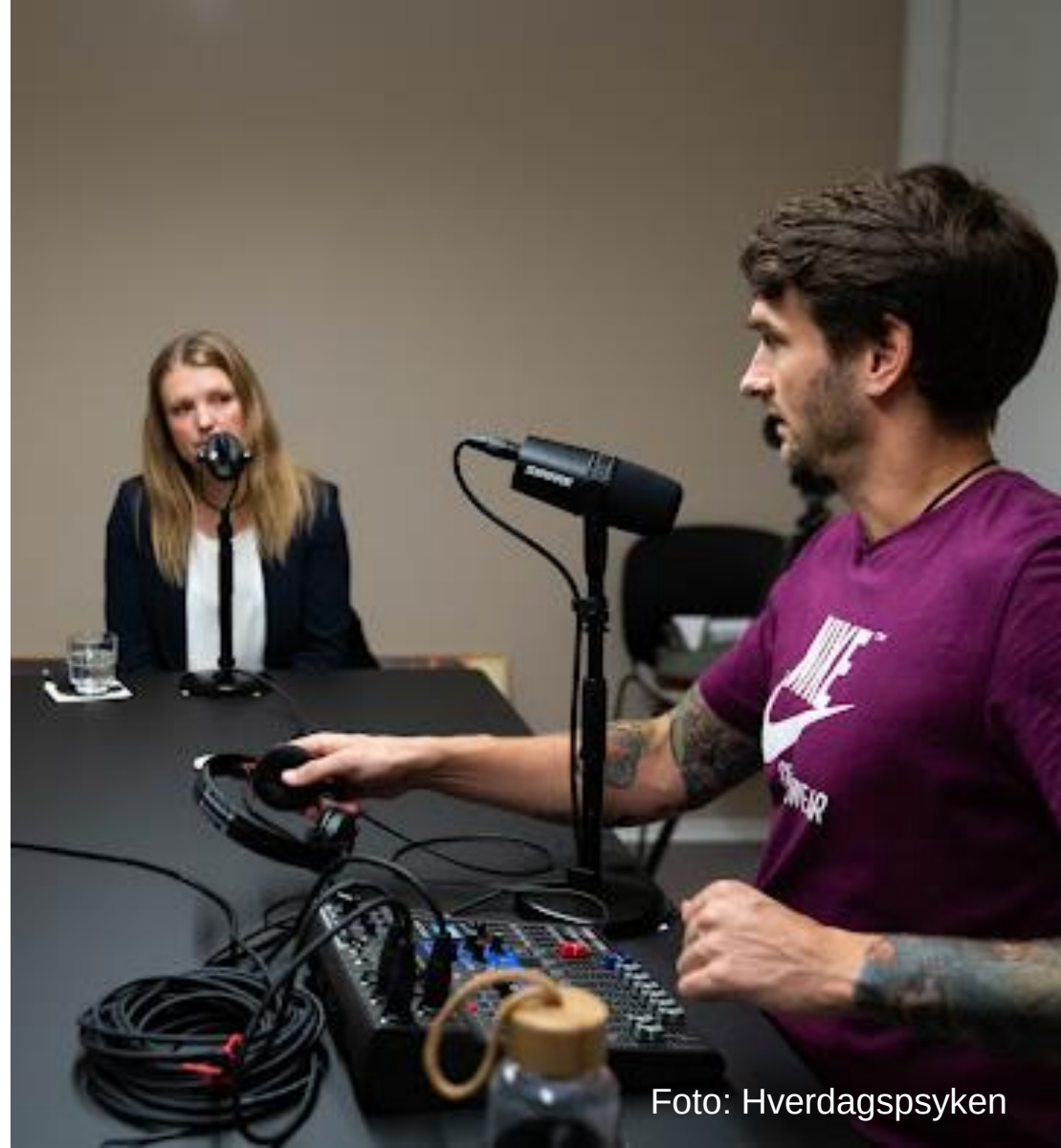
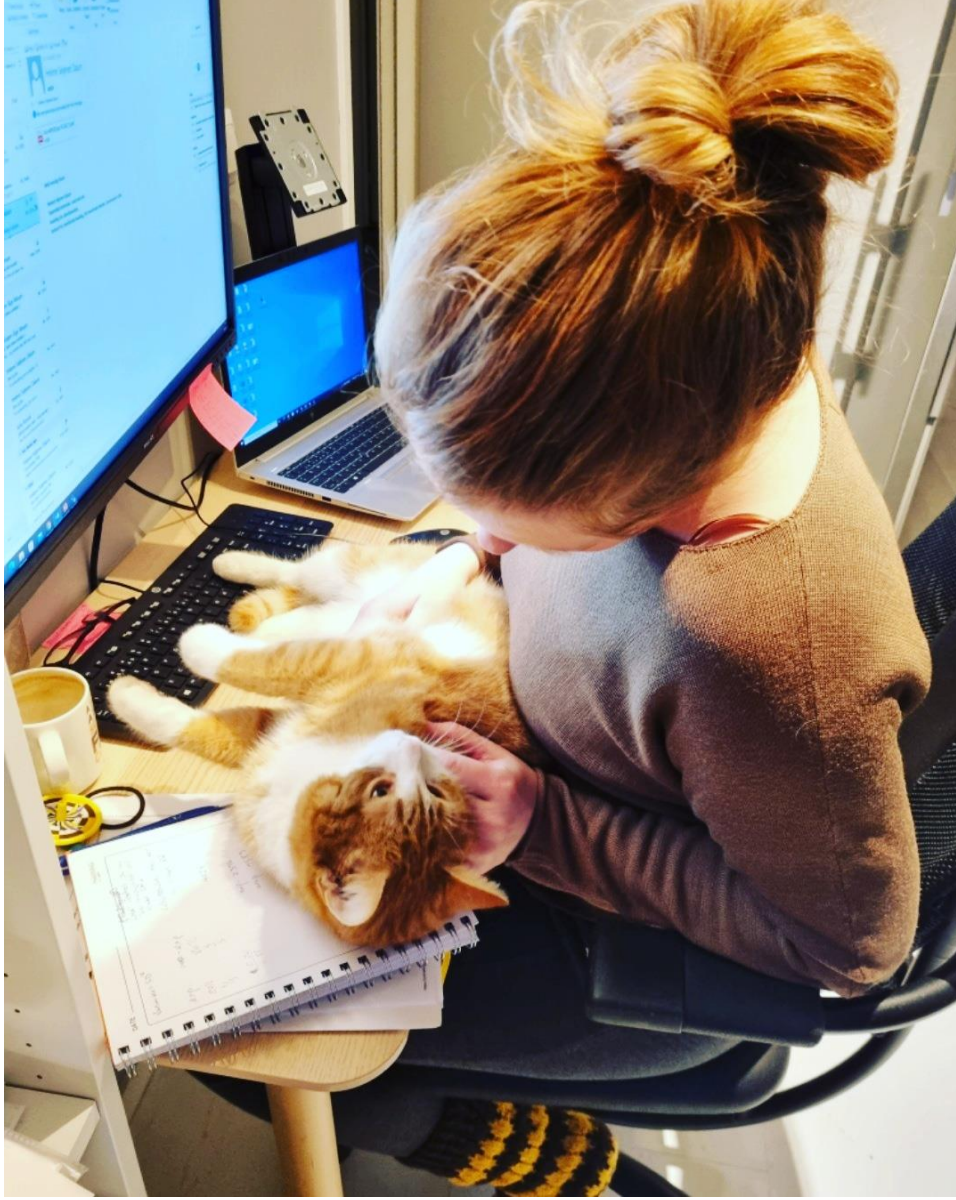


Foto: Hverdagspsyken



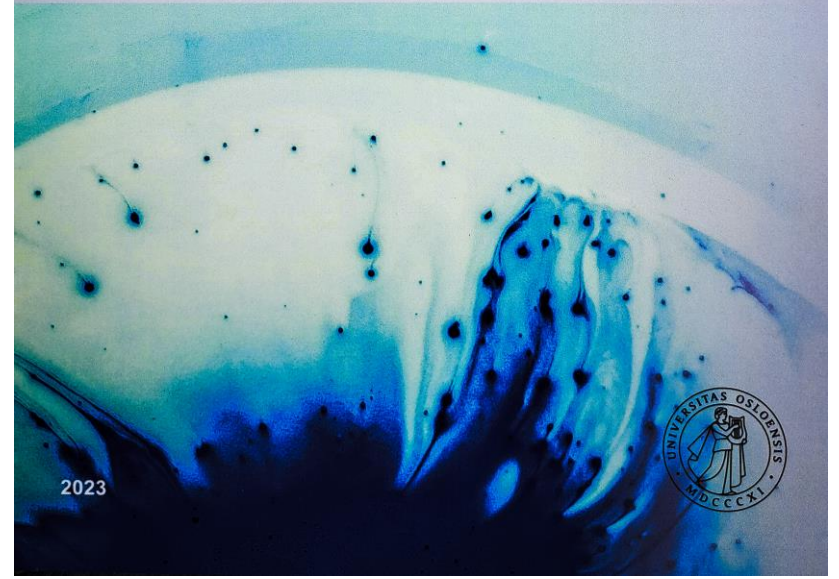
UNIVERSITY
OF OSLO

Faculty of Medicine

Helene Seljenes Dalum

Suicidal thoughts, animal euthanasia, and help-seeking among veterinarians in Norway

a nationwide and cross-sectional survey (The NORVET study)



VINNERNE AV FORSKNING.NOS KRONIKKONKURRANSE



KRONIKK| HELENE SELJENES DALUM

Kommunikasjon er veien til tillit

06.06.2024



Forskningskommunikasjon må belønnes

*«Den som har publisert flest artikler
innen de dør, vinner!»*

Hvorfor var det viktig for meg å kommunisere ut bredt om forskningen min?





Foto: VetLabs og Tor Høvik, Bergens Tidende

- [redacted] [redacted]
[redacted] der har du nok et poeng. I utgangspunktet svake "dyrevenntullinger" blir vetrinær, og skal hjelpe alle de kloke, snille dyra.gjerne veganer i tillegg. Møter nok en annen virkelighet enn den de hadde tenkt seg. Må nok innføres en psykisk sjekk på de som søker vet.utdannelse + utestengelse av veganere! 😊

Min personlige favoritt

[Redacted]
De har ansatt en som skal ta seg av saken i 3 år.

Så teit.

Hovedårsaken er at de har tilgang til avlivnings medisin og dermed mere utsatt. Det er bare å ta fra dem adgangen til medisin.

Hvis de er selvstendig næringsdrivende det er en tung påkjenning

14 min Liker Svar

Forskningskommunikasjon er også en glede

 [Redacted]
Før var veterinæren en mann som i hovedsak jobbet mot landbruk - han inseminerte griser og ordnet med jurbetennelser hos kyr. I dag er hun oftere en ung kvinne som jobber sammen med andre jenter med å barbere katter og plukke ut riktig øresalve til hunder på en lukrativ klinikk i urbane strøk. Det er forståelig at ikke bygda frister like mye... 😊

Akkurat nå Liker Svar

[Redacted]
Hæ? 🤔

Dere gjør en fantastisk jobb. 🍌
Vi er helt avhengig av dere mht dyra våres. ❤️
Ønsket å legge til et bilde her av en veterinær som ligger på gulvet med med masse kattunger. Ser på bilde i tide og utide og tenker: De er heldige som kan hjelpe så mange dyr, så godt de bare kan.
Dere er fine folk og vi er så takknemlige for akkurat dere.
❤️ lig hilsen Surre 🦁 og meg. 😊

19 t Hjerte Svar

2 ❤️

og

s.

1 ❤️



Bilder: Wikimedia commons og NMBU

“Jeg er så takknemlig for arbeidet dere gjør for å minske stigmaet rundt psykisk helse i profesjonen. Om 1 år er jeg ferdig utdannet, og må ut i “voksenverdenen”. Det skremmer meg, men samtidig gleder jeg meg veldig. Selv har jeg slitt med angst og depresjoner i snart 10 år, men jeg kunne ikke tenkt meg et annet yrke. Arbeidet dere gjør skaper plass – for psykisk helse (og uhelse) og muligheten for å snakke om hvordan man har det. Tusen takk.”

Hvor henter folk informasjonen sin fra?

Open access BMJ Open Prevalence and individual and work-related factors associated with suicidal thoughts and behaviours among veterinarians in Norway: a cross-sectional, nationwide survey-based study (the NORVET study)

Helene Seljenes Dalum¹, Reidar Tyssen¹, Erlend Hem^{1,2}

To cite: Dalum HS, Tyssen R, Hem E. Prevalence and individual and work-related factors associated with suicidal thoughts and behaviours among veterinarians in Norway: a cross-sectional, nationwide survey-based study (the NORVET study). *BMJ Open* 2022;12:e0055827. doi:10.1136/bmjopen-2021-025827

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ABSTRACT

Objectives Several studies have shown increased suicide rates among veterinarians. We investigated the self-reported prevalence of suicidal thoughts and behaviours and contributing and independent factors associated with suicidal thoughts and behaviours among veterinarians in Norway.

Design Cross-sectional, nationwide survey.

Participants 2596 veterinarians in Norway (response rate: 75%).

Main outcome measure Paykel's five-item questionnaire. In total, 27% (n=682/2567) of veterinarians in Norway felt that life was not worth living and 0.2% (n=6/2567) had attempted suicide.

Results Veterinarians reported significantly more suicidal thoughts and feelings, women more so than men (OR=1.32 (1.03–1.68)). As their male colleagues, women were more likely to seek help (OR=1.77 (1.23–2.54)).

Strengths and limitations

► A nationwide survey-based study.

► A high response rate.

► A high prevalence of suicidal thoughts and behaviours among veterinarians in Norway.

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► A high prevalence of suicidal thoughts and behaviours among veterinarians in Norway.

RESEARCH

Professional help-seeking behaviour for mental health problems among veterinarians in Norway: a nationwide, cross-sectional study (The NORVET study)

Helene Seljenes Dalum¹, Reidar Tyssen¹, Torbjørn Moum¹, Magne Thoresen² and Erlend Hem^{1,3}

Abstract

Background: Veterinarians have a relatively high prevalence of mental health problems; however, research on professional help-seeking is limited. The main purpose of the present study was to investigate the prevalence of mental health problems and professional help-seeking behaviour for such problems, and the independent factors associated with help-seeking behaviour among veterinarians in Norway.

Method: This cross-sectional study included all veterinarians in Norway (response rate 75%, 70% women). Logistic regression was used to calculate odds ratios (OR) for professional help-seeking for mental health problems (illness), and work-related factors (work field, job stress).

Results: The prevalence of self-reported mental health problems in need of treatment was 30% (746/2494), significantly higher among women than men (36% vs. 15%). Fifty-four percent had sought professional help, women significantly more often (56%) than men (41%). Among veterinarians with serious suicidal thoughts, 50% (69/139) had sought help. Veterinarians most frequently related mental health problems to work problems (47%), women significantly more often (49%) than men (34%). Factors significantly associated with help-seeking were being female, OR=2.11 (95% CI: 1.24–3.60), working with production animals, OR=0.35 (0.13–0.98), public administration, OR=2.27 (1.15–4.45), academia/research, OR=4.78 (1.99–11.47) or other fields, OR=2.79 (1.23–6.32), and attitudes toward mental illness, OR=1.32 (1.03–1.68).

Conclusions: Thirty percent of veterinarians in Norway reported mental health problems in need of treatment, only half of them had sought professional help. A low degree of help-seeking was also seen among veterinarians with suicidal thoughts. Being female, positive attitudes toward treatment of mental illness, public administration, academia/research and other field were associated with more help-seeking. Interventions to increase help-seeking among veterinarians are warranted.

Keywords

Veterinarians, Mental health problems, Suicidal thoughts, Help-seeking, Work-related factors, Mental health problems, Suicidal thoughts, Help-seeking, Work-related factors, Mental health problems, Suicidal thoughts, Help-seeking, Work-related factors.

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Dalum et al. *BMC Public Health* (2022) 22:1808
<https://doi.org/10.1186/s12889-022-13710-y>

BMC Public Health

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Social Media



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Google+



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Vimeo



WordPress

OneNote

Headlines

	Bruker sosiale medier daglig eller nesten daglig		
	2017	2018	2019
16-24	90	89	90
25-34	84	78	92
35-44	71	78	82
45-54	71	70	76
55-64	46	53	60
65-74	30	33	35
75-79	16	17	42
16-74	65	66	74

Kilde: Statistisk sentralbyrå, kildetabell 11437

Facebook



- Den største SoMe-plattformen i Norge
 - Nesten 3,6 millioner har profil (82%)
- Mye brukt til informasjonsdeling om åpningstider, kontaktinfo, arrangementer, direkte kommunikasjon med bedrift/etat/organisasjoner
- 65 % bruker Facebook daglig.

Vi må formidle i et format som folk forstår

Open access

Original research

BMJ Open Prevalence and individual and work-related factors associated with suicidal thoughts and behaviours among veterinarians in Norway: a cross-sectional, nationwide survey-based study (the NORVET study)

Helene Seljenes Dalum ,¹ Reidar Tyssen ,¹ Erlend Hem ^{1,2}

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ABSTRACT

Objectives Several studies have shown increased suicide rates among veterinarians. We investigated the self-reported prevalence of suicidal thoughts and behaviours and contributing and independent factors associated with suicidal thoughts and behaviours among veterinarians in Norway.

Design Cross-sectional, nationwide survey.

Participants 2596 veterinarians in Norway (response rate: 75%).

Main outcome measure Paykel's five-item questionnaire.

Results In total, 27% (n=682/2567) of veterinarians in Norway felt that life was not worth living during the last year, 5% (n=139/2562) had serious suicidal thoughts, and 0.2% (n=6/2537) had attempted suicide. Female veterinarians reported significantly higher prevalence of suicidal feelings and thoughts than males. For serious suicidal thoughts, women had nearly twice the prevalence as their male colleagues (8.2% (n=108/1754) vs 3.6% (n=28/766), χ^2 : 6.5, p=0.011). Independent factors associated with serious suicidal thoughts were being single (OR 1.76, 95% CI 1.13 to 2.72, p<0.05), negative life events (OR=1.43, 95% CI 1.22 to 1.68, p<0.001) and the presence of mental distress (OR 2.75, 95% CI 2.14 to 3.52, p<0.001). The veterinarians related their serious suicidal thoughts to work and personal problems, and a lesser degree to family, social and other problems. Nearly twice as many women (53%, n=57/108) as men (28%, n=7/25) reported work problems as the most important contributing factor to their serious suicidal thoughts (χ^2 : 4.99, p=0.03). 4% (n=6/139) reported work problems as the only factor of importance.

Conclusions Veterinarians in Norway have relatively high prevalence of suicidal feelings and thoughts, including serious suicidal thoughts. In multivariable analyses, the individual factors were more important than work-related ones, while work problems were the most reported contributing factor to serious suicidal thoughts by the veterinarians themselves. The role of gender and specific work-related factors should be further investigated to better understand the complexity of suicidal behaviour among veterinarians.

Strengths and limitations of this study

- A major strength of our study is the high response rate (75%), incorporating all authorised veterinarians nationwide, in all main fields of work.
- An extensive questionnaire was used, making multivariable analysis feasible.
- This is a cross-sectional study, which limits any conclusions regarding causality.
- The study possibly has limited generalisability, due to differences in organisation of work life in other countries.

INTRODUCTION

Several studies have shown increased suicide rates among veterinarians. A review from 2010 found elevated suicide rates in all but 1 of the 15 studies published at the time. The suicide rate among veterinarians in the UK was three times that of the general population.¹ Recent studies have also indicated increased suicide rates in the profession.²⁻⁴ Furthermore, three recent studies found a higher prevalence of suicidal ideation among veterinarians than the general population.²⁻⁴

There is little knowledge about the contribution of individual and work-related factors to suicidal behaviour in veterinarians. In a systematic review from 2012, which included 52 papers, the authors highlighted the paucity of research that investigated the factors that contribute to suicide among veterinarians, and that many of the studies were of poor quality.⁵ An interview study found that patient issues, responsibility and poor work/life balance contributed to suicidal ideation among veterinarians.⁶ It has been suggested that suicidal ideation among veterinarians is linked to the demanding nature of

Innlegg: Mye selvmordstanker blant veterinærer

Veterinærer i Norge sliter. Det viser den første vitenskapelige studien av yrkesgruppen i Norge.



Hvem er målgruppen?

- Forskere?
 - Leger/Psykiatere/Psykologer?
 - Befolkningen?
 - Politikere?
-
- Sosiale medier: ulike målgrupper er ofte i ulike kanaler (ungdommen er på Snapchat og TikTok, politikere er på Twitter)

Pros and cons

“Microsoft’s AI millennial chatbot became a racist jerk after less than a day on Twitter.”



Politiet – et godt eksempel på strategisk bruk av sosiale medier

- 462.000 følgere
- over 4 millioner likes
- Prisen for «Årets virksomhet/merkevare» under Social Media Awards 2021.
- 1000 barn og unge i alderen 10-19 år tok direkte kontakt med nettpatruljen på chat i fjor for å få hjelp og råd.



«Ikke bare har finalisten på rekordtid blitt en av de mest populære norske kontoene på TikTok, de har klart noe som svært få organisasjoner og merkevarer klarer. Det som er gjort her er helt unikt. Nettpatruljen Vest [...] klarer å kommunisere sine verdier og sitt budskap på en måte som engasjerer like mye som det tar samfunnsansvar. De oppfordrer til dialog, der publikum faktisk er. Dette er engasjement og merkevarebygging det er vanskelig å betale seg til», skriver juryen i sin begrunnelse.

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06.06.2024



Forskningskommunikasjon har effekt

75 %

- #NORVETproject
 - Brukt siden søknader om midler
 - Målet var å øke responsraten
 - Innlegg i Facebookgrupper for veterinærer
 - Relativt høy aktivitet, dvs.
publisere innlegg flere ganger i uken, historie oftere (daglig).

Nådde topp 10 mest leste hos BMJ Open

Here is the full list of most read papers in *BMJ Open* during January 2022:

Rank	Author(s)	Title
1	Li et al.	Impact of COVID-19 on female fertility: a systematic review and meta-analysis protocol
2	Hunter et al.	Zinc for the prevention or treatment of acute viral respiratory tract infections in adults: a rapid systematic review and meta-analysis of randomised controlled trials
3	Martin et al.	Causal impact of social care, public health and healthcare expenditure on mortality in England: cross-sectional evidence for 2013/2014
4	Zemedikun et al.	Burden of chronic diseases associated with periodontal diseases: a retrospective cohort study using UK primary care data
5	Moynihhan et al.	Impact of COVID-19 pandemic on utilisation of healthcare services: a systematic review
6	Fothergill et al.	Nationwide evaluation of the advanced clinical practitioner role in England: a cross-sectional survey
7	Dalum et al.	Prevalence and individual and work-related factors associated with suicidal thoughts and behaviours among veterinarians in Norway: a cross-sectional, nationwide survey-based study (the NORVET study)

ALL RESEARCH OUTPUTS

#351,704

of 20,560,385 outputs

Altmetric has tracked 20,560,385 research outputs across all sources so far. Compared to these this one has done particularly well and is in the 98th percentile: it's **in the top 5% of all research outputs ever tracked** by Altmetric.



- Picked up by 7 news outlets
- Blogged by 1
- Posted by 53 X users
- 29 readers on Mendeley

Online download statistics by month: January 2022 to April 2024

Mar 2024	117	103	27
Apr 2024	133	120	32
Total	9103	8737	1318

Undersøkelse blant veterinærer:

En av tre har kjent på at livet ikke er verdt å leve



30 prosent av veterinærene i Norge har følt på at livet ikke lenger er verdt å leve i løpet av det siste året, viser studie. – Bekymringsfullt, sier forsker Helene Seljenes Dalum.

Side 4–5



KJØTTET I
Elbilen ikke lenger like pop
 Elbilen har mistet popularitet i hovedstaden – flere vil satse på diesel og bensin, viser undersøkelsen.



LANDBRUK · 36–37
Går ut mot tall bak gjødselkrav
 – Absurd, sier melkebonde Andreas Jøa på Jæren.



Norsk sider selger som aldri før

Side 6

#NORVETproject



Kvar tredje veterinær har tenkt at livet ikkje er verdt å leve

«...dere har truffet med et viktig tema som det har vært forsket (for) lite på, ...mange der ute har dyr og har et forhold til veterinæryrket gjennom det. Jeg var nylig hos veterinær selv med marsvinet mitt, og hun bare så på meg med store øyne da jeg prutet prisen OPP. Har fått en helt ny forståelse for utfordringene veterinærene står i.»

Forskningskommunikasjon er å gi og ta



Slår alarm: - Yrkeskrise

Forskningskommunikasjon er å gi og ta

Forskning viser at ...

Avliving av dyr gir mer selvmordstanker blant veterinærer

Å avlive dyr ofte har sammenheng med selvmordstanker hos veterinærer, ifølge en ny studie blant veterinærer i Norge.

Forskningskommunikasjon er å gi og ta

Høy selvmordsrate blant veterinærer:

Nå vet forskere hvorfor

Forskningskommunikasjon er demokrati



Bilde: https://snl.no/stemmerettens_historie_i_Norge