Understanding and Supporting Veterinary Mental Health

The First Mind Matters Initiative Research Symposium

Thursday 19 January 2017
19.30-22.00: Dinner and networking
St Leonard’s Hall, University of Edinburgh, 18 Holyrood Park Road, Edinburgh EH16 5AY

Friday 20 January 2017
8.30-16.30: Symposium
South Hall Complex, Pollock Halls, University of Edinburgh, 18 Holyrood Park Road, Edinburgh, EH16 5AY

8.30: Registration and refreshments in the South Hall

9.00: Welcome and introduction to the Mind Matters Initiative from Neil Smith, Chair

9.10: Plenary 1
**Understanding suicidal behaviour**
*Professor Rory O’Connor*, Professor of Health Psychology at the University of Glasgow, Past President of the International Academy of Suicide Research, UK

9.55: Plenary 2
**Disclosure and assessing mental ill-health in the medical profession – what do we know?**
*Professor Debbie Cohen*, Centre for Psychosocial Research, Occupational and Physician Health at the School of Medicine, Cardiff University, UK

10.40: Coffee/tea in the South Hall

11.00: Plenary 3
**Protecting and improving mental health at work**
*Chris O’Sullivan*, Head of Workplace Mental Health, Mental Health Foundation, UK

11.45: Expert panel discussion
### 12.15: Short talks streams 1

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<tr>
<th>Time</th>
<th>Stream A – South Hall</th>
<th>Stream B – Kirkland</th>
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<td>12.15-12.30</td>
<td>Positive and negative work characteristics for small animal veterinary surgeons in the UK: a qualitative study</td>
<td>A mixed methods study of mental health and wellbeing in different UK undergraduate student populations</td>
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|           | Carolyne Crowe                                                                        | Elisa Lewis
|           |                                                                                       | Jacqueline Cardwell                                                                 |
| 12.30-12.45 | Veterinary transition study — investigating the transition from veterinary student to veterinary surgeon: prospective cohort study | RVNs – How do you cope with stress in practice? |
|           | Rosie Allister                                                                        | Mary Fraser                                                                         |
| 12.45-13.00 | Professional skills development and wellbeing in primary care practitioners             | Evaluation of humour types evident within UK veterinary practice and their effect on employees and the working environment: do you need a joker in your pack? |
|           | Stephen May                                                                            | James Farrell                                                                        |
| 13.00-13.15 | Speaker panel Q&A                                                                      | Speaker panel Q&A                                                                   |

13.15: Lunch in the John McIntyre Conference Centre restaurant
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| 14.00-14.15 | Empathy and burnout: how can educators help veterinary students develop balance for their future practice?  
Kirsty Hughes | Occupational stress and psychological wellbeing in UK veterinary surgeons  
Elinor O'Connor |
| 14.15-14.30 | Introducing a mindfulness-based intervention to third-year UK veterinary students: a pilot study  
Eleanor Pontin  
Avril Senior | Practice makes perfect? Skillful performance in veterinary work  
Caroline Clarke  
David Knights |
| 14.30-14.45 | Embedding resilience training into the veterinary curriculum: a pilot study  
Stacy Spielman | Identity, environment and mental wellbeing  
Elizabeth Armitage-Chan |
| 14.45-15.00 | Start with the students: prevention better than cure?  
Rosie Herrington | Evaluating the acceptability and effectiveness of providing mindfulness-based webinars for professionals in veterinary practice  
Mike Scanlan  
Rosalyn Collings |
| 15.00-15.15 | Speaker panel Q&A | Speaker panel Q&A |

15.15: Coffee/tea in the South Hall

15.30: Workshop – Priorities in veterinary mental health research, with Lizzie Lockett, Mind Matters Initiative Director

16.30: Close, with Neil Smith

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