# Mental Health Status of

# Medical Laboratory Professionals in Canada

**Description:** A national review of the mental health status of medical laboratory professionals who are members of the [Canadian Society for Medical Laboratory Science](https://www.csmls.org/Research/Grants-and-Resources/Support-Mental-Health-Awareness-and-Stop-Stigma-in.aspx) (CSMLS). These [medical laboratory professionals](https://www.csmls.org/Medical-Laboratory-Professionals/About/Who-are-Lab-Professionals.aspx) (MLPs) include medical laboratory assistants/technicians (MLAs) and medical laboratory technologists (MLTs).

|  |  |  |  |
| --- | --- | --- | --- |
| N Value | All MLPs | MLT | MLA |
| Survey Year | 2016 | 2018 | 2016 | 2018 | 2016 | 2018 |
| Participants | 802 | 1414 | 718 | 1234 | 84 | 180 |

|  |  |  |  |
| --- | --- | --- | --- |
| [Maslach Burnout Inventory Human Services Survey](https://www.mindgarden.com/314-mbi-human-services-survey) | All MLPs | MLT | MLA |
| Survey Year | 2016 | 2018 | 2016 | 2018 | 2016 | 2018 |
| Emotional Exhaustion | 38% | 41% | 38% | 41% | 39% | 44% |
| Depersonalization | 10% | 13% | 8% | 13% | 15% | 17% |
| Personal Accomplishment | 32% | 40% | 31% | 41% | 42% | 30% |

*\*Values represent the total percentage of employed participants with high levels of burnout per subscale.*

|  |  |  |  |
| --- | --- | --- | --- |
| [Kessler-6 Psychological Distress Scale](https://www.hcp.med.harvard.edu/ncs/k6_scales.php) | All MLPs | MLT | MLA |
| Survey Year | 2016 | 2018 | 2016 | 2018 | 2016 | 2018 |
| Severe Mental Illness | 13% | 16% | 11% | 15% | 27% | 21% |

*\*Percentages represent participants with a score of 13 or more (employed and unemployed).*

|  |  |  |  |
| --- | --- | --- | --- |
| [Mental Health Inventory](https://www.rand.org/health/surveys_tools/mos/mental-health.html) | All MLPs | MLT | MLA |
| Survey Year | 2016 | 2018 | 2016 | 2018 | 2016 | 2018 |
| Anxiety | 64% | 70% | 64% | 70%  | 61% | 67% |
| Behaviour Control | 74% | 73% | 75% | 74% | 68% | 70% |
| Depression | 69% | 80% | 69% | 81% | 64% | 76% |
| Positive Affect | 53% | 44% | 53% | 44% | 52% | 43% |

*\*Higher scores indicate better health (employed and unemployed).*

|  |  |  |  |
| --- | --- | --- | --- |
| Cause of unemployment (full or partial) due to: | All MLPs | MLT | MLA |
| Survey Year | 2016 | 2018 | 2016 | 2018 | 2016 | 2018 |
| Mental health | 34% | 15% | 34% | 19% | 35% | 6% |
| Physical health | 19% | 10% | 31% | 14% | 15% | 3% |

*\*Questions were asked of unemployed participants only.*

# Indicator Information

**Distribution:** The survey is disseminated biannually, with the inaugural survey completed in 2016.

**Methodology:** The CSMLS National Mental Health Survey is electronically distributed to all active members. The survey is available in French and English. Only mental health indicators are included in this dashboard. Quality of worklife indicators from the survey are included in a separate dashboard.

**Participants:** Survey responses included MLA and MLT professionals who are CSMLS members. Unless noted in the table, all data values represent employed and unemployed participants. Requests for additional data associated with the remaining membership can be made (i.e., management, educators, students and others).

**Analysis:** If you have questions regarding the analysis or survey scoring criteria, please email research@csmls.org.

**Legend:** The colour coding system to monitor the National Indicators represents the stability or movement (increase or decrease) in issues or illness across time. The data compares the most recent year to the second most recent.

The colours used are consistent with general monitoring practices. The colours are not meant to reflect or imply bias against or for those living with mental health issues or illness.

* Green = Greater than 3% difference between years, indicating fewer issues or illnesses
* Yellow = + or – 3%, indicating stability in issues or illness
* Red = Greater than 3% difference between years, indicating more issues or illness