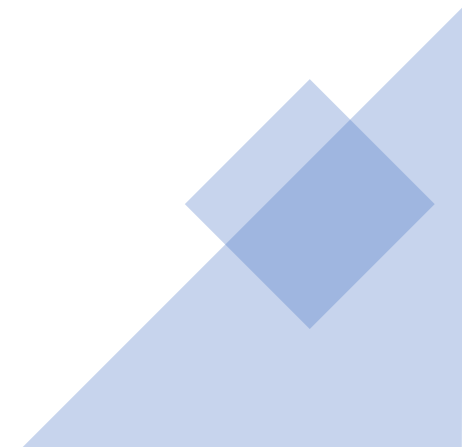


# Mental Health and RMAs

---



# Main goal of my project

- I wanted to understand better what it means to be a RMA and what challenges come with it. Further I wanted to know how hard it is to protect our mental health in this job and how to integrate Wellness and Health in your life as RMAs.
  - How to be a happy RMA?
- 

# Action plan

- Reading and collecting Ideas and starting with my deskresearch
- Present my project idea after my primary research **20/04**
- Present my deskresearch **26/04**
- Write the script for the interviews (consent declaration and interview questiones) Sending requests for interviews **23/04**
- Do the Interviews until the **14/05**
- Analyze and compare my interview and deskresearch data **30/05**
- Create my presentation **01/06**

# Main findings: Society

**Definition of stress in science daily:**  
stress is a medical term for a wide range of strong external stimuli, both physiological and psychological, that can cause a physiological response called general adaptation syndrome.

**But isn't stress more a culture than a consequence?**

Health care costs caused by work-related stress cost 300 Billion annually in the USA.

Where do you spend the most of your time?

What is defining you?



# Mainfindings: Society

---

Ableism means the one-sided focus on the physical and mental abilities of a person and their essentializing condemnation, depending on the expression of their abilities.

From bourgeois individuals is expected autonomy, self-control and sovereignty. Only with this sovereignty they are in a position to compete for jobs, wages and recognition in the bourgeois world. The very idea that they could lose this minimum equipment one day creates fear in most people.



# Main findings: Mental health and Work

- Teamwork, good work relationships always seem to shut down stress or make it healthier
- Kindness is a Virus
- Investigation in softskills and emotional Intelligence

# Main findings: Challenges for RMAs

- Background: Research administration is characterized by increasing government regulation, hyper competitiveness, institutional management of growing complexity and changing economic conditions.
- Lack of research on burnout among researchers
- 3 types of burnout: personal burnout, work related burnout and client related burnout
- everyone can experience a burnout cause there are some factors all RMA have in common: high volume, deadline driven nature, need to manage substantial risk while at the same time supporting sometimes aggressive growth targets

How can I become a  
happy RMA?

---





**"Caring for others triggers the biology of courage and creates hope."**

"Lets change the way we think about stress!"


"Its important to remember that we cant work alone we work side by side"

"What I love about this job is to work with people..."






**Remember  
that everyone is  
different and so  
are you**

- My both Interviewpartners weren't representative at all for a study about mental health among RMAs, but they were really different characters that face similar and different challenges, but manage them differently.
- 




# **Know your self**

- What is defining you?
  - Work with the Person that you are
  - Invest in softskills.
- 

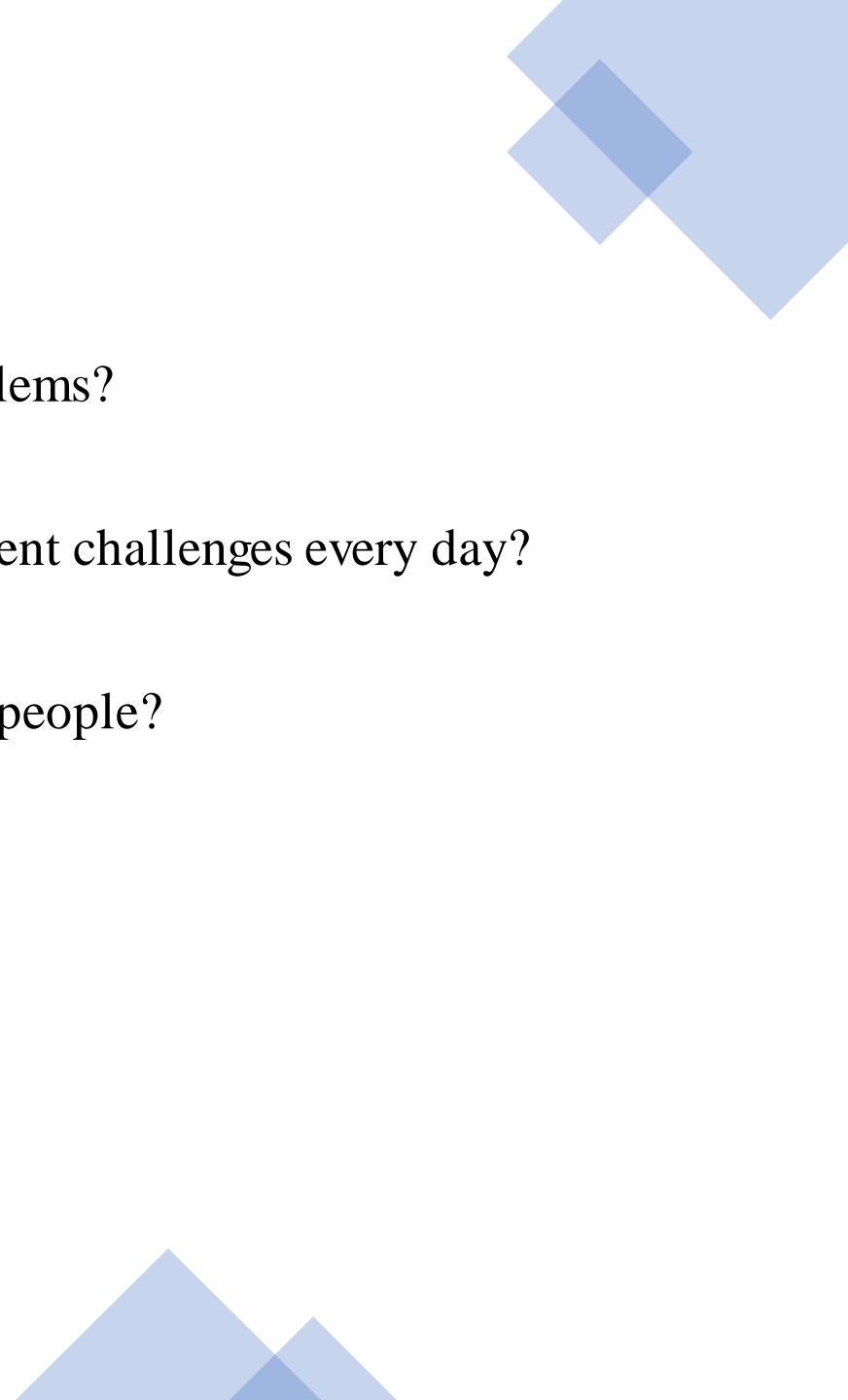


# **Accept if it doesn't work out**

- There are deadlines that can not be met
  - Or projects that don't make it
  - Don't do the work of others
- 



# **Like the Job**

- Do you like to solve problems?
  - Do you like to have different challenges every day?
  - Do you like to work with people?
- 

# Reflection

- My time management was a mess. I need more structure.
- Difficult to have a clear research question, but stay open for what might appear during the process
- More interviews, surveys would be good to have a more representative outcome
- Thoughts about research itself

# Bibliography

- **Dodson, J. D. und Yerkes, R.M. (1908)** "Das Verhältnis der Kraft der Reizes zur schnelligkeit von gewohnheits-ausbildung", *Zeitschrift für Vergleichende Neurologie und Psychologie*, p. 459–482.
- **Cooke, Rob 2013:***The cost of workplace stress and how to reduce it*, videosorce:<https://www.youtube.com/watch?v=QE8kNh52EeU&t=27s>.
- **Skakon, Janne 2011:** *Do managers face more stress than employes?*Copenhagen, IOS Press.
- **OPRAN, Stan 2008:** *Projektmanagement*. Bukarest, BREN Publishing.
- **Brodey, Denise 2021:** *93 percent of manager watch that mental health has negativly impacts to the bottom line*. In: *Forbs journal*.
- **Maskos, Rebecca 2010:** *Was heißt Ableism?* In: *arranca! #43: Bodycheck und linker Haken*.
- **Tabakakis, Costa 2020:** *Burnout and its correlates in reseach administrators*. In: *Research Management review*, Volume 24, Number 1.
- **Mc Gonigal, Kelly. 2013:** *How to make stress your friend?*, video source: <https://www.ted.com/talks>.