

Neurodivergence and mental health difficulties in doctors-in-training in Scotland:

A cross-sectional study of reported prevalence, available support and impact on working

584/6860 doctors responded to the survey (8.5% response rate)

Survey: A cross-sectional survey of all Post-Graduate Doctors in Training (PGDiT) was undertaken in Scotland. Data was collected on the presence of self-reported neurodivergent and/or mental health difficulties related impacts, awareness of existing support and suggestions for improvement.

Response Rate
584/6860 doctors
responded to the survey



High Rate of Conditions
High rates of neurodivergent
conditions reported in PGDiT



**Diagnosed during
Training**

Majority with a formal diagnosis,
received this whilst in
postgraduate medical training



Majority of respondents first received their
diagnosis in medical school

Impact on Work
Significant impact on work and
training reported as 6/10 or above



Majority reported a
mental health
difficulty



Majority reported
anxiety



Majority had a
formal diagnosis of
a mental health
difficulty



and depression

Those with a neurodivergent condition were

34%

more likely to report a mental health difficulty than those without a neurodivergent condition.

Most respondents did not know what support was available to them for mental health or neurodivergent conditions.

ACTIONS:

NES Equality, Diversity and Inclusion (EDI)

- GP EDI training on neurodivergence and mental health in relation to inequalities and medical education
- NES team Development Day for GP, Psychiatry, Public Health and BBT neurodivergence and mental health presentation
- Neurodiversity celebration week seminar

NES Trainee Development and Wellbeing Service TDWS

- Updated information resource for PGDiT inclusive of neurodivergence in relation to wellbeing
- Updated information resource for PGDiT on mental health and crisis support
- Visibility of service SBAR to board and improvements made in relation to this
- Return to work working group involvement

NES Education and learning

Neurodiversity: A learning resource for health and social care working group

NES Medical Directorate

Study findings shared with Senior Leadership Team

Ongoing work – study currently being written up with the intention of publication