Formal Report:  Improving mental health and wellness of graduate students of the Interdisciplinary Oncology program (IOP) at the BC Cancer Research Center (BCCRC)

I. Introduction

1.1. Definition of mental health and wellness

1.1.1. Key components of mental health and wellness

1.1.2. Impact of mental health and wellness on the overall health

1.2. Graduate students, as a vulnerable cohort of mental wellbeing

1.3. Purpose of the report

1.4. Description of data sources

II. Data section

2.1. Main mental health and wellness triggers (based on survey)

2.1.1. Student-supervisor relationship

2.1.2. Work-life balance

2.1.3. Social support

2.1.4. Work and study environment

2.1.5. Others

2.2. Interviews

2.2.1. Geetha V., Wellness Coordinator at GradPods

2.2.2. Levonne A., Health Promotion Strategist at UBC

2.2.3. Karen F., Registered Psychologist at UBC

2.3. Mental wellbeing resources available for IOP graduate students

III. Conclusions

3.1. Summary and interpretation of the results

3.2. Recommendations

IV. Appendicies

4.1. Survey form

4.2. Interview questions

4.3. References