

# Stress, Mental Health Outcomes, and Coping of Alberta Farmers

Purc-Stephenson, Dedrick & Hood (2024).

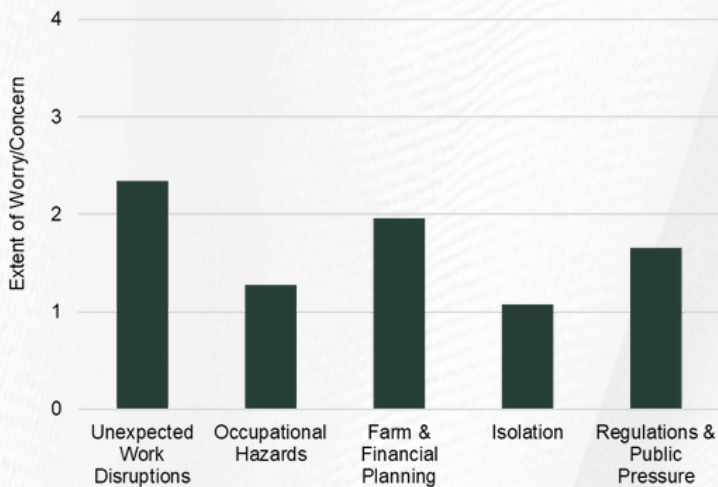


## OBJECTIVES

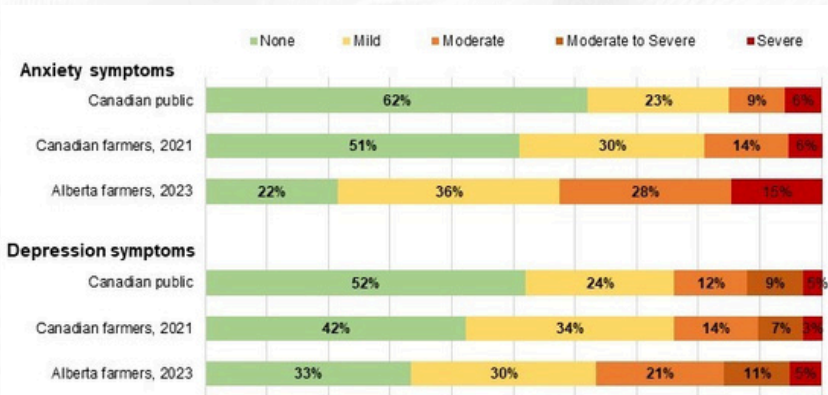
- What are the major stressors?
- What is the prevalence of depression, anxiety, burnout, and resilience?
- What coping strategies are used?

## FINDINGS

- Five main stressors identified:



- Higher rates of depression and anxiety compared to the general public and the national average of Canadian farmers:



## METHODS

- Online survey of 492 producers
- All commodity groups and regions proportionally sampled
- Greater representation from oilseed and grain farmers, and cattle farmers

## Key Takeaways

- Poorer mental health outcomes compared to the national average of Canadian farmers
- 27.4% had thoughts of suicide or self-harm at least several times in the past two weeks.
- 58.8% used distraction to cope with stress; 9% used substances
- 46.3% sought help but mainly through family, friends, online