

GUIDELINES

FOR FUNDERS AND RESEARCH COUNCILS

Protecting mental health in emotionally demanding research

1 - Include bespoke mental health support as part of eligible costs for applications

- Funders should recommend to applicants to consider including bespoke mental health support as an eligible cost for emotionally demanding research projects.
- Running peer support network groups or having mentors to help those working in emotionally demanding research could also be introduced by funders as an eligible cost.



2 - Ensure appropriate and realistic timelines for grants including emotionally demanding research

For example:

- Qualitative projects should be long enough to allow breaks throughout data collection and analysis.
- Projects including exposure to graphic material should be long enough so researchers do not have to work full time on this type of data (e.g. only 2 days per full time week).



3 - Include a compulsory section on researcher mental health within applications on emotionally demanding research

- Require applicants to state how researcher mental health is going to be looked after throughout the proposed research.
- Ensure the mental health of the whole research team involved is considered, from the line manager or principle investigator through to the research assistants/PhD students.



Scan this QR code to read the full guidelines!

