

# Promoting the health of education professionals: The role of guidance and training in their occupational health and well-being

## Introduction:

Increasing challenges amongst education professionals in recent years is a cause of great concern. The research question of this study is, what are the resources that affect the occupational health and wellbeing of education professionals. during the crisis

## Methods:

This study is based on an online survey and semi-structured online follow-up interviews with survey respondents. In order to limit the impact of cultural factors, consortium meetings, translation, retro-translation, and pre-testing of the questionnaires were conducted. The online survey was distributed through the global community of the UNESCO in Global Health & Education. Open questions in the questionnaire were quantitatively coded by two researchers, with an interrater reliability of .93 after two rounds of pre-test coding of 30 responses were conducted and inconsistencies were resolved by discussion.

## Results and findings:

The global dataset derives from 1,335 survey respondents in 40 countries/territories. This presentation will give an account of the data collected through the survey. The impact of mental health and wellbeing from the infection control measures were coded as positive impact (1%), no impact or not much affected (59.6%), mixed impact (0.1%) and negative impact (23.6%). The results of this study revealed that 1-having the guidance needed with enough time ( $\beta = -.12, p < .001$ ), 2-having training on understanding the impact of the pandemic on schools ( $\beta = -.29, p < .001$ ), 3- having training on remote teaching ( $\beta = -.11, p < .01$ ), and 4-having training on maintaining wellbeing for students and staff ( $\beta = -.24, p < .001$ ) were all significant negative predictors of the impact of mental health and wellbeing. The more guidance and training staff have received, the less negative the impact.

## Conclusions:

This global dataset showed clearly that guidance and training on “how to do their jobs well” influenced mental health and wellbeing. This suggests that promoting mental health in the workplace requires organisational measures, not just individual capacity-building. It is the whole work ecosystem that must be health-promoting.