

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



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## A. 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.

## B. Methods

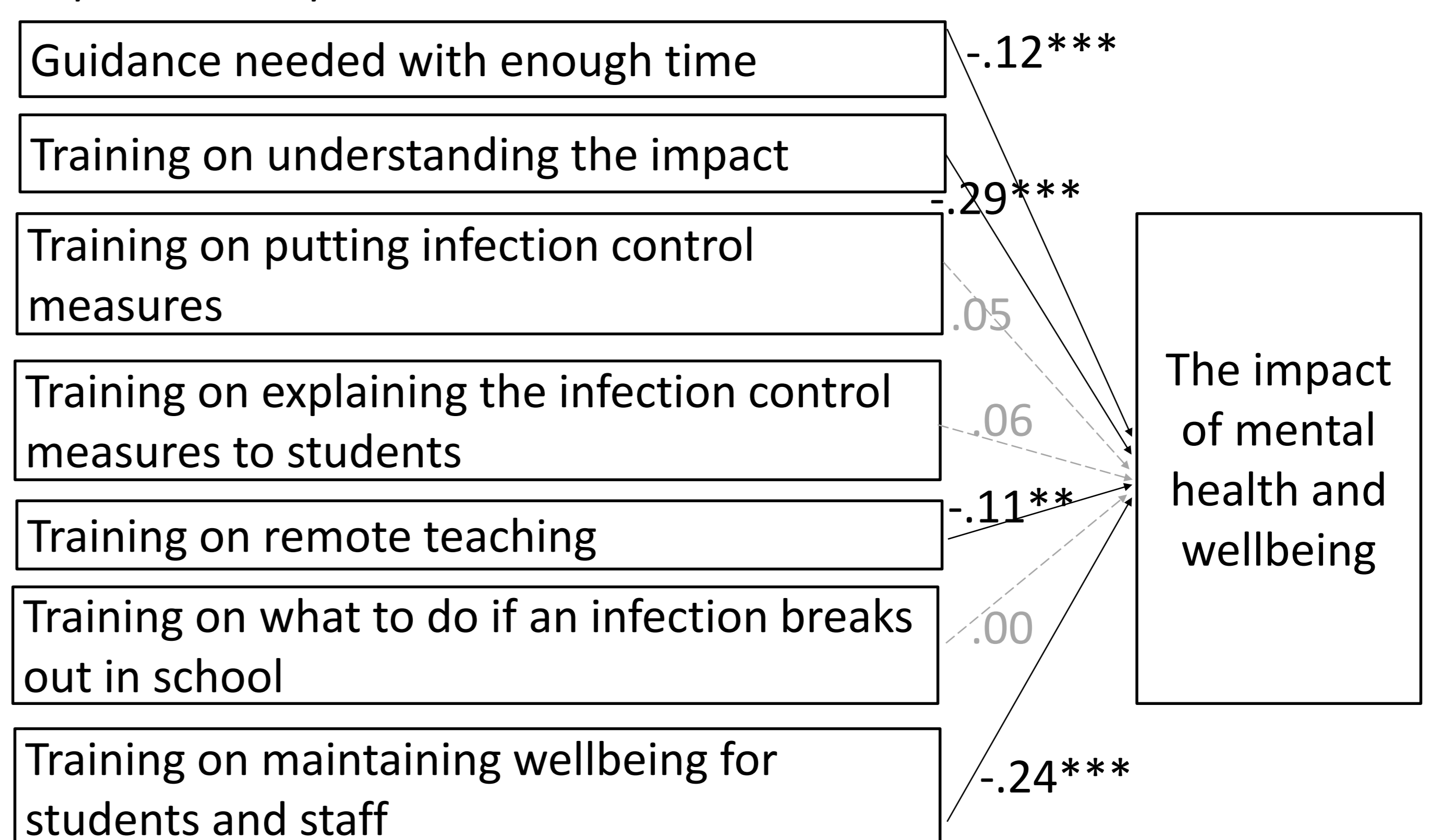
- 1,335 online survey respondents in 40 countries/territories.
- Consortium meetings, translation, retro-translation, and pre-testing of the questionnaires were conducted.
- The online survey was distributed through the global community of the UNESCO in Global Health & Education.
- Open questions were quantitatively coded by two researchers, with an interrater reliability of .93 after two rounds of pre-test coding of 30 responses were conducted.
- We used SPSS version 20 to analysis quantitate data.

## C. Results

Table 1. The coding results from the open question "The impact of mental health and wellbeing from the infection control measures"

Coding	%
Positive impact	1
No impact or not much affected	59.6
Mixed impact	0.1
Negative impact	23.6

Figure 1. Multiple regression analysis results  
\*\* $p < .01$ ; \*\*\* $p < .001$



## D. Conclusion

- 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.

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