

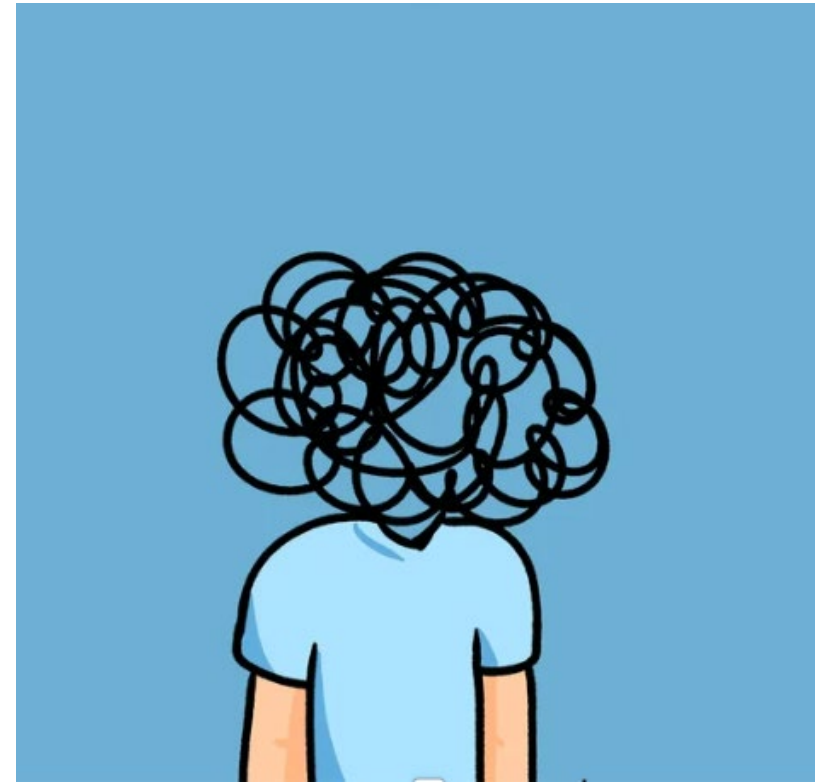
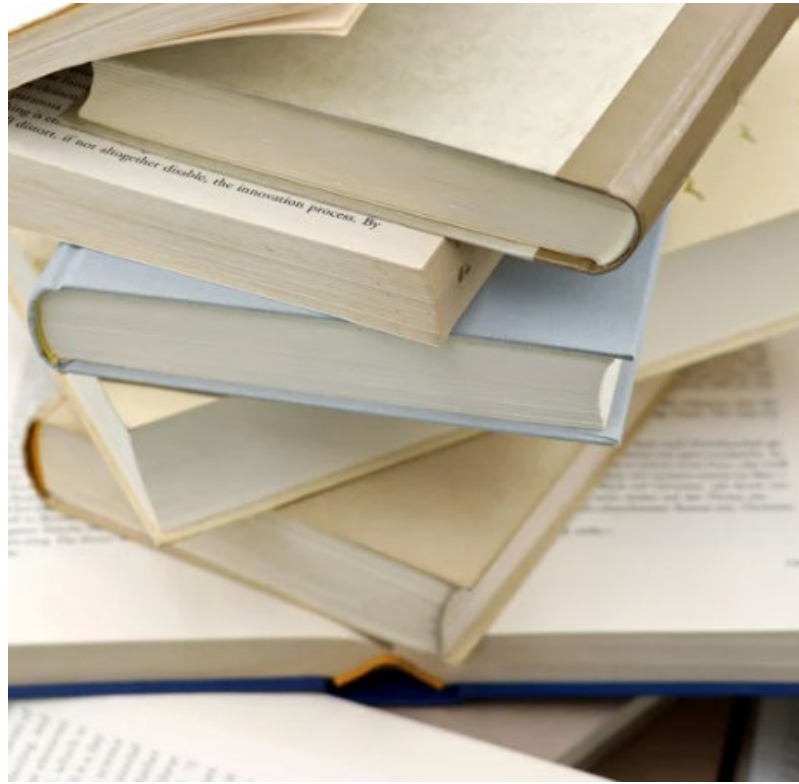
Mental Health via a One Health Approach

Andria Jones DVM, PhD

*Canadian Academy of Health
Sciences Forum*

May 8, 2026





My Journey to Mental Health via One Health



Veterinarian
+
Epidemiologist
+
Lived experience
+
Love of agriculture
+
Transdisciplinarity
=
Meaning & Purpose

Methodologies



Veterinarian mental health in Canada

1,403 veterinarian participants in online survey conducted in 2017

Outcome	Proportion
Probable case depression (HADS)	8.9%
Probable case anxiety (HADS)	29.0%
High emotional exhaustion (MBI)	50.6%
High depersonalization (MBI)	39.3%
Low personal accomplishment (MBI)	33.4%
High Secondary Traumatic Stress (ProQOL)	65.4%
Low compassion satisfaction (ProQOL)	28.1%
Suicide ideation (NSPM)	26.1%

HADS: Hospital Anxiety & Depression Scale

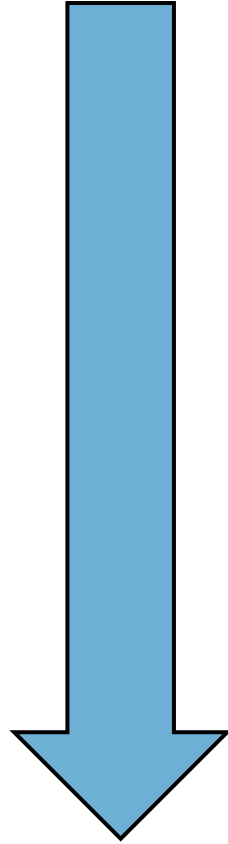
MBI: Maslach Burnout Inventory Human Services Scale

ProQOL: Professional Quality of Life Scale

NSPM: National Survey of Psychiatric Morbidity

Perret, Best, Coe, Greer, Khosa, Jones (2020). *JAVMA*.

Veterinarians' perceived impacts of poor mental health



Communication with team

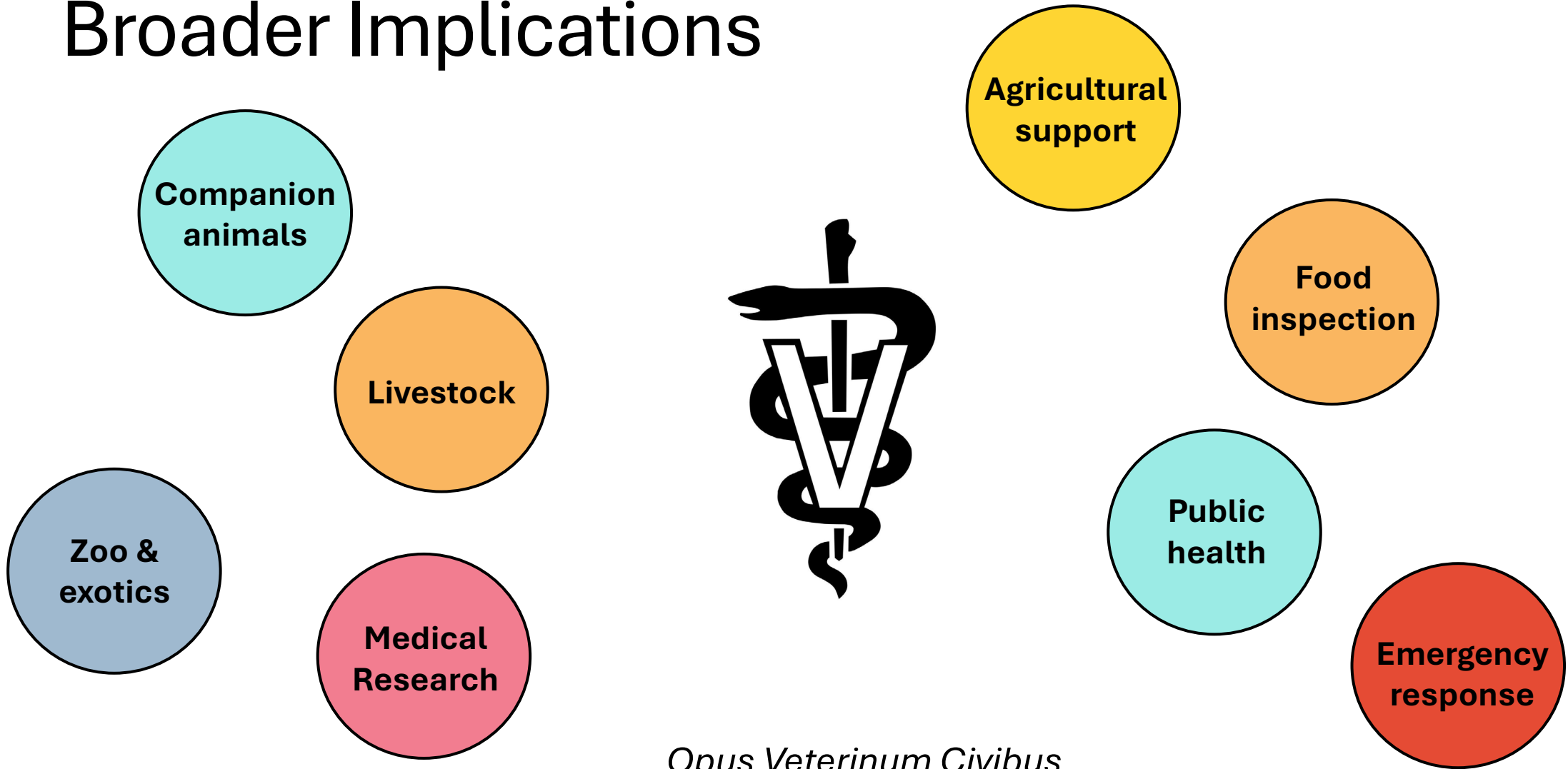
Quality client interactions

Concentration

Decision making

Quality of veterinary care

Broader Implications



Opus Veterinum Civibus
*The craft of the veterinarian is for the good of
the nation*



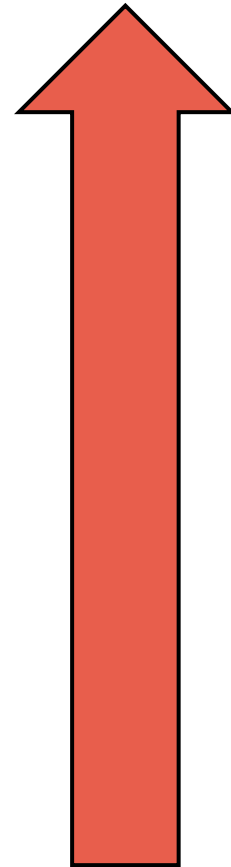
Farm Stressors



Images: CTV News; Jennifer Gauthier/Reuters

Farmer mental health in Canada

1,167 farmers, online survey conducted in Feb-May 2021 (vs. population norms)



Stress

Depression

Anxiety

Emotional
exhaustion

Cynicism

Stress: Perceived Stress Scale

Depression: Patient Health Questionnaire-9

Anxiety: Generalized Anxiety Disorder Scale-7

Resilience: Connor Davidson Resilience Scale

Exhaustion, cynicism: Maslach Burnout Inventory General Survey

Thompson, Hagen, Lumley, Winder, Gohar, Jones (2022). *IJERPH*.

Sociological considerations



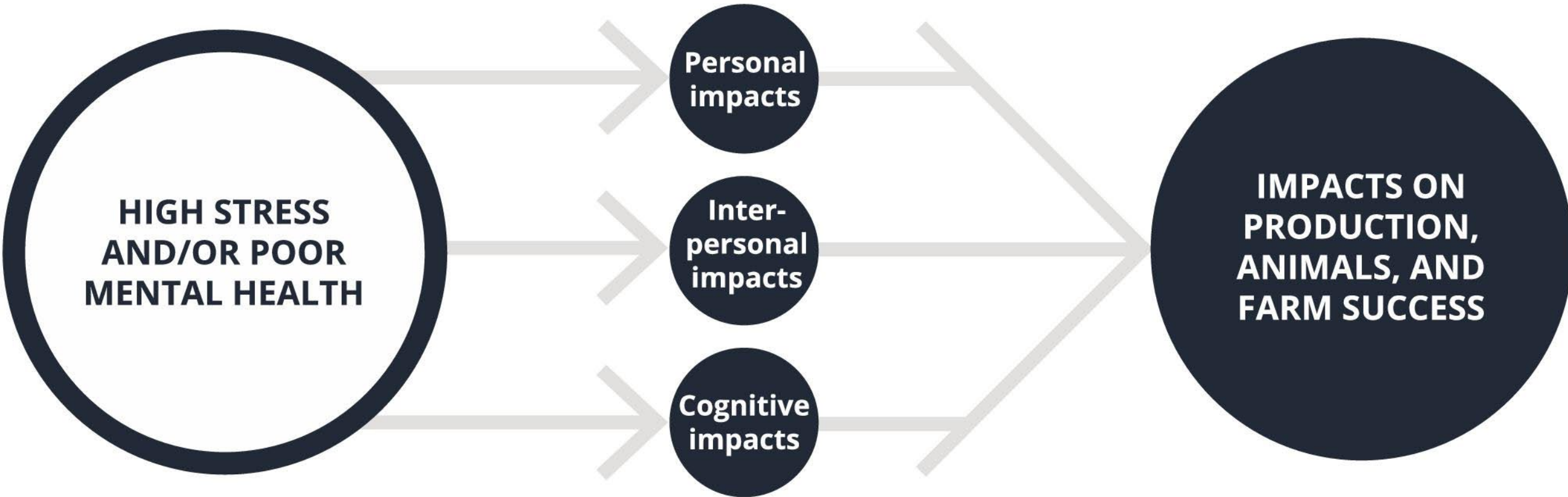
**Canadian Agricultural
Literacy Program**
for healthcare providers



CANADIAN CENTRE FOR
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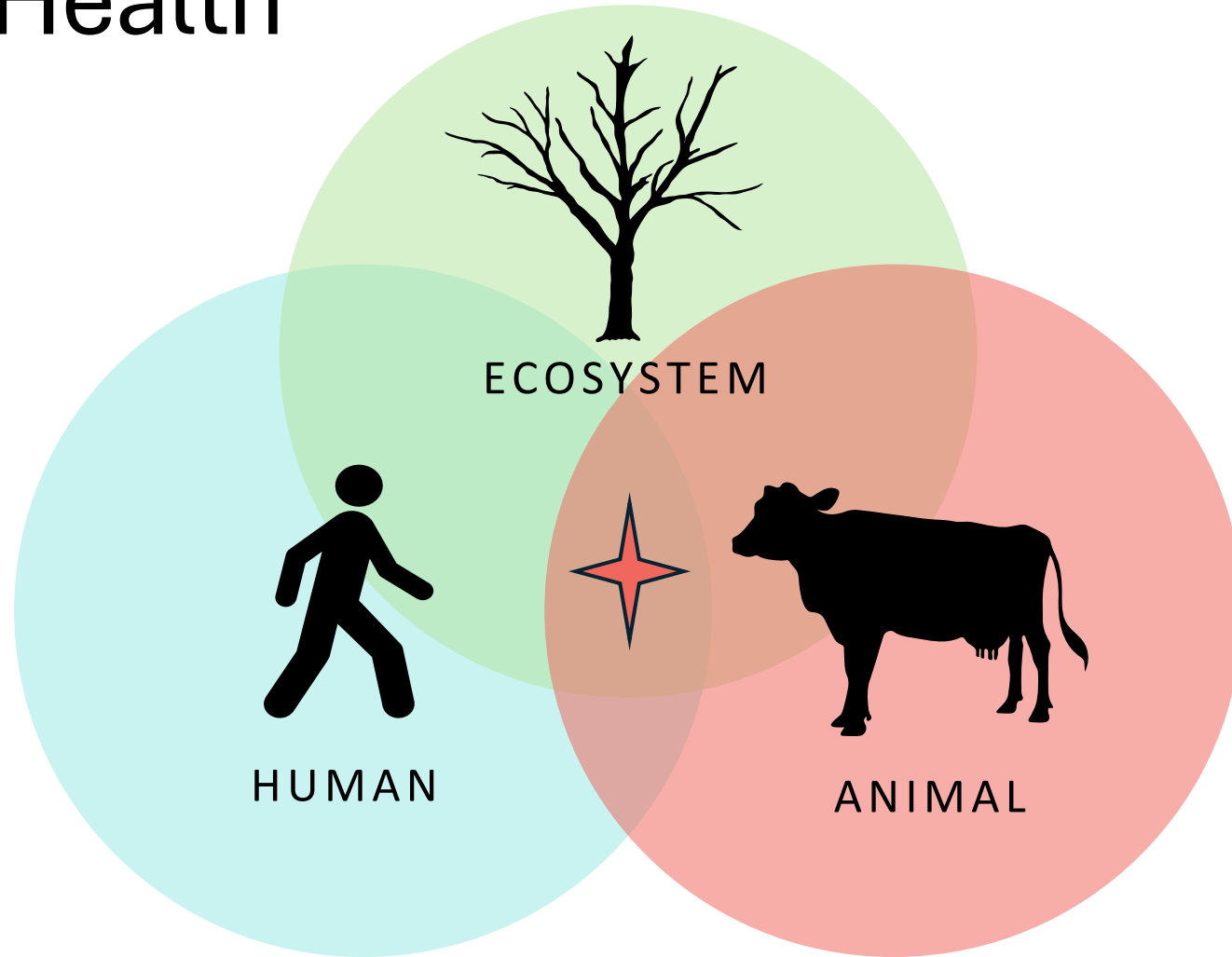


Impacts of poor farmer mental health

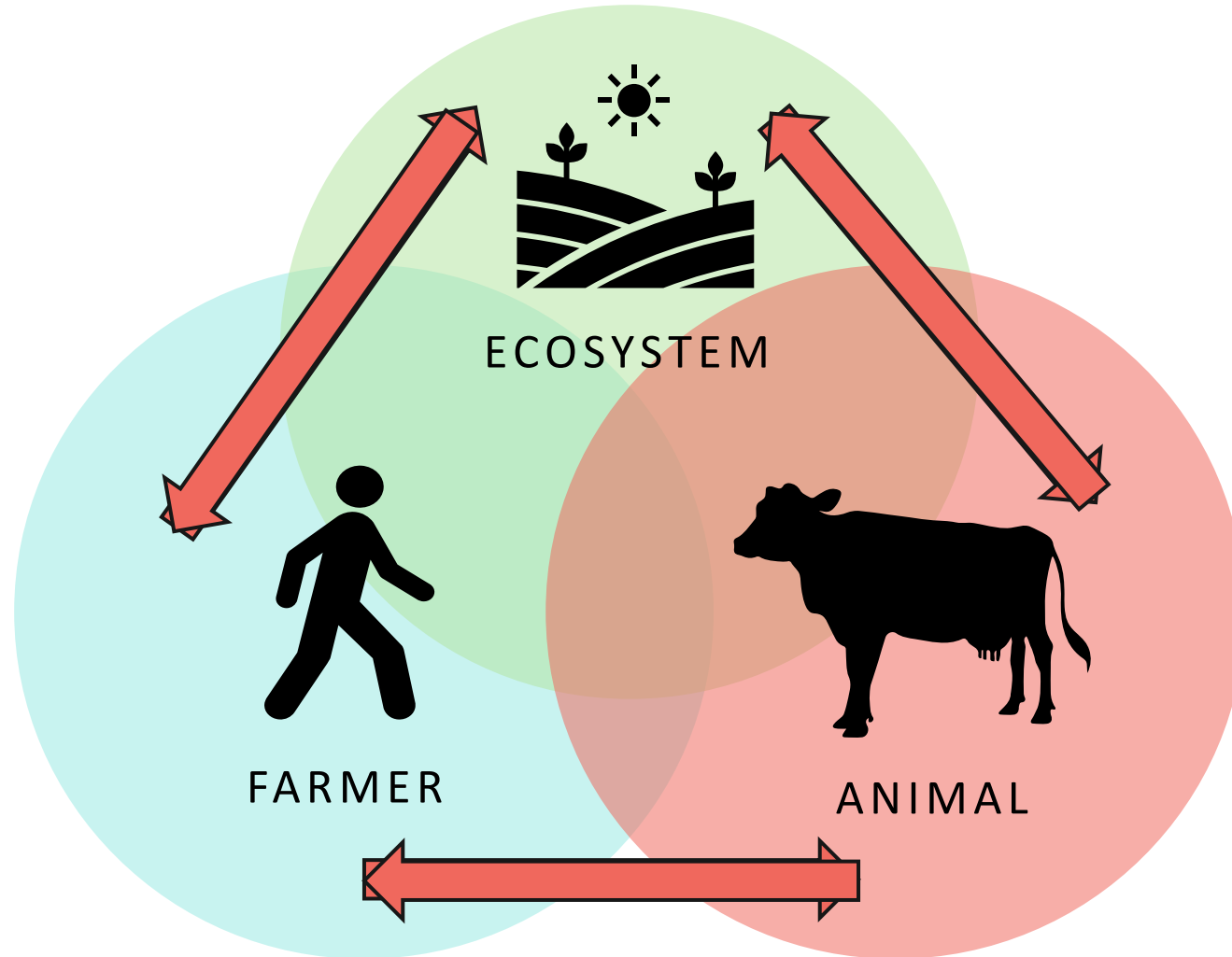




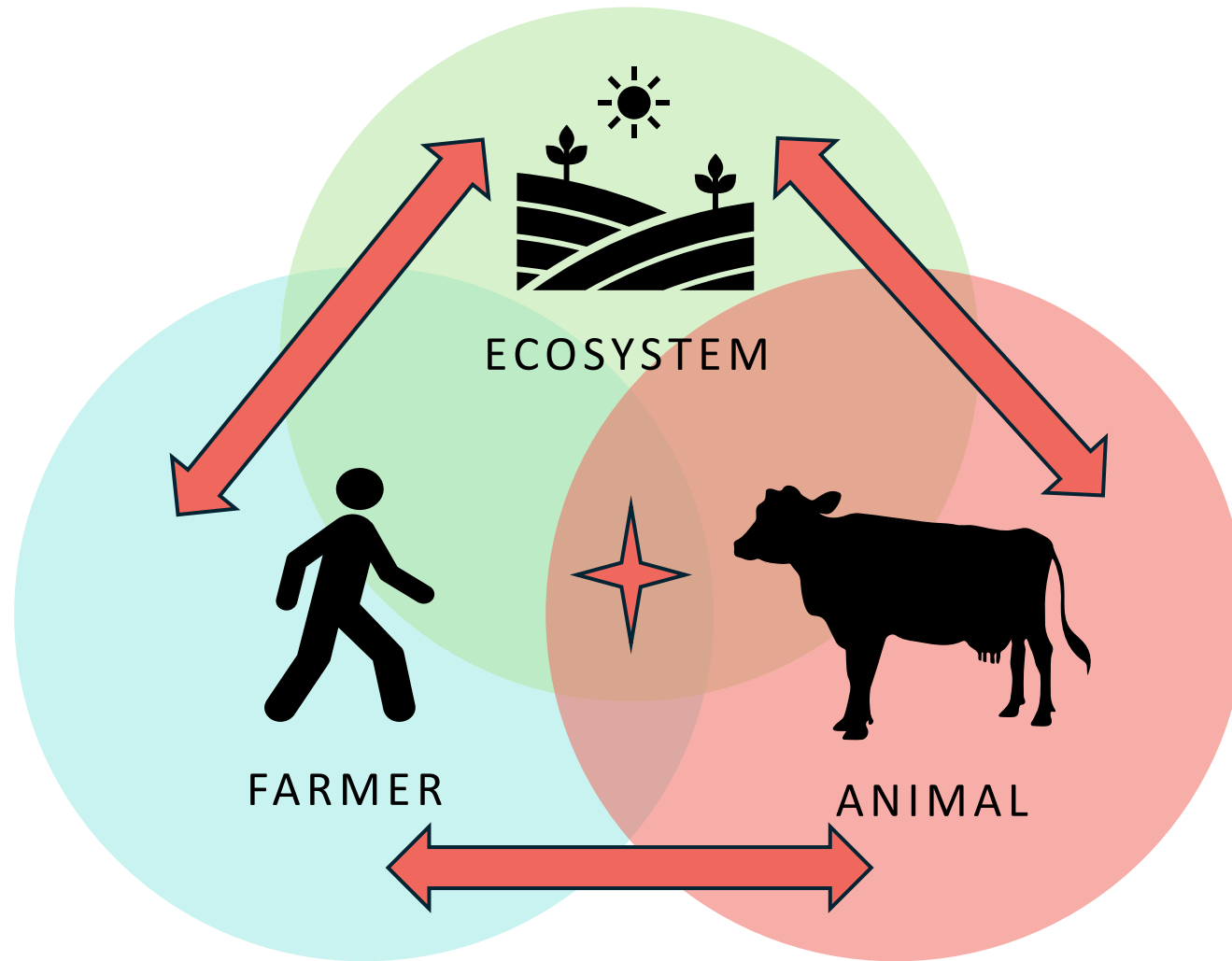
One Health



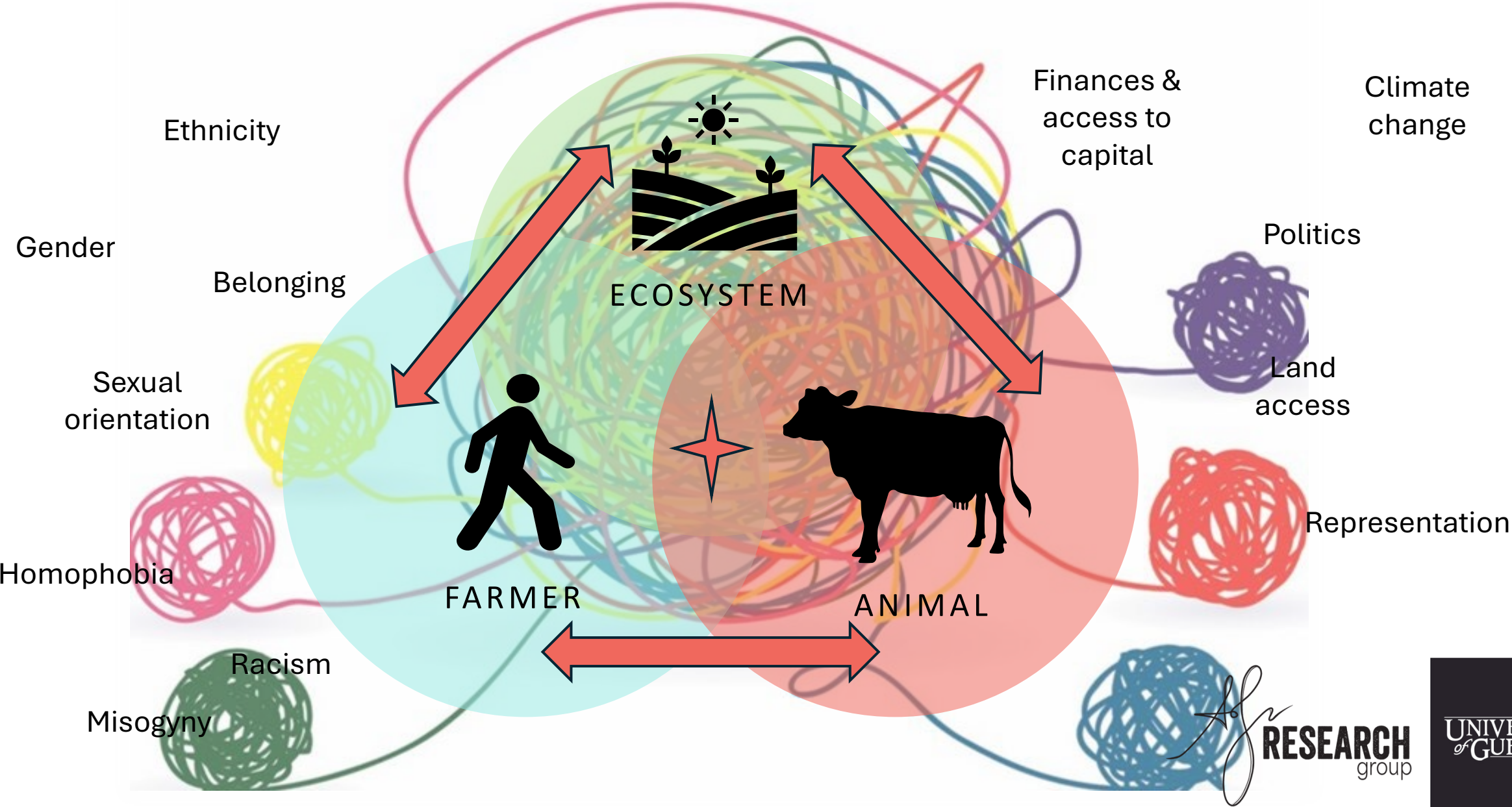
Farmer Mental Health via a One Health Approach

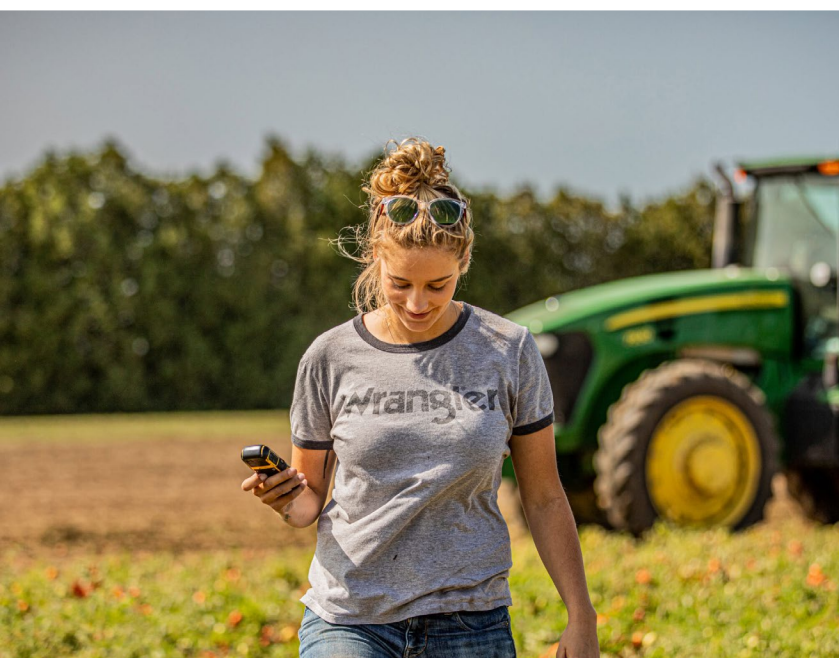


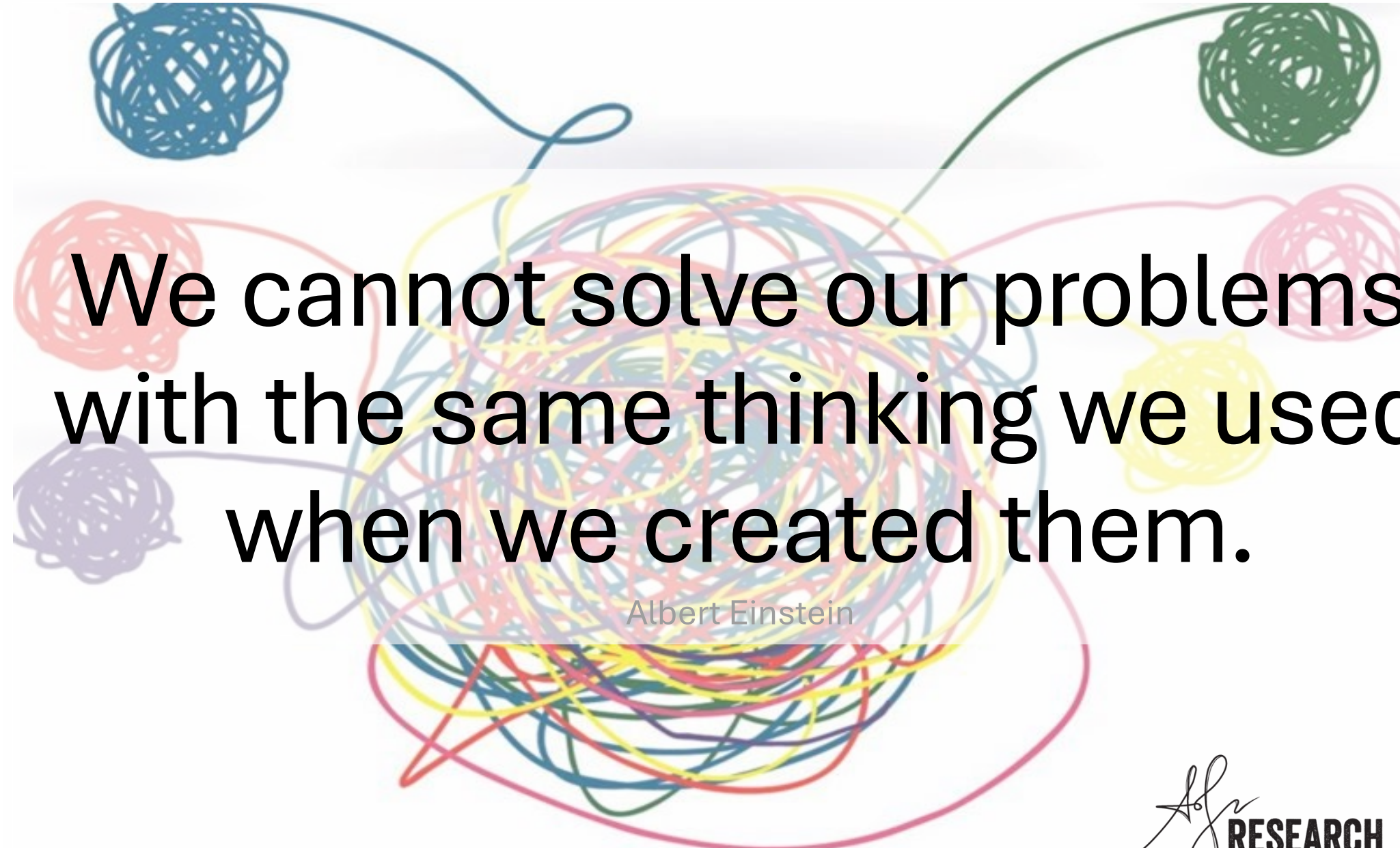
Farmer Mental Health via a One Health Approach



Intersectionality





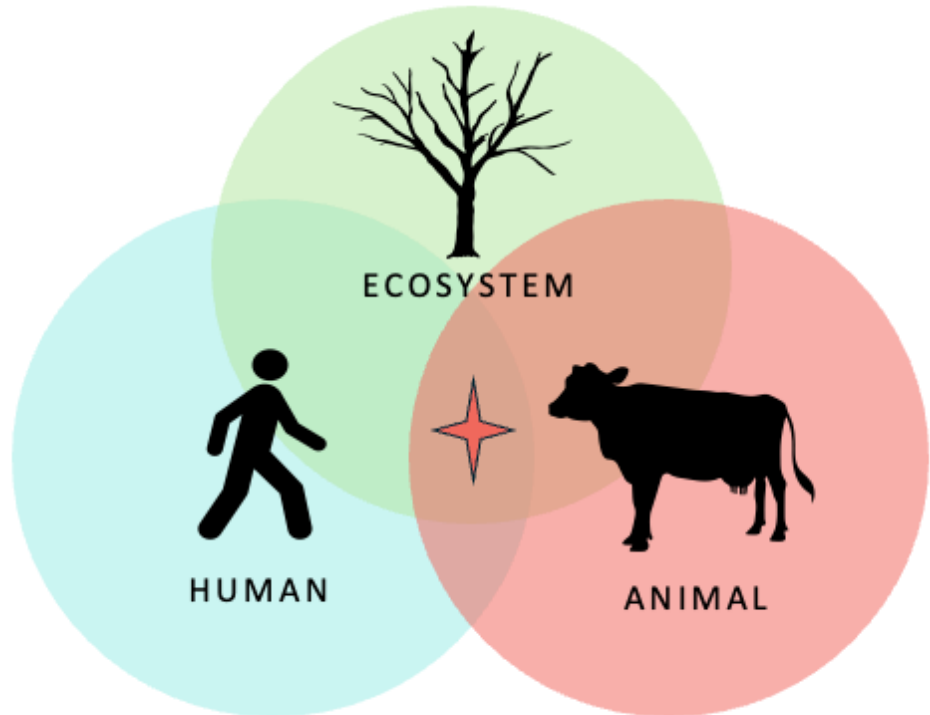


**We cannot solve our problems
with the same thinking we used
when we created them.**

Albert Einstein

Calls to Action

One Health



Transdisciplinarity & Participatory Action Research

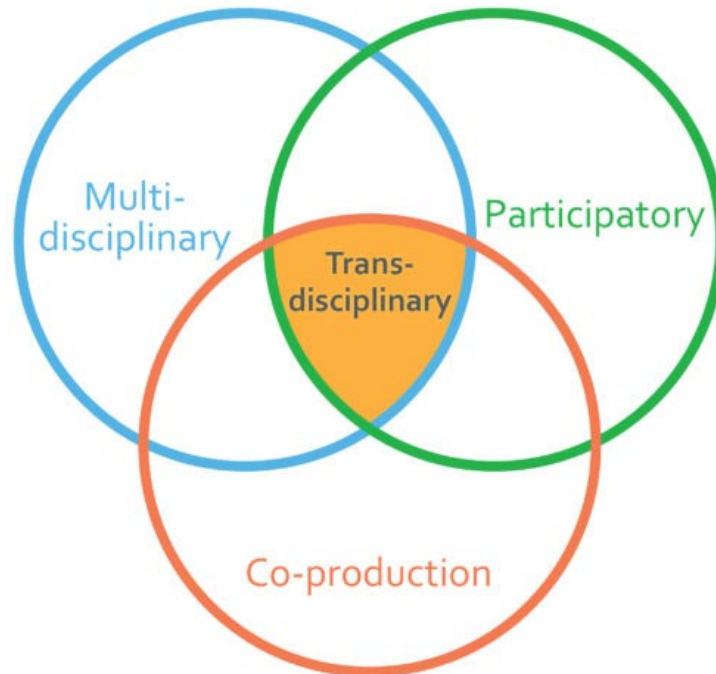


Image: Bill Dennison

Intersectionality & Allyship



Image: CultureAlly



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