

Supplementary Material

1 Supplementary Tables

Supplementary Table 1. Associations between selected mental health-related statements and veterinarians' country of origin (n=611).

Statements (n=31)	Pearson's chi-square (χ^2) test			Cramer's V value	ANOVA					Cronbach's α
	X-squared	df	p value		F	df_between, df_within groups	p value	Tukey HSD	95% CI	
Have you been diagnosed with a mental illness?	54.940	2	$p<0.0001^*$	0.300						
Have you used/are taking medicine for your mental health?	27.701	2	$p<0.0001^*$	0.213						
Is anyone in your family diagnosed with a mental illness?	5.186	2	$p=0.075$	0.092						
I personally know a veterinarian who has committed suicide.	0.514	2	$p=0.774$	0.029						
I have heard of a veterinarian who committed suicide.	9.347	2	$p<0.01^*$	0.124						
The suicide rate is higher among veterinarians than the general population.	25.689	8	$p<0.01^*$	0.145	10.715	2, 608	$p<0.0001^*$	HU < FI ($p<0.05^*$), HU < SE ($p<0.0001^*$), FI < SE ($p=0.171$)	(4.31–4.45)	0.746
I have had suicidal thoughts.	4.877	8	$p=0.771$	0.063	1.087	2, 608	$p=0.338$	HU < FI ($p=0.325$), HU < SE ($p=0.947$), FI > SE ($p=0.591$)	(2.18–2.42)	0.739
I have seriously considered or tried to commit suicide because I believe that suicide is the only way out of the problems present in life.	19.006	8	$p<0.05^*$	0.125	2.248	2, 608	$p=0.107$	HU < FI ($p=0.149$), HU < SE ($p=0.198$), FI = SE ($p=1.000$)	(1.46–1.64)	0.745
I feel that having mental health issues makes me unfit to be a veterinary professional.	288.941	8	$p<0.0001^*$	0.486	220.774	2, 608	$p<0.0001^*$	HU < FI ($p<0.0001^*$), HU < SE ($p<0.0001^*$), FI < SE ($p=0.823$)	(2.67–2.89)	0.766
My role at work has a negative impact on my mental health.	23.909	8	$p<0.01^*$	0.140	8.138	2, 608	$p<0.0001^*$	HU < FI ($p=0.946$), HU < SE ($p<0.01^*$), FI < SE ($p<0.01^*$)	(2.94–3.14)	0.726

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I feel that performing euthanasia affects me personally.	30.060	8	$p<0.0001^*$	0.157	9.332	2, 608	$p<0.0001^*$	HU > FI ($p<0.0001^*$), HU > SE ($p=0.098$), FI < SE ($p=0.156$)	(2.47–2.67)	0.750
In my work, I always strive for conscientiousness, accuracy, but I feel that in some cases I am not good enough, so sometimes I get anxious.	27.230	8	$p<0.01^*$	0.149	5.031	2, 608	$p<0.01^*$	HU < FI ($p=0.263$), HU > SE ($p=0.171$), FI > SE ($p<0.01^*$)	(2.71–2.87)	0.760
I often go to my workplace anxiously about what to do on a given day (unexpected cases, time-consuming administrative tasks, interventions that take longer than expected).	25.471	8	$p<0.01^*$	0.144	1.436	2, 608	$p=0.239$	HU > FI ($p=0.480$), HU < SE ($p=0.238$), FI > SE ($p=0.843$)	(3.83–4.01)	0.733
I often go to my workplace anxiously because of the manager / co-workers (humiliation, competition, too many people working in one place, disagreements, conflicts, tension).	9.849	8	$p=0.276$	0.090	0.258	2, 608	$p=0.773$	HU > FI ($p=0.760$), HU > SE ($p=0.980$), FI < SE ($p=0.896$)	(3.32–3.53)	0.726
My work has caused me to develop unhealthy habits and tendencies in my personal life.	11.032	8	$p=0.200$	0.095	2.572	2, 608	$p=0.077$	HU < FI ($p=0.213$), HU < SE ($p=0.090$), FI < SE ($p=0.840$)	(3.17–3.38)	0.730
I feel that I can separate my work and private life.	157.952	8	$p<0.0001^*$	0.360	79.702	2, 608	$p<0.0001^*$	HU < FI ($p<0.0001^*$), HU < SE ($p<0.0001^*$), FI < SE ($p=0.482$)	(2.10–2.30)	0.747
I often feel I have to go to work even when I am sick or have family emergencies because of the nature of my work.	36.979	8	$p<0.0001^*$	0.246	15.599	2, 608	$p<0.0001^*$	HU < FI ($p<0.0001^*$), HU < SE ($p<0.0001^*$), FI > SE ($p=0.849$)	(3.23–3.44)	0.741
I often feel isolated from society due to long working hours; I feel like I don't have enough free time and because of this I have to face the consequences (for example not having family responsibilities, not enough time for sports and hobbies).	26.521	8	$p<0.01^*$	0.147	3.706	2, 608	$p<0.05^*$	HU > FI ($p=0.712$), HU > SE ($p<0.05^*$), FI > SE ($p=0.129$)	(1.78–1.96)	0.739
If I run into an obstacle while working, I'm afraid to ask for help due to what others might think.	18.817	8	$p<0.05^*$	0.124	2.543	2, 608	$p=0.079$	HU > FI ($p=0.426$), HU > SE ($p=0.066$), FI > SE ($p=0.527$)	(2.18–2.40)	0.732
I often feel like I don't get enough professional support in the workplace.	13.850	8	$p=0.086$	0.106	3.978	2, 608	$p<0.05^*$	HU > FI ($p<0.05^*$), HU > SE ($p=0.584$), FI < SE ($p=0.270$)	(3.28–3.51)	0.735
Establishing and maintaining (customer) relationships is very important, but I often encounter barriers to communication.	25.846	8	$p<0.01^*$	0.145	1.869	2, 608	$p=0.155$	HU < FI ($p=0.479$), HU < SE ($p=0.140$), FI < SE ($p=0.270$)	(2.63–2.84)	0.736

Animal owners often expect an immediate diagnosis to be made.	32.195	8	$p<0.0001^*$	0.163	8.827	2, 608	$p<0.0001^*$	HU > FI ($p<0.0001^*$), HU < SE ($p<0.01^*$), FI < SE ($p=0.972$)	(3.70–3.88)	0.742
Animal owners often expect a veterinarian to treat animals free of charge just for the sake of animal love and do not allow certain interventions that would benefit the animal.	37.945	8	$p<0.0001^*$	0.176	16.132	2, 608	$p<0.0001^*$	HU < FI ($p<0.0001^*$), HU < SE ($p<0.0001^*$), FI < SE ($p=0.454$)	(3.41–3.59)	0.739
I feel I picked the right profession when I became a veterinarian.	26.719	8	$p<0.01^*$	0.148	10.426	2, 608	$p<0.0001^*$	HU < FI ($p=0.841$), HU > SE ($p<0.0001^*$), FI > SE ($p<0.0001^*$)	(3.79–3.96)	0.779
I often think about whether or not to leave my veterinary career.	11.913	8	$p=0.155$	0.099	4.735	2, 608	$p<0.01^*$	HU > FI ($p=0.858$), HU > SE ($p<0.05^*$), FI < SE ($p<0.05^*$)	(2.58–2.80)	0.735
Veterinarians have been under increased stress for the past 10 years.	44.568	8	$p<0.0001^*$	0.191	17.124	2, 608	$p<0.0001^*$	HU < FI ($p=0.684$), HU < SE ($p<0.0001^*$), FI < SE ($p<0.0001^*$)	(3.78–3.96)	0.744
The income level and status of the veterinary professions has declined in recent years, and this worries me greatly.	29.727	8	$p<0.0001^*$	0.156	0.287	2, 608	$p=0.750$	HU > FI ($p=0.935$), HU > SE ($p=0.729$), FI > SE ($p=0.903$)	(3.65–3.83)	0.745
It's important to keep up with technological and professional developments and practical changes within a particular veterinary field, but I feel it's hard to keep up.	13.898	8	$p=0.084$	0.107	2.437	2, 608	$p=0.088$	HU < FI ($p=0.973$), HU < SE ($p=0.097$), FI < SE ($p=0.158$)	(2.56–2.74)	0.736
I would need professional counseling due to stress at work / I use professional counseling due to stress at work.	30.756	8	$p<0.0001^*$	0.159	10.257	2, 608	$p<0.0001^*$	HU < FI ($p<0.0001^*$), HU < SE ($p=0.376$), FI < SE ($p<0.05^*$)	(3.07–3.30)	0.725
My government/country has accessible mental health services I could use in case I needed it.	9.700	8	$p=0.287$	0.089	1.751	2, 608	$p=0.174$	HU > FI ($p=0.153$), HU > SE ($p=0.823$), FI < SE ($p=0.526$)	(2.87–3.07)	0.775
I know how to perform self-care and know how to destress myself if life gets overwhelming.	32.177	8	$p<0.0001^*$	0.162	14.933	2, 608	$p<0.0001^*$	HU > FI ($p<0.01^*$), HU > SE ($p<0.0001^*$), FI > SE ($p=0.146$)	(2.85–3.05)	0.767

An asterisk (*) denotes a statistically significant association ($p \leq 0.05$). Items 1–5 were dichotomous (yes/no) questions; therefore, ANOVA and Cronbach's alpha were not applicable and have been omitted. Country abbreviations used in Tukey HSD post hoc results: HU = Hungary, FI = Finland, SE = Sweden.

Supplementary Table 2. Country-level comparison of veterinarians' opinions on selected mental health-related statements (mean values \pm SD; n=724).

Statements (n=26)	Total sample (n=724)	Hungary (n=236)	Finland (n=218)	Sweden (n=157)	Germany (n=77)	Northern-European countries (n=36)
The suicide rate is higher among veterinarians than the general population.	4.43 \pm 0.84	4.19 \pm 1.05	4.43 \pm 0.77	4.59 \pm 0.63	4.75 \pm 0.52	4.64 \pm 0.59
I have had suicidal thoughts.	2.27 \pm 1.50	2.21 \pm 1.52	2.42 \pm 1.56	2.26 \pm 1.49	1.87 \pm 1.34	2.58 \pm 1.25
I have seriously considered or attempted suicide because I believe that suicide is the only way out of the problems present in my life.	1.52 \pm 1.08	1.43 \pm 1.05	1.63 \pm 1.17	1.63 \pm 1.15	1.27 \pm 0.82	1.39 \pm 0.77
I feel that having mental health issues would make me unfit to be a veterinary professional.	2.37 \pm 1.31	1.47 \pm 0.86	2.60 \pm 1.27	2.73 \pm 1.26	3.34 \pm 1.13	3.14 \pm 1.22
My role at work has a negative impact on my mental health.	3.08 \pm 1.26	2.90 \pm 1.28	2.94 \pm 1.20	3.38 \pm 1.28	3.22 \pm 1.24	3.56 \pm 1.08
I feel that performing euthanasia affects me personally.	2.65 \pm 1.28	2.82 \pm 1.24	2.31 \pm 1.26	2.55 \pm 1.28	3.05 \pm 1.20	3.17 \pm 1.25
In my work, I always strive for conscientiousness, accuracy, but I feel that in some cases I am not performing well enough, so I get anxious.	3.91 \pm 1.16	4.02 \pm 1.25	3.89 \pm 1.07	3.82 \pm 1.18	3.70 \pm 1.11	4.19 \pm 1.01
I often go to my workplace anxious about daily tasks (unexpected cases, time-consuming administrative tasks, interventions that take longer than expected).	3.43 \pm 1.35	3.47 \pm 1.36	3.38 \pm 1.34	3.44 \pm 1.37	3.29 \pm 1.41	3.86 \pm 1.07
I often go to my workplace anxiously because of the manager / co-workers (humiliation, competition, too many people working in one place, disagreements, conflicts, tension).	2.30 \pm 1.37	2.43 \pm 1.50	2.27 \pm 1.28	2.11 \pm 1.32	2.18 \pm 1.28	2.72 \pm 1.30
My work has caused me to develop unhealthy habits and tendencies in my personal life.	3.34 \pm 1.34	3.12 \pm 1.39	3.33 \pm 1.29	3.41 \pm 1.34	3.73 \pm 1.15	3.67 \pm 1.41
I feel that I can separate my work and private life.	2.74 \pm 1.19	2.99 \pm 1.14	2.72 \pm 1.26	2.56 \pm 1.15	2.49 \pm 1.17	2.50 \pm 1.11
I often feel I must go to work even when I am sick or have family emergencies because of the nature of my work.	3.42 \pm 1.33	2.97 \pm 1.36	3.60 \pm 1.26	3.52 \pm 1.25	2.82 \pm 1.25	4.03 \pm 1.21
I often feel isolated from society due to long work hours; I feel I do not have enough free time and because of this I have to face the consequences (for example not having family time, not enough time for sports and hobbies).	3.45 \pm 1.40	3.56 \pm 1.39	3.19 \pm 1.40	3.42 \pm 1.43	3.75 \pm 1.33	3.72 \pm 1.23
If I run into an obstacle while working, I am afraid to ask for help due to what others might think.	1.92 \pm 1.16	1.98 \pm 1.28	1.89 \pm 1.16	1.66 \pm 0.87	2.17 \pm 1.19	2.22 \pm 1.15
I often feel like I do not get enough professional support in the workplace.	2.80 \pm 1.35	2.61 \pm 1.44	2.76 \pm 1.32	2.88 \pm 1.27	3.14 \pm 1.25	3.17 \pm 1.25
Establishing and maintaining (customer) relationships is very important, but I often encounter barriers in communication.	2.71 \pm 1.18	2.58 \pm 1.20	2.60 \pm 1.13	2.83 \pm 1.22	3.08 \pm 1.17	3.03 \pm 1.08
Animal owners often expect an immediate diagnosis to be made.	4.34 \pm 0.84	4.40 \pm 0.83	4.23 \pm 0.85	4.17 \pm 0.90	4.74 \pm 0.50	4.36 \pm 0.87
Animal owners often expect a veterinarian to treat animals free of charge just for the sake of animal love and do not allow certain interventions that would benefit the animal.	3.87 \pm 1.15	4.04 \pm 1.13	3.62 \pm 1.16	3.65 \pm 1.20	4.36 \pm 0.87	4.14 \pm 1.02
I feel I picked the right profession when I became a veterinarian.	3.89 \pm 1.09	3.97 \pm 1.08	4.02 \pm 1.00	3.54 \pm 1.18	3.97 \pm 1.12	3.94 \pm 0.89
I often consider if I should leave my veterinary career.	2.72 \pm 1.37	2.62 \pm 1.40	2.56 \pm 1.33	2.97 \pm 1.39	2.75 \pm 1.39	3.22 \pm 1.20
Veterinarians have been under increased stress for the past 10 years.	4.40 \pm 0.86	4.25 \pm 1.01	4.41 \pm 0.80	4.64 \pm 0.65	4.39 \pm 0.80	4.42 \pm 0.91

The income level and status of the veterinary professions has declined in recent years, and this worries me greatly.	3.89±1.13	3.67±1.27	3.76±1.09	4.32±0.93	3.88±1.08	4.25±0.87
It's important to keep up with technological and professional developments and practical changes within a particular veterinary field, but I feel it is hard to keep up.	3.50±1.16	3.18±1.24	3.64±1.08	3.78±1.00	3.48±1.19	3.58±1.27
I would need professional counselling due to stress at work/I use professional counselling due to stress at work.	3.15±1.42	2.93±1.46	3.52±1.31	3.12±1.46	2.74±1.27	3.36±1.46
My government/country has accessible mental health services I could use in case I needed it.	2.79±1.36	1.66±0.98	3.46±1.06	3.53±1.14	2.75±1.22	3.06±1.35
I know how to perform self-care and know how to destress myself if life gets overwhelming.	3.12±1.18	3.11±1.23	3.29±1.11	2.88±1.21	3.13±1.09	3.14±1.20

Note: Responses were given on a 5-point Likert scale, where 1 = strongly disagree and 5 = strongly agree.

Northern-European countries include responses from veterinarians in Estonia, Denmark and Norway.

Supplementary Table 3. Veterinarians' opinions on selected mental health-related statements by age and gender (mean values \pm SD).

Statements (n=26)	Age group			Gender	
	23-34 years (n=307)	35-54 years (n=322)	Over 54 years (n=59)	Male (n=77)	Female (n=606)
The suicide rate is higher among veterinarians than the general population.	4.54 \pm 0.72	4.42 \pm 0.84	3.80 \pm 1.17	3.84 \pm 1.25	4.49 \pm 0.75
I have had suicidal thoughts.	2.55 \pm 1.62	2.07 \pm 1.40	1.66 \pm 1.15	1.92 \pm 1.29	2.29 \pm 1.54
I have seriously considered or attempted suicide because I believe that suicide is the only way out of the problems present in my life.	1.65 \pm 1.20	1.44 \pm 1.02	1.27 \pm 0.76	1.35 \pm 0.85	1.54 \pm 1.12
I feel that having mental health issues would make me unfit to be a veterinary professional.	2.39 \pm 1.31	2.31 \pm 1.30	2.08 \pm 1.22	1.79 \pm 1.22	2.40 \pm 1.30
My role at work has a negative impact on my mental health.	3.25 \pm 1.17	3.00 \pm 1.30	2.36 \pm 1.30	2.69 \pm 1.27	3.11 \pm 1.26
I feel that performing euthanasia affects me personally.	2.64 \pm 1.25	2.63 \pm 1.28	2.51 \pm 1.36	2.38 \pm 1.21	2.65 \pm 1.28
In my work, I always strive for conscientiousness, accuracy, but I feel that in some cases I am not performing well enough, so I get anxious.	4.17 \pm 1.05	3.76 \pm 1.18	3.24 \pm 1.32	3.14 \pm 1.36	3.99 \pm 1.11
I often go to my workplace anxious about daily tasks (unexpected cases, time-consuming administrative tasks, interventions that take longer than expected).	3.64 \pm 1.33	3.31 \pm 1.33	2.76 \pm 1.41	2.87 \pm 1.39	3.47 \pm 1.34
I often go to my workplace anxiously because of the manager / co-workers (humiliation, competition, too many people working in one place, disagreements, conflicts, tension).	2.36 \pm 1.40	2.25 \pm 1.33	2.05 \pm 1.44	2.08 \pm 1.31	2.31 \pm 1.38
My work has caused me to develop unhealthy habits and tendencies in my personal life.	3.46 \pm 1.27	3.35 \pm 1.30	2.46 \pm 1.52	3.05 \pm 1.38	3.35 \pm 1.33
I feel that I can separate my work and private life.	2.69 \pm 1.17	2.76 \pm 1.19	2.98 \pm 1.37	2.97 \pm 1.20	2.73 \pm 1.20
I often feel I must go to work even when I am sick or have family emergencies because of the nature of my work.	3.35 \pm 1.34	3.47 \pm 1.30	3.17 \pm 1.42	3.12 \pm 1.24	3.42 \pm 1.34
I often feel isolated from society due to long work hours; I feel I do not have enough free time and because of this I have to face the consequences (for example not having family time, not enough time for sports and hobbies).	3.67 \pm 1.32	3.35 \pm 1.41	2.64 \pm 1.55	2.97 \pm 1.50	3.49 \pm 1.39
If I run into an obstacle while working, I am afraid to ask for help due to what others might think.	2.05 \pm 1.23	1.78 \pm 1.08	1.78 \pm 1.10	1.66 \pm 1.02	1.93 \pm 1.16
I often feel like I do not get enough professional support in the workplace.	2.88 \pm 1.32	2.75 \pm 1.36	2.44 \pm 1.39	2.56 \pm 1.30	2.81 \pm 1.35
Establishing and maintaining (customer) relationships is very important, but I often encounter barriers in communication.	2.81 \pm 1.20	2.69 \pm 1.16	2.17 \pm 1.16	2.38 \pm 1.17	2.73 \pm 1.18
Animal owners often expect an immediate diagnosis to be made.	4.47 \pm 0.74	4.31 \pm 0.82	3.74 \pm 1.10	4.06 \pm 1.00	4.36 \pm 0.81
Animal owners often expect a veterinarian to treat animals free of charge just for the sake of animal love and do not allow certain interventions that would benefit the animal.	4.05 \pm 1.09	3.74 \pm 1.18	3.45 \pm 1.20	3.52 \pm 1.34	3.90 \pm 1.12
I feel I picked the right profession when I became a veterinarian.	3.72 \pm 1.13	3.94 \pm 1.08	4.47 \pm 0.75	4.21 \pm 0.96	3.85 \pm 1.10
I often consider if I should leave my veterinary career.	2.91 \pm 1.39	2.64 \pm 1.33	1.92 \pm 1.26	2.19 \pm 1.30	2.75 \pm 1.37

Veterinarians have been under increased stress for the past 10 years.	4.49±0.73	4.41±0.89	3.92±1.16	3.84±1.17	4.47±0.79
The income level and status of the veterinary professions has declined in recent years, and this worries me greatly.	3.94±1.12	3.87±1.14	3.51±1.21	3.40±1.38	3.93±1.10
It's important to keep up with technological and professional developments and practical changes within a particular veterinary field, but I feel it is hard to keep up.	3.42±1.22	3.59±1.06	3.41±1.25	2.99±1.16	3.56±1.14
I would need professional counselling due to stress at work/I use professional counselling due to stress at work.	3.36±1.35	3.06±1.40	2.46±1.59	2.26±1.33	3.24±1.38
My government/country has accessible mental health services I could use in case I needed it.	2.62±1.30	2.87±1.38	3.14±1.43	2.44±1.39	2.83±1.35
I know how to perform self-care and know how to destress myself if life gets overwhelming.	2.91±1.13	3.18±1.18	3.83±1.16	3.27±1.26	3.09±1.17

Note: Responses were given on a 5-point Likert scale, where 1 = strongly disagree and 5 = strongly agree.

Supplementary Table 4. Veterinarians' opinions on selected mental health-related statements by working hours, position and holidays (mean values \pm SD).

Statements (n=26)	Working hours		Position		Holidays		
	Weekly <40 hours (n=345)	Weekly >40 hours (n=335)	Owner/manager position (n=194)	Employee/non-managerial position (n=458)	<14 days per year (n=69)	14-28 days per years (n=315)	>28 days per year (n=304)
The suicide rate is higher among veterinarians than the general population.	4.39 \pm 0.87	4.46 \pm 0.82	4.28 \pm 0.98	4.50 \pm 0.76	4.45 \pm 0.90	4.42 \pm 0.84	4.42 \pm 0.84
I have had suicidal thoughts.	2.23 \pm 1.52	2.26 \pm 1.50	1.84 \pm 1.31	2.41 \pm 1.55	2.45 \pm 1.60	2.31 \pm 1.53	2.14 \pm 1.47
I have seriously considered or attempted suicide because I believe that suicide is the only way out of the problems present in my life.	1.52 \pm 1.15	1.51 \pm 1.02	1.30 \pm 0.84	1.57 \pm 1.13	1.71 \pm 1.23	1.53 \pm 1.11	1.47 \pm 1.05
I feel that having mental health issues would make me unfit to be a veterinary professional.	2.23 \pm 1.28	2.43 \pm 1.32	2.06 \pm 1.29	2.48 \pm 1.28	1.90 \pm 1.20	2.35 \pm 1.33	2.39 \pm 1.28
My role at work has a negative impact on my mental health.	2.92 \pm 1.25	3.19 \pm 1.26	2.71 \pm 1.26	3.21 \pm 1.24	3.38 \pm 1.27	3.12 \pm 1.24	2.92 \pm 1.27
I feel that performing euthanasia affects me personally.	2.57 \pm 1.29	2.68 \pm 1.26	2.46 \pm 1.22	2.70 \pm 1.27	2.94 \pm 1.22	2.68 \pm 1.25	2.49 \pm 1.29
In my work, I always strive for conscientiousness, accuracy, but I feel that in some cases I am not performing well enough, so I get anxious.	3.99 \pm 1.13	3.78 \pm 1.20	3.37 \pm 1.29	4.13 \pm 1.01	4.12 \pm 1.17	4.05 \pm 1.08	3.68 \pm 1.22
I often go to my workplace anxious about daily tasks (unexpected cases, time-consuming administrative tasks, interventions that take longer than expected).	3.36 \pm 1.38	3.46 \pm 1.35	2.94 \pm 1.38	3.65 \pm 1.28	3.83 \pm 1.29	3.55 \pm 1.29	3.17 \pm 1.40
I often go to my workplace anxiously because of the manager / co-workers (humiliation, competition, too many people working in one place, disagreements, conflicts, tension).	2.20 \pm 1.36	2.36 \pm 1.37	1.83 \pm 1.15	2.50 \pm 1.42	2.45 \pm 1.49	2.38 \pm 1.39	2.14 \pm 1.32
My work has caused me to develop unhealthy habits and tendencies in my personal life.	3.05 \pm 1.35	3.61 \pm 1.25	3.02 \pm 1.36	3.47 \pm 1.29	3.65 \pm 1.34	3.40 \pm 1.30	3.17 \pm 1.35
I feel that I can separate my work and private life.	3.00 \pm 1.16	2.50 \pm 1.18	2.90 \pm 1.22	2.69 \pm 1.18	2.57 \pm 1.18	2.71 \pm 1.14	2.83 \pm 1.25
I often feel I must go to work even when I am sick or have family emergencies because of the nature of my work.	3.16 \pm 1.35	3.62 \pm 1.26	3.38 \pm 1.35	3.41 \pm 1.32	3.67 \pm 1.32	3.41 \pm 1.30	3.30 \pm 1.35
I often feel isolated from society due to long work hours; I feel I do not have enough free time and because of this I have to face the consequences (for example not having family time, not enough time for sports and hobbies).	2.93 \pm 1.39	3.96 \pm 1.23	3.11 \pm 1.51	3.59 \pm 1.33	3.94 \pm 1.29	3.63 \pm 1.36	3.11 \pm 1.41
If I run into an obstacle while working, I am afraid to ask for help due to what others might think.	1.87 \pm 1.19	1.91 \pm 1.11	1.63 \pm 1.03	2.03 \pm 1.19	2.17 \pm 1.29	2.01 \pm 1.21	1.73 \pm 1.04

I often feel like I do not get enough professional support in the workplace.	2.56±1.35	2.97±1.30	2.36±1.30	2.95±1.33	2.99±1.50	2.80±1.36	2.71±1.30
Establishing and maintaining (customer) relationships is very important, but I often encounter barriers in communication.	2.70±1.20	2.69±1.17	2.36±1.14	2.86±1.19	2.86±1.09	2.86±1.22	2.49±1.15
Animal owners often expect an immediate diagnosis to be made.	4.33±0.82	4.34±0.86	4.13±1.00	4.42±0.74	4.39±0.79	4.44±0.80	4.21±0.87
Animal owners often expect a veterinarian to treat animals free of charge just for the sake of animal love and do not allow certain interventions that would benefit the animal.	3.83±1.14	3.87±1.18	3.61±1.25	3.96±1.09	4.04±1.17	4.02±1.06	3.64±1.21
I feel I picked the right profession when I became a veterinarian.	3.90±1.09	3.88±1.11	4.24±0.92	3.71±1.14	3.74±1.20	3.79±1.12	4.03±1.03
I often consider if I should leave my veterinary career.	2.66±1.36	2.73±1.39	2.33±1.31	2.89±1.37	2.80±1.45	2.81±1.37	2.55±1.36
Veterinarians have been under increased stress for the past 10 years.	4.41±0.86	4.41±0.87	4.24±1.02	4.49±0.75	4.41±0.79	4.43±0.86	4.38±0.88
The income level and status of the veterinary professions has declined in recent years, and this worries me greatly.	3.89±1.11	3.85±1.18	3.61±1.26	3.99±1.07	3.67±1.22	4.01±1.11	3.78±1.15
It's important to keep up with technological and professional developments and practical changes within a particular veterinary field, but I feel it is hard to keep up.	3.46±1.18	3.55±1.12	3.36±1.12	3.55±1.16	3.59±1.28	3.47±1.17	3.50±1.12
I would need professional counselling due to stress at work/I use professional counselling due to stress at work.	3.09±1.44	3.18±1.39	2.72±1.46	3.33±1.34	3.43±1.32	3.20±1.40	3.01±1.44
My government/country has accessible mental health services I could use in case I needed it.	2.75±1.39	2.84±1.32	2.71±1.42	2.81±1.34	1.77±0.96	2.50±1.32	3.30±1.26
I know how to perform self-care and know how to destress myself if life gets overwhelming.	3.21±1.18	3.02±1.17	3.49±1.13	2.96±1.16	2.75±1.22	3.02±1.15	3.30±1.18

Note: Responses were given on a 5-point Likert scale, where 1 = strongly disagree and 5 = strongly agree.