

CENTRE FOR MENTAL HEALTH

PHD Confirmation Seminar

The University of Melbourne



MELBOURNE SCHOOL OF
POPULATION
& GLOBAL
HEALTH

Working conditions and common mental health disorders in hospitality workers

Presenter: Tessa Grimmond

Supervisors: Prof Nicola Reavley, A/Prof Tania King and Prof Tony LaMontagne

Advisory Committee Chair: Prof Cathy Vaughan



Wednesday 14 December 2022

3.00pm—4.00pm

Via Zoom

<https://unimelb.zoom.us/j/87396496123?pwd=dzg5LzIMQzBaZ3NSMU5KWDVsUEhmQT09>

Password: 224806

Tessa holds a Bachelor of Arts and Bachelor of Science, with Honours in Population Health from the Australian National University.

Her research areas of interest include working conditions, work-life conflict, personal social capital, psychosocial workplace safety, unwanted sexual advances and common mental disorders.

Tessa has long-term experience in the hospitality industry, working for bars, restaurants, events, distilleries and wineries in Canberra and Melbourne.

Hospitality is amongst the largest industrial sectors worldwide. The working conditions that typify hospitality work such as long and anti-social hours, shift work, insecure work, job strain, precarious work and casualisation are known determinants of poor mental health. There is emerging evidence that Covid-19 pandemic may have exacerbated existing stressors in the industry, so examinations of the relationship between working conditions and mental health in hospitality workers should now be revisited with new urgency.

This PhD project aims to explore the relationship between working conditions, industry culture and mental health for Melbourne hospitality workers through three projects. Firstly, through a systematic review of the evidence on working conditions as determinants of mental health in hospitality workers in high-income, Western countries, including any interventions that have been trialled. Secondly, through qualitative interviews to gather workers' lived experiences of the industry, gaining an understanding of areas of concern and suggested improvements. Lastly, through development and trial of an intervention tailored to the industry informed by the evidence, experiences and suggestions gathered from the prior two projects.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908