

# Sonography Canada Mental Health Survey Results

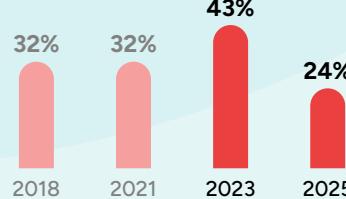
This study was conducted in collaboration with the Canadian Society for Medical Laboratory Science (CSMLS) and the Canadian Association of Medical Radiation Technologists (CAMRT). The results reflect the mental health status of Sonography Canada members and the quality of their work life.



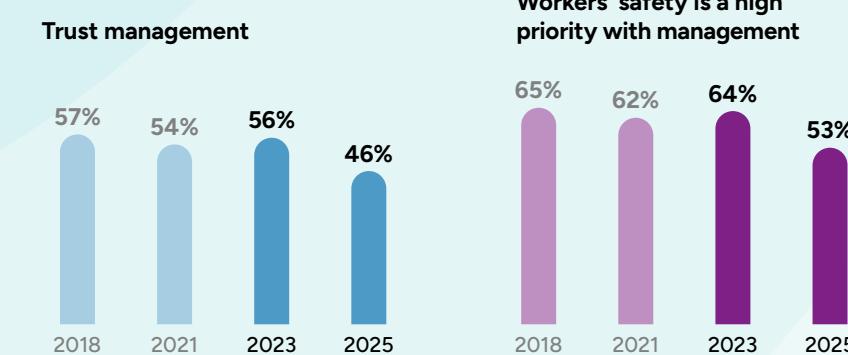
**Total number of respondents: 477**

## Work Life

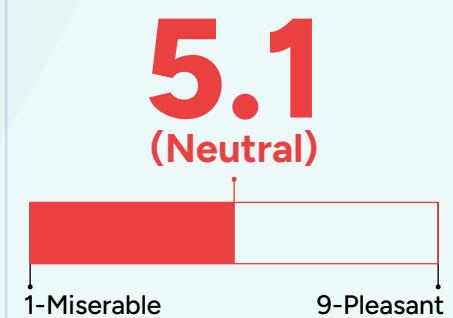
There was a drastic change in the number of sonographers who will look for a new employer in the next year, dropping 19% from 2023 to 2025.



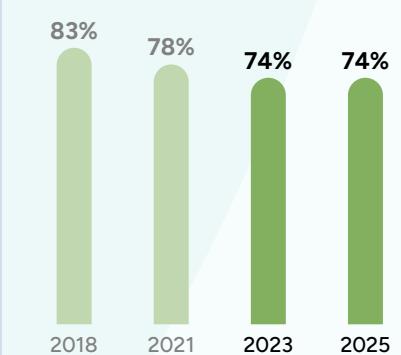
In 2025, the trust of management and in prioritizing the safety of workers with management both dropped ~10%.



### Average workplace-morale



Overall job satisfaction remained steady in 2025.



## General

22%

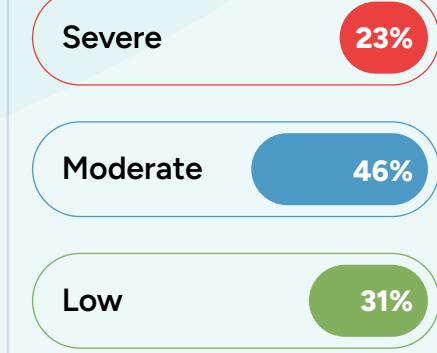
of the small number of unemployed respondents said mental health issues contributed to their current unemployment.

## Mental Health Status

The 2025 values of the Mental Health Inventory remain relatively consistent with those obtained in 2023 for anxiety, behaviour control, and depression. The only notable finding was a 13% positive shift in positive affect.



Percentage of respondents experiencing incidences of mental health challenges.



Although the incidence of nonspecific serious psychological distress has increased since 2018, there was only a minimal change observed between 2023 and 2025.



**68%**

of respondents don't have access to, or are unsure if they have access to, stress management or stress reduction programs at their workplace. There has been minimal to no improvement over the years, regardless of awareness efforts.

64%

of respondents do not find their employer's mental health benefits adequate for their needs

**66%**

of respondents stated their physical health problems contributed to their mental health.