

National Teacher Survey – Summary (Preliminary Data)

Date: 16/02/2023

Number of Participants: 4245

Key findings

Workload:

Approximately 70% of the teachers reported having unmanageable workloads.

The majority (85.4%) of teachers reported arriving to school earlier than they were required to.

Teacher Shortage:

The majority of surveyed teachers reported a teacher shortage in their school (76.9%).

One quarter (25%) of surveyed teachers reported teaching classes outside of their area of training regularly.

Intent-to-leave the Profession:

Nearly half the sample (46.8%) said they were considering leaving the profession **in the next 12 months**.

Sick leave:

On average teachers were taking 2.5 sick days in the last 28 days, of these 1.5 were reported as being due to mental health or emotional problems. In other words, **60%** of teacher absences in the previous month were due to a mental health or emotional problem.

Mental health, stress and burnout

Relative to the general population (Crawford & Henry, 2003), teachers reported elevated levels of stress, anxiety and depression.

Stress – Specifically, the proportion of teachers reporting moderate to severe stress was 59.7% relative to 11.4% in the general population.

Depression – 52% of teachers reported moderate to extremely severe depression compared to 12.1% in the general population.

Anxiety – 46.2% of teachers reported moderate to extremely severe anxiety compared to 9% in the general population.

More than three quarters of surveyed teachers (75.6%) indicated that they felt 'burned out from my work' either 'often' or 'all the time'.

Concerningly, 41.9% of teachers reporting feeling 'like I'm at the end of my rope' 41.9% either 'often' or 'all the time'.

Wellbeing – Fewer than 20% of teachers reported feeling optimistic about the future. When asked if teachers were feeling relaxed over half responded 'rarely' (51%) or 'none of the time' (14.5%).

Survey sample

Demographics Summary:

Gender (female)	87.9%
Born in Australia	89.1%
Identify as Aboriginal or Torres Strait Islander	1.9%
Age (mean)	44.9 years
Language spoken at home (English)	99.5%

Teaching:

Years teaching	17 years
Years in current role	12.6 years
Full time teacher	78.6%
Primary School Teacher	42.1%
High School Teacher	37.4%

School:

School Type	Government/Selective	70.9%
	Independent	12.2%
	Catholic	14%
	Special Education	2%
Gender	Co-educational	92.4%
	Single sex	5.7%
	Both (at different age groups)	1.9%
School type	Primary	40.2%
	Secondary	38%
	K-12	17.3%
	Other	4.4%

Geographical Region	Inner metropolitan	20.7%
	Outer metropolitan	32.9%
	Large regional town/city	23.9%
	Small regional town/city	15.5%
	Rural/remote	6.2%
State	NSW	42.1%
	VIC	16.6%
	QLD	20.7%
	SA	5%
	TAS	2.7%
	ACT	3.1%
	NT	.9%

References:

Crawford, J. R., & Henry, J. D. (2003). The Depression Anxiety Stress Scales (DASS): Normative data and latent structure in a large non-clinical sample. *British journal of clinical psychology*, *42*(2), 111-131.