

Australian Screen Directors Work / Life Balance Survey

Conducted by:



**Screen
Well**

in association with:



Australian
Directors' Guild

Survey Report October 2022

Content warning:

Some content contained in this report may cause distress. Please reach out for support if you need help.

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What is this survey about and why is it being done?

The aims of this survey and subsequent report are to provide a snapshot of the mental health and wellbeing of Screen Directors working in the Australian screen sector, explore the factors that are currently impacting people's work and lives, so that the industry as a whole can better understand the challenges and better understand the kinds of supports, services, or interventions that may be needed to improve wellbeing outcomes.

Who funded and conducted this survey and authored this report?

This survey was conducted and authored by social enterprise Screen Well - who deliver a range of best practice industry specific resources, initiatives, and workshops that are designed to help improve mental health outcomes for the Australian screen industry (www.screenwell.com.au). Screen Well has received no external funding for this project.

We would like to thank Emeritus Professor Adrian Fisher and Dr Michaela Pascoe for providing pro bono research consultancy on this project.

Who do I contact for more information about this survey and report?

If you would like further information about the survey and report, please do not hesitate to contact Ben Steel from Screen Well at info@screenwell.com.au



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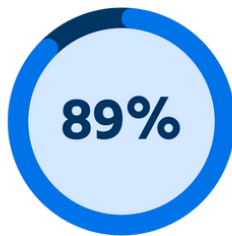
Australian
Directors' Guild

68 people who work as directors in the Australian screen industry took part in this survey in August and September 2022. We received a total of 94 respondents to the survey, data cleaning removed 26 respondents who did not identify screen directing as a primary role in the industry. Leaving a total of 68 respondents to the survey.

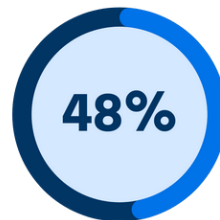
The key findings are:

Key finding #1

Screen Directors often work long hours, during evenings, nights, or weekends, in an unpredictable contract or freelance manner that leaves them feeling burnt out or fatigued from their work.



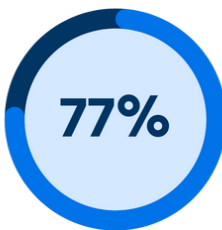
89% of Screen Directors define their work as unpredictable contract or freelance



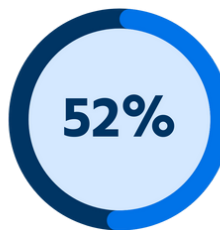
48% of Screen Directors often feel burnt out or fatigued from their work

Key finding #2

Screen Directors are dissatisfied with the amount of time and energy they have outside of work to pursue leisure activities or hobbies, doing things they enjoy, maintaining fitness or sports activities, and getting a good nights sleep.

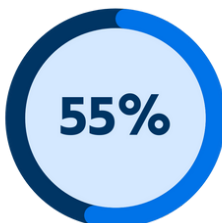


77% of Screen Directors have difficulties maintaining fitness or sports activities

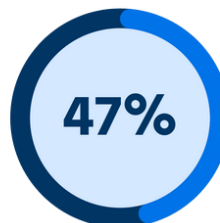


52% of Screen Directors are dissatisfied with the amount of sleep they are getting

NB: 46% of camera department workers report that their work schedule fails to provide them with sufficient opportunities to take care of their physical health, including routine sleep and recreational exercise*



55% of Screen Directors haven't had time to pursue leisure activities or hobbies



47% of Screen Directors are dissatisfied with the amount of time and energy they have outside of work for doing things they enjoy

*A Wider Lens - Australian Cinematographers Society, Deakin Business School Tallinn University 2022



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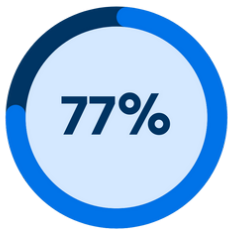
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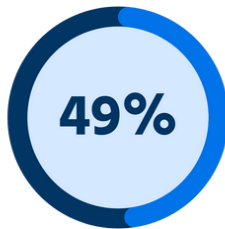


Key finding #3

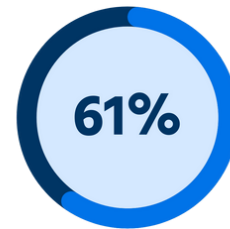
Screen Directors have difficulties maintaining meaningful social connections and relationships with loved ones and friends, which might be contributing to feelings of loneliness and isolation.



77% of Screen Directors have difficulties maintaining a social life



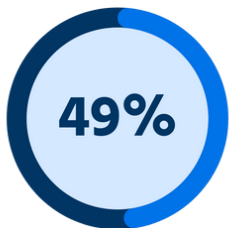
49% of Screen Directors have difficulties fulfilling parental or caring responsibilities



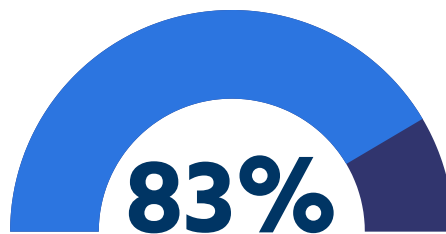
61% of Screen Directors have feelings of loneliness and isolation

Key finding #4

Screen Directors think the overall pressures and stressor of working in the screen industry contribute to poor mental health and wellbeing outcomes for the broader industry and for themselves personally and their colleagues, resulting in many leaving or considering leaving the industry.



49% of Screen Directors have known a colleague who has left the industry because of mental health stressors

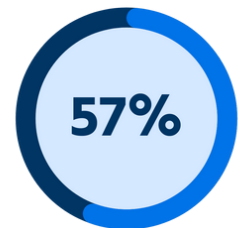


83% of Screen Directors think the overall pressures & stressors of working in the industry contribute to poor mental health & wellbeing outcomes across the whole industry



One in Two Screen Directors

have considered leaving the industry entirely because of personal factors (eg work life balance, feeling disposable/replaceable, lack of career advancement)



57% of Screen Directors have known a colleague who has left the industry because of work/life balance



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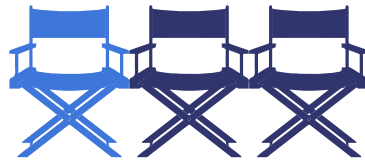
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Key finding #5

Exposure to suicide is prevalent among Screen Directors.



One in Three Screen Directors
know a colleague who has taken
their own life.

This figure is much higher in some cohorts; over 66% for Screen Directors who identify as living with a disability, 60% for Screen Directors over 65 year of age, and 52% for Screen Directors who identify as male.

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