

# Migration of Psychiatric Trainees in the United Kingdom: Results from a Cross-Sectional Study

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## INTRODUCTION

There is a shortage of psychiatrists worldwide. The UK is generally considered to benefit from net immigration of skilled workers. Little is known however about migration of psychiatrists during training.

## METHODS

A cross-sectional survey conducted as part of the EFPT Brain Drain Study. Data were collected from semi-structured self-administered questionnaires, which were sent to all psychiatry trainees in the UK. Data were analysed using SPSS version 24.

## SAMPLE CHARACTERISTICS

166 trainees took part.

37% were born overseas and 37% held a non-UK nationality.

33% had short overseas experience of 3-12 months, and 29% migration experiences over 12 months. The majority found these experiences gave a positive view on migration.

67% were satisfied with their income.

## MIGRATORY INTENTIONS

69% of trainees had ever considered permanently migrating overseas. This was associated with past short overseas experience (OR 4.7,  $p < 0.01$ ).

21% of trainees believed they would leave the UK in the next five years. This was associated with being born overseas (OR 3.59,  $p < 0.01$ ).

Trainees were asked about their biggest pull factor (reason to stay in the UK) and push factor (reason to leave the UK). Responses differed based on country of birth.



Fig 2 Main push and pull factor by country of birth

## DISCUSSION

This study aligns with the view that the UK is a net beneficiary of migration of psychiatrists. Past short mobility experiences and being born overseas were associated with ever considering and intending to leave the UK respectively. Interestingly, finance was neither the biggest push nor pull factor.

The findings are of relevance in addressing the global disparities in healthcare provision, which are exacerbated by brain drain. It would be of merit to investigate further in the post-Brexit era.

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