



Inserm



Promoting farmers' capacity to improve their mental health: The CAGRIMENT project



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Background

- **Farmers** are a population at risk of developing **mental health problems** (*Rudolphi et al. 2024; Bossard et al. 2013; Gregoire. 2002*)
 - Consequence of a **multitude of determinants**
 - E.g., climatic, economic, political, family (*Saju et al. 2024; Odabasi et al. 2021; Daghigh et al. 2019; Fraser et al. 2005*)
 - **Little data** on determinants in the **European context**, particularly in **France** (*Daghigh et al. 2019*)
 - Essential to identify the determinants in the French context
- **Necessary step** in identifying levers **for promoting the mental health of farmers**

Objectives

- To **describe** one-year changes in farmers' mental health
- To **Identify** the levers for action to promote farmers' mental health
- To **co-develop** actions to promote farmers' mental health
 - **Empowering** farmers to improve their mental health

Methods

- **Design of the CAGRIMENT project**

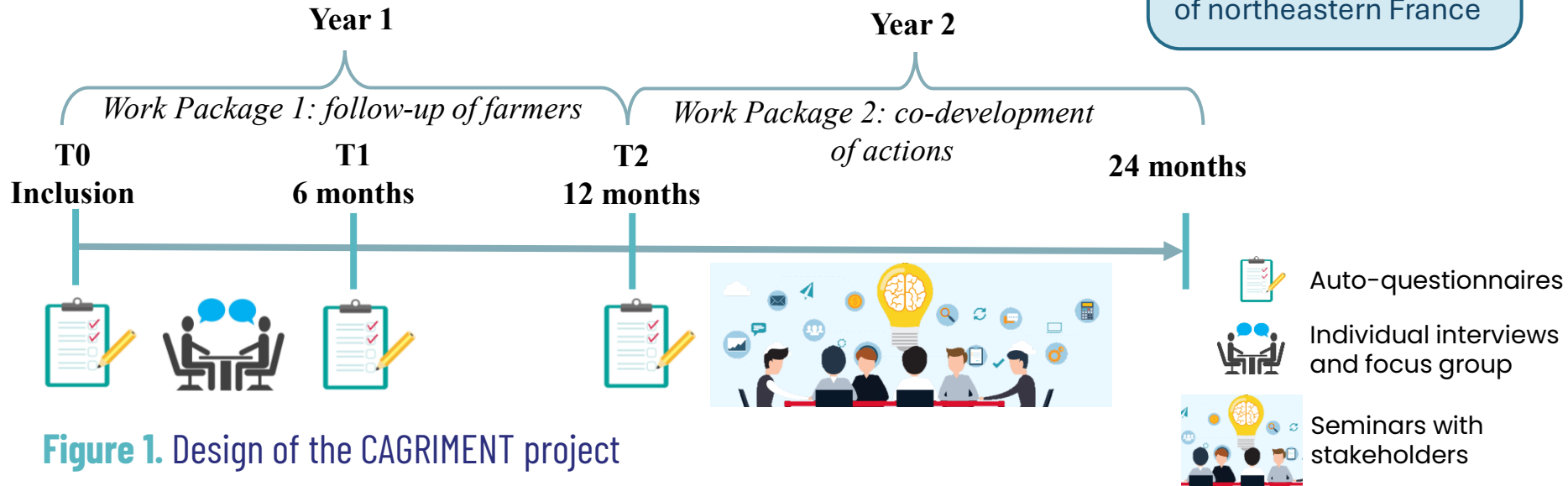


Figure 1. Design of the CAGRIMENT project

Preliminary results

- **Inclusions** : from 09/12/24 to 30/03/2025

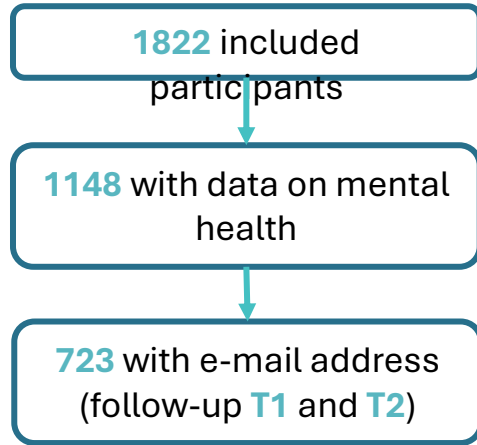


Figure 2. Flow-chart of the project

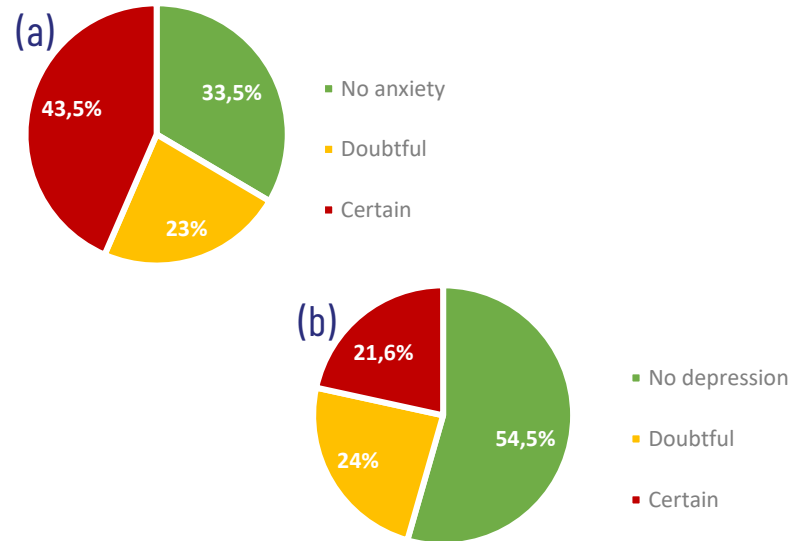


Figure 3. Levels of anxiety (a) and depression (b) among participants

Preliminary results

- **Locus of control: events depend on our own actions (internal locus) or on chance/other people (external locus)**

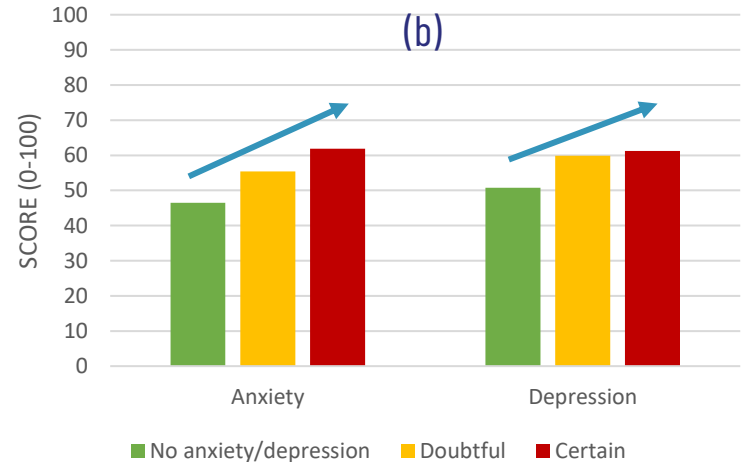
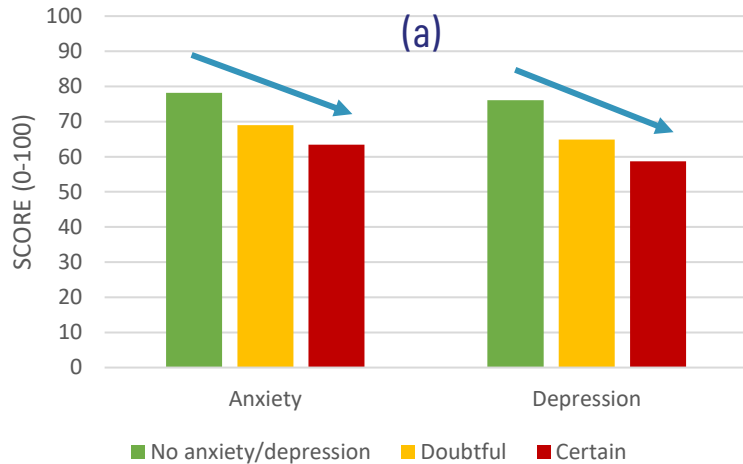


Figure 4. Description of internal (a) and external (b) locus of control scores according to levels of anxiety and depression among participants

Expected upcoming results

- **Confirmation** of unfavorable **mental health level**
 - Worsening in relation to season and workload ?
- **Deepen understanding** of the determinants of mental health using results of auto-questionnaires and interviews
- **Final product** of the project:
 - **Actions** to promote farmers' mental health
 - **Capitalizing** on existing systems and tools
 - **Empowerment** of farmers



THANK YOU



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