

# Teacher Occupational Wellbeing Research 2026

Phase Two: Teachers in Northern Ireland



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# Executive Summary

## Key Findings

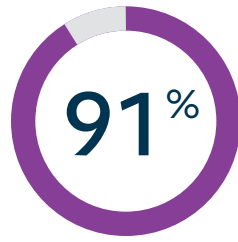
### 2025-2026

Teaching is a highly relational and emotionally demanding profession which places teachers at increased risk of stress and burnout.

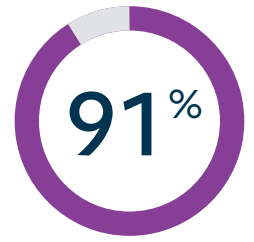
This mixed-methods\* study examines burnout among primary and secondary level school teachers in Northern Ireland, drawing on data from over 600 participants. It constitutes Phase Two of the DCU CREATE Educator Occupational Wellbeing series.

# Key Findings

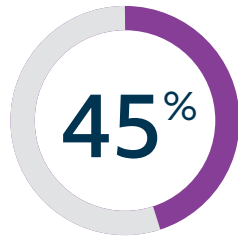
Teachers reporting moderate to high levels of personal burnout



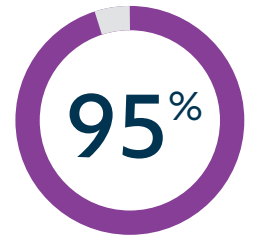
Teachers reporting moderate to high level work related burnout



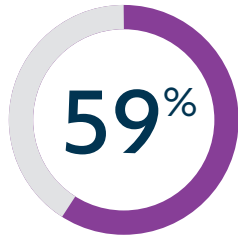
Teachers reporting mild to moderate level student related burnout



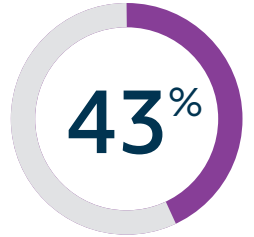
Teachers reporting workload as a contributor to burnout



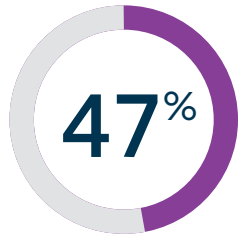
Teachers reporting unrealistic parental expectation as a contributor to burnout



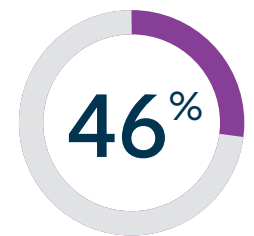
Teachers reporting the structure of work/organisational issues as a contributor to burnout



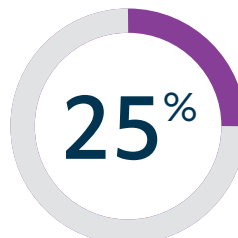
Teachers reporting unrealistic expectations from the school as a contributor to burnout



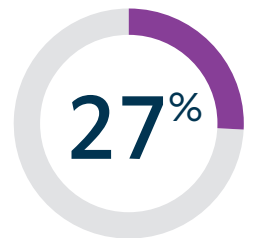
Teachers reporting the challenges of working with pupils with Special Education Needs (SEN) as a contributor to burnout



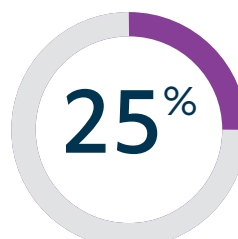
Teachers reporting broader school culture as contributing to burnout



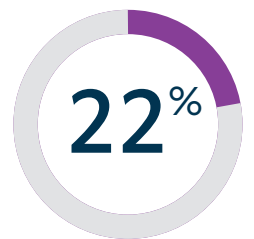
Teachers reporting that issues related to classroom management contribute to burnout



Teachers reporting that physical work conditions or environment are a contributing factor to burnout

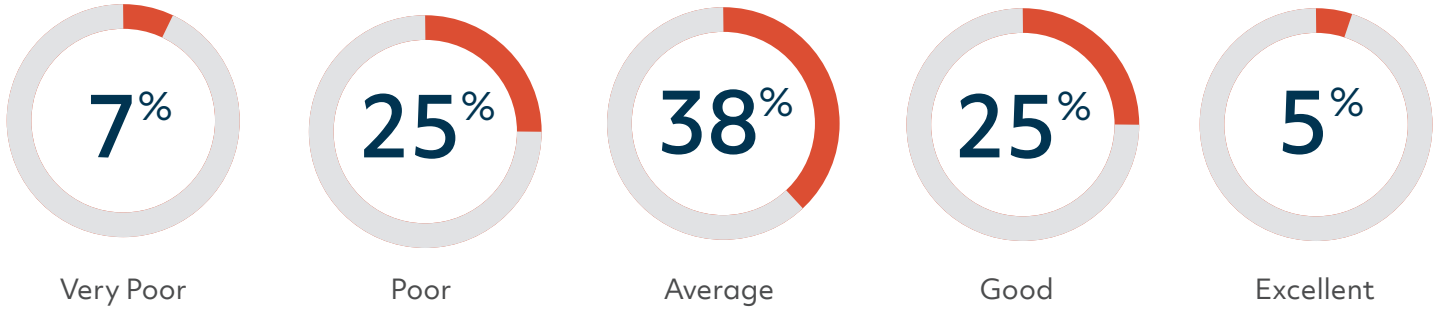


Teachers reporting that lack of collegiality with colleagues is a contributing factor to burnout

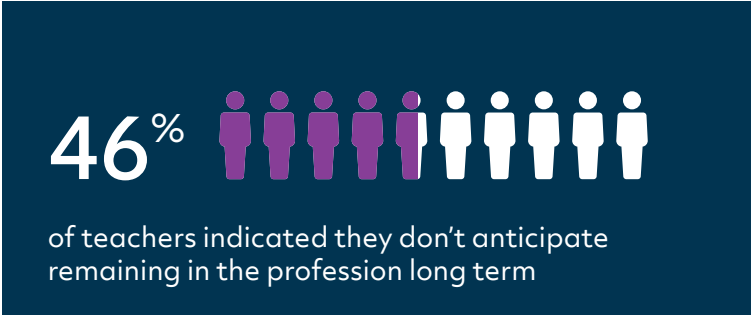
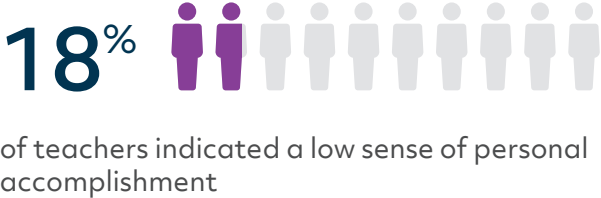


# Mental Health of Teaching Staff

## SELF-REPORT OF MENTAL HEALTH



## IMPACT ON TEACHING AND LEARNING



# Protective Factors for Teachers

In this study, teachers were asked to identify the 'protective factors' that support their experience of wellbeing in the workplace. Their responses are compiled under five broad interconnecting themes.

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**Footnotes**

\*In this study, a burnout measure (The Copenhagen Burnout Inventory) was used alongside a researcher-designed questionnaire and semi-structured interviews



This Executive Report has been jointly prepared by the DCU CREATE Educator Occupational Wellbeing Research Team:  
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