

Working conditions, health habits and mood disorders in journalists: A quantitative analysis

Condiciones laborales, hábitos de salud y alteraciones del estado de ánimo en periodistas: un análisis cuantitativo

Received: 25/07/2025 - Accepted: 10/12/2025

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Abstract

In the context of Venezuela's political, social, and economic crisis, journalism faces challenges that directly impact the mental health of its professionals, an issue still largely invisible in many newsrooms despite persistent harmful demands. This study describes and quantitatively analyzes the working conditions, health habits, and mood disorders of Venezuelan journalists at three points in time: 2020, 2022, and 2025, in order to identify associations between these dimensions and their influence on mental health and professional performance. It is a longitudinal, exploratory trend study with a quantitative approach, based on surveys administered to independent samples of Venezuelan journalists. The results reveal a high prevalence of anxiety, depression, insomnia, and burnout, primarily associated with job insecurity (loss of benefits, multiple jobs, and low income) and contextual risks. Although some journalists resort to coping strategies such as healthy eating, exercise, or recreation, these are insufficient given the magnitude of the stressors. It is concluded that Venezuelan journalism is a profession with high psychosocial risk, where job insecurity, structural violence, and poor health habits converge to deteriorate the mental health and well-being of journalists.

Keywords: self-care, risk factors, journalism, mental health.

Resumen

En el contexto de la crisis política, social y económica de Venezuela, el periodismo enfrenta desafíos que impactan directamente la salud mental de sus profesionales, un tema aún invisibilizado en muchas redacciones pese a las exigencias nocivas persistentes. Este estudio describe y analiza cuantitativamente las condiciones laborales, hábitos de salud y alteraciones del estado de ánimo en periodistas venezolanos en tres momentos: 2020, 2022 y 2025, con el fin de identificar asociaciones entre estas dimensiones y su influencia en la salud mental y el desempeño profesional. Se trata de un estudio exploratorio longitudinal de tendencia con enfoque cuantitativo, basado en encuestas aplicadas a muestras independientes de periodistas venezolanos. Los resultados revelan alta prevalencia de ansiedad, depresión, insomnio y agotamiento, asociados principalmente a la inestabilidad laboral (pérdida de beneficios, pluriempleo y bajos ingresos) y riesgos contextuales. Aunque algunos recurren a estrategias de afrontamiento como alimentación saludable, ejercicio o recreación, estas son insuficientes ante la magnitud de los estresores. Se concluye que el periodismo venezolano constituye una profesión de alto riesgo psicosocial, donde la precariedad laboral, la violencia estructural y los hábitos de salud deficientes convergen para deteriorar la salud mental y el bienestar de los periodistas.

Palabras clave: autocuidado, factores de riesgo, periodismo, salud mental.

Introduction

The mental health of journalists has gained increasing attention amid contexts of violence and crisis, where professional demands amplify psychosocial risks. Despite substantial evidence—comprising research, seminars, and specific guidelines for self-care and psychological protection—this topic remains challenging to navigate. Resistance persists among professionals in seeking psychological support, alongside difficulties in maintaining systematic mental self-care practices.

From the perspective of journalists themselves, various mental health disorders have been identified, stemming from risk factors intrinsic to their work—detailed further on—alongside inconsistencies in self-care habits, stigmas and stereotypes that discourage professional help, and other contextual elements. This troubling reality prompted the creation of the “Journalism in Complex Contexts” program, launched in 2020 in Venezuela and coordinated by independent journalists. Through activities such as workshops, psychological support, and audiovisual materials on mental health, the program has engaged professionals from guild associations, media outlets, and universities. The aim is to raise awareness of the psychological dimensions of journalism and provide practical tools for self-care. Based on information collected by the author during this period, a survey was designed to systematize variables related to well-being and mental health, with its description appearing in the methodological section. For ethical and privacy reasons—crucial in complex environments—participants' names are omitted.

This article primarily aims to quantitatively describe and analyze working conditions, health habits, and mood disturbances among Venezuelan journalists during 2020, 2022, and 2025, identifying associations between these dimensions to provide empirical evidence regarding their impact on mental health and professional performance. Additionally, it seeks to describe working conditions, identify common health habits, detect mood disturbances, and compare results over the years studied.

From a methodological standpoint, surveys were administered at these three time points to independent samples of Venezuelan journalists, allowing for tracking the evolution of these variables. This represents a novel, longitudinal trend study with a quantitative approach.

The article is organized into sequential sections: first, a review of recent literature, reports, and national and international data on mental health in journalism; second, the definition of mental health, warning signs, primary psychological disturbances, risk factors, and the Venezuelan context that gave rise to the “Journalism in Complex Contexts” project, along with methodological aspects—including sample characteristics and survey details. Finally, results, discussion, conclusions, and recommendations for future research are presented.

Brief research overview on mental health in journalism

Various international and national studies highlight that communication professionals face multiple risk factors, such as constant exposure to traumatic news and unfavorable working conditions. These factors increase the likelihood of developing physical disorders and mood disorders, including anxiety and burnout syndrome, which negatively impact their psychological well-being. Key studies such as those by Feinstein, Owen, and Blair (2015) analyze the mental health impact of war coverage on journalists, while Newman, Simpson, and Handschuh (2019) confirm that repeated exposure to traumatic graphic material leads to significant psychological consequences.

International organizations have prioritized this issue. UNESCO (2021–2023) recognizes that journalists confront traumatic situations, violence, and long hours, which heighten the risks of anxiety, depression, and post-traumatic stress. Consequently, it has established support spaces for those experiencing intimidation, digital harassment, or physical threats, providing emotional backing and emphasizing mental health as a professional priority.

This concern intensified during the COVID-19 pandemic. A study by the LatAm Journalism Review (2023) on journalists in Peru, Ecuador, and Venezuela identified overlooked factors such as somatization, insomnia, anxiety, and depression, concluding that journalism in Latin America is a profession characterized by high psychosocial risk. Similarly, Bustamante-Granda et al. (2023) note that ignorance of these issues, coupled with a lack of public and occupational policies, renders Latin American journalists vulnerable. The Relatoría Especial para la Libertad de Expresión (2022) warns about adverse conditions in the region and their psychological aftermath.

The World Health Organization (OMS, 2022) corroborates that social determinants—such as job precariousness, violence, and long hours—are key factors in mental health deterioration, proposing comprehensive plans for governments and organizations. It highlights that prolonged exposure to work-related stress, violence, and lack of institutional support increases the incidence of disorders among media workers.

NGO initiatives complement these efforts. Free Press Unlimited published the report *Between alarming psychological distress and enduring resilience* (2025), detailing the growing psychological pressures faced by Latin American journalists due to violence, intimidation, and political repression, advocating for institutional support. The Self-Investigation organized global summits on mental health and journalism in October 2024 and 2025, bringing together journalists, editors, and experts to exchange strategies for collective resilience, healthy leadership, and well-being-centered newsroom models. The Inter-American Press Society (SIP), in collaboration with Vita Activa, provides psychological and digital first aid to displaced or exiled journalists, addressing crises, trauma, and burnout (Quadratin Oaxaca, 2025). The Fundación Internacional para las Mujeres en los Medios (2024) developed a practical guide against online violence, featuring self-care recommendations.

In Venezuela, the Institute for Press and Society (IPYS) offers workshops such as “How to report calmly in adversity” (IJNet, 2023). The Central University of Venezuela organizes conferences and workshops on “Mental health for journalistic practice in the current context,” aimed at students and communicators (Acosta, 2025). The Social Security Institute for Journalists (IPSP), in partnership with Physicians United of Venezuela and the National College of Journalists (CNP), conducts health days that include mental health care in various states. Unions and the Federation of Psychologists of Venezuela emphasize that mental health should be a basic right and a priority in public policy. Finally, Bustamante-Granda and Cañizales (2022) present indicators of mental health among Venezuelan journalists during emergency coverage.

Mental health: definition and warning signs

According to the World Health Organization (OMS, 2018), mental health is a comprehensive state of physical, mental, and social well-being that transcends the mere absence of illness. It represents a balance in which individuals recognize their capabilities, effectively cope with everyday stressors, work productively, and contribute to their communities. This positive outlook positions mental health as a cornerstone of individual well-being and social functioning.

Acosta (2021a) enriches this perspective by emphasizing that mental health encompasses subjective well-being, skill development, and the recognition of abilities that facilitate intellectual and emotional fulfillment. Deterioration in mental health manifests through sensations of restlessness, intense worries, physical-psychological exhaustion, and emotional states such as stress, anxiety, or depression, all of which undermine daily performance as well as social, work, and familial spheres.

Moreover, Acosta highlights that many psychological disorders are accompanied by intense physiological responses—such as tachycardia, respiratory difficulties, headaches, or abdominal pain—alongside emotional symptoms like agitation, loss of control, or a sense of impending danger. This interplay between physical and psychological manifestations generates complex syndromes, often normalized due to their high everyday incidence, which fosters resistance to seeking specialized psychological or psychiatric care.

A recent analysis by Vergara-Ronquillo (2024) on journalism and mental health reveals a high prevalence of problems among journalists, including anxiety, depression, post-traumatic stress disorder (PTSD), and suicidality. Alarmingly, 75% of Spanish journalists consider mental health a serious issue within the sector; globally, 70% report psychological distress; and in Latin America, more than half experience anxiety and insomnia.

These disorders are directly linked to the inherent risks of the profession, especially in crisis contexts. International studies and reports document how constant exposure to violence, job precariousness, and toxic organizational environments generate cumulative impacts, often silenced or normalized. The primary risk factors include:

1. High-impact emotional coverage—violent events, natural disasters, or humanitarian crises—that lead to vicarious trauma and PTSD.
2. Chronic work pressure due to tight deadlines, competitiveness, and constant stress.
3. Personal threats, harassment, and physical or digital assaults.
4. Toxic organizational conditions, characterized by a lack of benefits and high competitiveness.
5. Cumulative exposure to negative content, human suffering, and graphic violence.

Acosta (2025) identifies additional factors, such as proximity to danger in conflict zones, ethical dilemmas that prompt self-censorship or information manipulation, poor health habits (lack of rest, poor nutrition, absence of vacations), and harmful substance use, all exacerbating psychological burnout.

The Venezuelan context

Venezuela is experiencing a complex humanitarian emergency, the result of economic, political, and social factors that have severely deteriorated the living conditions of its population (ACNUR & OIM, 2023; Naciones Unidas, 2021). Journalists are not exempt from this reality; on the contrary, as evidenced in the previous section, they face challenges exacerbated by the inherent professional risks associated with their work in crisis environments.

Aware of the deterioration in the well-being of their community, a group of Venezuelan journalists invited the author in 2020 to spearhead an initiative focusing on the mental health challenges within the sector. Under the name "Journalism in complex contexts," activities such as workshops, digital content on mental health, and direct psychological support have been developed. These initiatives aim to raise awareness among professionals regarding the importance of emotional self-care, identify warning signs and risk factors, and provide practical tools for protecting psychological health.

The year 2020, marked by the COVID-19 pandemic, guided efforts toward virtual meetings and the production of materials aimed at emotional strengthening in adverse scenarios, prioritizing safety. Within this framework, an exploratory survey was designed to examine key aspects of journalistic practice: working conditions, exposure to violence, associated psychological effects, general emotional state, significant symptoms, and health habits.

Methodology

This study is an exploratory longitudinal trend analysis with a quantitative focus. A survey was designed using Google Forms, administered at three points in time—2020, 2022, and 2025—to independent samples of practicing Venezuelan journalists in both traditional and digital media. The study is descriptively analytical, aimed at estimating frequencies, trends, and associations among working conditions, health habits, and mood disturbances.

Non-probabilistic convenience sampling was directed toward participants in the "Journalism in complex contexts" program, encompassing both the capital and various regions of the country. Given the dynamic nature of the Venezuelan context, the survey was repeated in 2022 and 2025, incorporating four additional questions to delve deeper into mental health and recent working conditions.

Sample characteristics

A total of 144 responses were collected in 2020, 93 in 2022, and 53 in 2025, amounting to 290 journalists. Of these, 48% work in the capital, while the remainder are distributed across various regions and national media. The predominant age groups were 25-40 years and 40-55 years. Additionally, 63% of respondents are women, and 37% are men. Moreover, 60% have more than 25 years of professional experience.

Survey design

The survey was self-administered online, ensuring anonymity and confidentiality. It was structured into four main sections:

- **General data:** age, professional region, and years of journalistic experience.
- **Professional practice and violence:** questions regarding aggression, injuries, threats, or other forms of violence faced. The 2022 and 2025 applications included specific questions about perception of the risk of detention, emotional responses to military/police checkpoints, and reactions to the detention of colleagues in 2025.
- **Emotional state and well-being:** assessment of the psychological impact of professional practice, dominant mood, negative symptoms, effects on family members, presence of stress/anxiety, health habits (nutrition, quality/quantity of sleep), and vacation-taking.
- **Working conditions:** loss of employment/benefits, responsibilities assumed, access to the internet/equipment, hours of work, and availability of benefits such as health insurance or pensions.

Finally, participants were asked about their interest in receiving psychological support.

Presentation of results

This section presents the main findings from the survey titled "Working conditions, health habits, and mood disturbances among Venezuelan journalists," conducted in 2020, 2022, and 2025. The results are initially organized comparably for variables common across the three time periods, summarized in Table 1.

For the years 2022 and 2025, the evolution of the Venezuelan context justified the inclusion of additional questions regarding working conditions, which are detailed in subsequent tables.

Table 1 synthesizes the common response categories expressed as percentages, along with the total number of journalists participated in the "Journalism in complex contexts" program and the number surveyed each year. This longitudinal comparison allows for the identification of trends and patterns regarding mental health and working conditions within the profession.

Table 1
Common response categories in 2020, 2022, and 2025

Category	2020	2022	2025
Total journalists attended in the program	389	324	70
Responses to survey	144	93	53
Experienced aggression	82	38,7	82,5
Were injured	71	5	27,5
Received threats	66	24	60
Feel psychologically affected	69,44	61,3	87,5
Family members affected	52,1	37	55
Felt anxiety	79	85,9	71,8
Felt depression/sadness		69,2	83
Did not take vacations	70	69,6	75,5

A notable observation is the progressive decline in sample size, particularly evident in 2025 (53 responses), attributed to reduced financial support for social programs in Venezuela, which limited geographic coverage and participation.

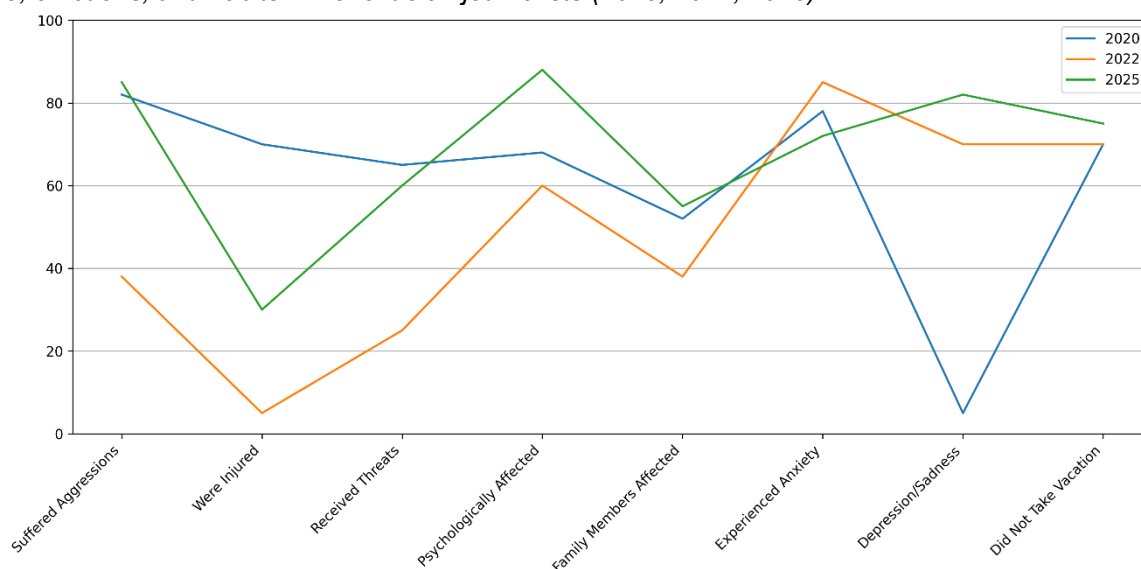
Regarding violence and aggression, the 2022 results suggest a relatively less intense period for journalists; however, the persistent psychological impact on professionals and their families remains consistently high across all three years analyzed.

Participants report that parents, partners, and children experience constant fear, perceiving journalism as a high-risk activity. This fear materializes in concerns about home invasions, intimidation, or harassment. Long working hours drastically reduce family time, intensifying the perception of vulnerability and emotional exhaustion within the household.

These patterns are alternatively illustrated in Figure 1, which presents a comparative line analysis of violence, emotions, and health habits.

Figure 1

Violence, emotions, and habits in Venezuelan journalists (2020, 2022, 2025)



In 2025, following documented cases of journalist detentions, specific questions regarding awareness of these actions and associated emotions were included. Additionally, reactions to military/police checkpoints on public roads were investigated. A striking 84.4% reported feelings of fear, helplessness, and powerlessness due to legal insecurity.

Predominant emotions by year

2020: The most frequent emotions recorded were expectation (33%), hope (22%), and anger (21%). Less frequently reported emotions included resignation (8%), disgust, helplessness, and annoyance. Only 5.5% expressed joy. The intensity of emotions was described as moderate to intense, with 79% reporting having experienced an anxiety/stress crisis at some point, of which 56.6% associated it with the pandemic. The absence of sadness explains the zero score in Figure 1.

2022: Expectation (31%) predominated, followed by sadness (16.7%), fear (16.7%), and hope (15.6%). Other emotions included resignation, anger, and surprise, with only one person reporting joy. A remarkable 85.9% experienced at least one anxiety/stress crisis during the year, and 69.2% felt depressed.

2025: Fear (40%) emerged as the predominant emotion, followed by expectation (35.6%), anger (9%), and sadness (3%). Between 72% and 85% reported work-related anxiety/stress. Other significant states included fatigue/exhaustion (23.6%), excessive worry (21.3%), and frustration/demotivation (16.9%).

These patterns reveal a shift toward more negative emotions and cumulative weariness throughout the analyzed period.

Mood disturbances

In 2020, anxiety, worry, and exhaustion were predominant emotional states, manifesting through multisystemic symptoms that affected daily functioning. Journalists reported persistent sleep issues, intense fears, and physical and cognitive alterations such as muscle pain, headaches, noise intolerance, widespread demotivation, and lack of concentration, highlighting a profound impact on their well-being.

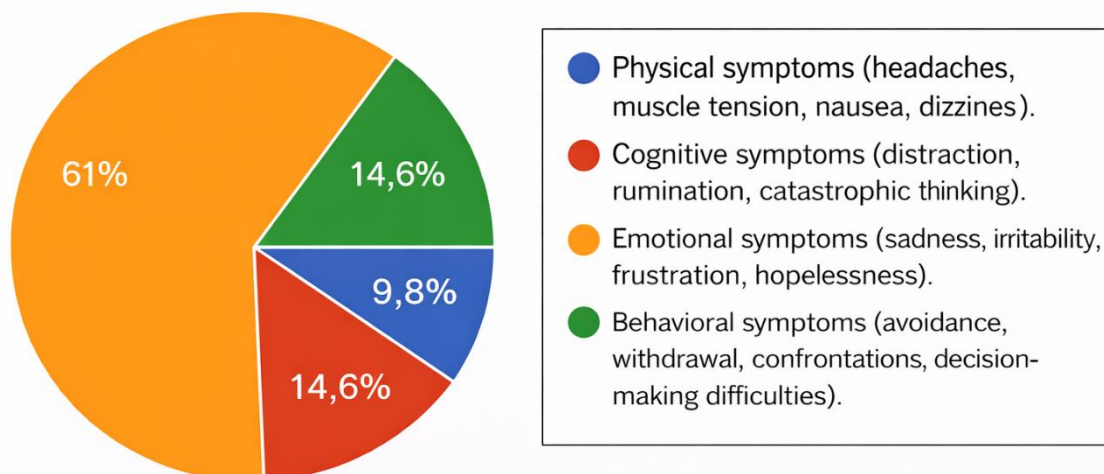
By 2022, these states were quantified with greater precision: anxiety affected 29.2%, fatigue/exhaustion impacted 23.6%, excessive worry affected 21.3%, and frustration/demotivation affected 16.9%, while a concerning 69.2% reported feeling depressed. Associated symptoms included chronic insomnia, stomach discomfort, tachycardia, other unspecified physical discomforts, and persistent negative thoughts that reinforced the cycle of emotional deterioration.

In 2025, the most frequently reported symptoms included severe insomnia, persistent tachycardia, intense gastrointestinal pain, chronic headaches, extreme irritability, extreme difficulty concentrating, and recurrent catastrophic thoughts, reflecting a progressive worsening of psychosomatic impact.

Figure 2 summarizes these physical, cognitive, emotional, and behavioral symptoms primarily associated with anxiety and exhaustion over the three years.

Figure 2

Physical, cognitive, emotional, and behavioral symptoms associated with anxiety and exhaustion (2025)



Journalists consistently identified job instability as the main trigger for anxiety, directly linked to the Venezuelan economic crisis context. The most frequently reported situations included:

- Having multiple jobs to compensate for insufficient income.
- Loss of essential employment benefits.
- Layoffs or total job loss.
- Difficulty meeting basic needs due to low income.

E Secondly, anxiety is associated with the inherent risk conditions of covering dangerous assignments, exposing professionals to high levels of constant tension and physical/psychological vulnerability.

Regarding recreational coping strategies, there is a consensus across all three years studied:

- Talking with family and friends (32.3%).
- Engaging in physical exercise (30.1%).
- Involvement in arts and listening to music (15.1%).
- 15.1% reported not engaging in any recreational activity.

These findings reveal patterns of extreme job precariousness and limited self-care strategies, which are insufficient in the face of the magnitude of identified stressors.

Health habits

Although journalists report generally caring for their diet and sleep, the rest they obtain is insufficient: they sleep between 5 and 8 hours daily, but for 62%, this sleep is neither deep nor restorative. A critical and persistent point across all three years is the lack of vacations: between 69.6% and 75.6% did not take vacations, indicating a pattern of chronic overload.

Working conditions

2020: 87.7% of respondents adhered to physical and social distancing measures and continued to work from home. However, they faced significant challenges related to public services, such as power outages and internet interruptions. Notably, within this group, eight individuals lost their jobs.

2022: 51% reported the loss of employee benefits. The prevalence of extremely negative content—encompassing natural disasters, accidents, hazardous areas, and distressing stories—had a profound

psychological impact on the workforce. A significant traumatic event during this period was the landslide in Las Tejerías (Aragua, October 2022), which became emblematic of the broader psychological distress experienced.

2025: Conditions of precarity intensified, with 42.2% of workers reporting a reduction in their work hours due to external factors, while 38.6% lost their jobs. Additionally, 63.6% experienced a decline in employee benefits and responsibilities. The instability resulted in stress for 84% of respondents, with 84.4% reporting feelings of anxiety and emotional exhaustion. Regarding compensation, 90.9% considered their earnings insufficient to meet basic needs, and 84.4% indicated a lack of health insurance, paid vacation, or pension benefits. On a positive note, 80% maintained stable access to the internet and digital platforms. The distribution of weekly working hours was as follows: 51.1% worked between 21 to 40 hours, 37.8% worked over 40 hours, and 11.1% worked fewer than 20 hours.

Cross-sectionally, between 73% and 86% of participants expressed a need for information, care, and psychological strategies to enhance their mental health, with 86% in 2020, 75.6% in 2022, and 73% in 2025 indicating such demands.

Discussion of results

This study, designed as a longitudinal exploratory trend analysis with a quantitative approach, traces the evolution of working conditions, health habits, and mood disturbances among Venezuelan journalists during the years 2020, 2022, and 2025. The findings reveal a growing landscape of labor precarity and progressive emotional deterioration, framed within the context of a prolonged national crisis.

Data obtained from a systematic survey, complemented by five years of documented psychological support experience by Acosta (2025), confirm a high prevalence of emotional disturbances in this sector combined with a notable resistance to seeking professional help. Anxiety, depression, and sleep disorders emerge as predominant issues, aligning with the analysis conducted by Vergara-Ronquillo (2024), who synthesizes global research on journalism and mental health.

Venezuelan patterns exhibit similarities to those of journalists operating in conflict zones and humanitarian crises, where constant exposure to violence, labor precarity, and ethical dilemmas generates cumulative psychosocial impacts. Much like their international counterparts, Venezuelan professionals report anxiety, depression, and burnout, underscoring how journalism in high-tension environments shares cross-regional emotional vulnerabilities.

However, the violence directed at journalists does not follow a linear trend; rather, it is responsive to specific political and social contextual factors—such as elections or economic crises. Although 2022 experienced a temporary decrease in physical aggression, the psychological impact remained significantly elevated across the board. This dynamic illustrates a progressive emotional deterioration: initial expectations in 2020 evolved into feelings of depression and sadness in 2022, culminating in fears of demotivation by 2025—establishing critical indicators of sustained mental health risk.

Anxiety and exhaustion remained consistently high across the three timeframes, accompanied by clear somatic symptoms—insomnia, muscle pain, tachycardia, among others—that confirm the somatization of chronic work-related stress. Notably, the extended familial impact is significant: spouses, parents, and children perceive journalism as a high-risk profession, experiencing constant fear and creating a social effect of danger that transcends the individual professional.

Geographical differences in risk factors reveal important disparities. In European and North American contexts, psychological deterioration is predominantly linked to the COVID-19 pandemic and digital hyperconnectivity. In contrast, Venezuela's primary driver is the socioeconomic and political crisis. The necessity for multiple jobs, loss of employee benefits, and difficulties in meeting basic needs contribute to a structural precariousness that intensifies emotional vulnerability, highlighting the economic context as a key regional determinant.

This precariousness is evidenced by temporal evolution: from 2020, marked by public service failures, to a progressive loss of benefits in 2022, culminating in the acute labor crisis of 2025, during which 42.2% ceased working due to external factors, 63.6% lost benefits, 84% reported work-related anxiety, and 90% chronic stress.

Furthermore, the data reveal the absence of institutionalized self-care. Between 69.6% and 75.6% did not take vacations, a factor exacerbating exhaustion; 44% reported sleeping less than five hours a day. Although some engaged in recreational activities or improved their diets, these strategies appeared insufficient in the face of overwhelming stressors.

Finally, the progressive reduction of the sample size (144→93→53) reflects the precarization of social programs and diminishing institutional support, alongside factors such as mass migration, contraction of the active workforce, and the closure of media outlets, limitations that contextualize the study's representativeness.

Conclusions

The accumulated evidence confirms that the mental health of Venezuelan journalists is severely compromised by the interplay of extreme labor precarity, sustained deterioration of health habits, progressive emotional disturbances due to constant exposure to psychosocial risk factors, and the absence of institutional self-care policies. When compared to international studies, these results validate universal patterns of emotional fatigue in journalism during crises; however, in Venezuela, the economic crisis emerges as a key differentiating factor, intensifying vulnerability beyond the inherent professional risks.

This reality calls for an immediate and multidimensional response that simultaneously addresses both individual and collective aspects. The discussion arising from this analysis emphasizes the urgency of promoting emotional self-care by increasing journalist awareness of the psychological impact of their work, explicitly recognizing these effects, and implementing more humane organizational practices that prioritize working conditions and mental health as central axes for professional sustainability.

From a labor perspective, findings document a progressive reduction in benefits, technical resources, and contractual stability, accompanied by a significant increase in exposure to aggression and threats, particularly in 2025. Concerning health habits, there remains a chronic lack of restorative rest and self-care: 62% report shallow sleep, and between 69.6% and 75.6% did not take vacations during the three periods, creating a pattern that cumulatively exacerbates physical and mental burnout.

Emotional disturbances reveal that anxiety and stress are persistent disorders with a prevalence exceeding 70% across the board; however, since 2022, there has been a concerning trend toward depression, which reaches critical levels in 2025. That year is characterized by predominant feelings of fear, sadness, and frustration, while positive emotions such as hope or joy have virtually disappeared, indicating a deep qualitative deterioration.

Equally significant is the broad familial and social impact: parents, spouses, and children view journalism as a high-risk profession, experiencing constant fear of raids or intimidation, and suffering from drastically reduced family time, generating emotional strains within the domestic sphere that reinforce the cycle of vulnerability.

In summary, Venezuelan journalism is configured as a profession with high psychosocial risk, where structural labor precarity, systemic violence, and poor health habits converge to systematically undermine the mental health and overall well-being of its professionals.

To counteract this situation, it is imperative to strengthen psychosocial support programs aimed not only at journalists but also at their families, promoting protective and security policies that mitigate risks during professional practice. Additionally, there is an urgent need to incorporate institutional strategies for self-care and prevention of emotional fatigue, including mandatory rest periods, accessible psychological support, and training in resilience. Finally, future research should delve deeper into the relationship between working conditions and mental health through broader, more representative samples, incorporating long-term longitudinal analyses and evaluations of specific interventions.

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