

Porto (n = 25, 24.0%), Lisbon (n = 18, 17.3%) and Coimbra (n = 11, 10.6%). At the time of the survey, the majority (n = 35, 33.6%) were living in Lisbon (Table 1).

Previous short-mobility and long-term migration experiences

In this study, about one third of psychiatric trainees in Portugal (n = 37, 30.6%) reported previous short-term mobility experiences, although only a few (n = 10, 8.3%) had a previous experience of long-term migration. Many of the trainees (n = 42, 40.4%) already had an experience abroad, either short or long-term, with five respondents having had both short and long-term experiences.

Among those with a short-term mobility experience, the majority (n = 32, 86.5%) felt that this experience influenced their attitude towards migration, with the vast majority (n = 31, 96.9%) in favour of migration. Only one person became less favourable to migration.

Among those with an experience of long-term migration (n = 10), half (n = 5) migrated alone and the remainder moved with their partner (n = 1), parents (n = 2) or other family members (n = 2). Importantly, the majority (n = 7) considered having the same opportunities as local people, with only a few (n = 3) feeling that they had less opportunities. In this sample, female trainees migrated slightly more than male trainees (39.7% vs 38.9%).

Push and Pull Factors

The main reasons to stay in Portugal ('push factors') were personal (e.g. health, partner, children, family) (n = 59, 59.6%), followed distantly by academic reasons (e.g. training or educational opportunities) (n = 18, 18.5%). The main reasons to leave Portugal ('pull factors') were financial (e.g. salaries) (n = 40, 40.8%), followed by work (e.g. employment conditions, workload) (n = 24, 25.0%), academic (n = 22, 22.9%), and personal (n = 21, 22.1%). Fig. 1 reports the main reasons to stay and Fig. 2 the main reasons to leave.

8 Migratory tendency

More than two-thirds (n = 77, 75.0%) of trainees had 'ever' considered leaving the country; nearly half of them (n = 38, 49.0%) were considering leaving the country 'now' and about one-third (n = 19, 30.0%) had already taken 'practical steps' towards migration.

When asked about their 5-year plan, nearly half (n = 51, 50.0%) of the trainees predicted to be in Portugal, while the rest thought they were going to be somewhere in Europe (n = 22, 21.0%), anywhere in the world (n = 6, 5.8%), or had not made up their mind yet (n = 13, 13.0%).

We did not find any statistically significant association (Fisher's exact test) when comparing current plans to work abroad with previous migration ($p = 0.35$, two-tailed); marital status ($p = 0.2$, two-tailed) or having children ($p = 0.82$, two-tailed) (Table 2).

Psychiatric trainees expressed the following aspects should be improved in the Psychiatry profession in Portugal: working conditions (e.g. working hours) (n = 96, 92.3%), financial support (e.g. salaries) (n = 91, 88%), academic conditions (e.g. training or educational opportunities) (n = 64, 61.5%) and professional networking (e.g. team work, co-operation) (n = 51, 49.0%). The factors that make a job attractive for psychiatric trainees in Portugal included a pleasant working environment, a high salary and the possibility of managing a positive work-life balance (Fig. 3).

The monthly income for the majority (n = 88, 84.6%) of psychiatric trainees was between 1000€ and 1499€, with about one-fourth (n = 25, 24.0%) earning additional income. Importantly, the majority of trainees were dissatisfied or very dissatisfied with their income (n = 58, 55.7%), about one fourth (n = 29, 27.9%) were neither satisfied nor dissatisfied (n = 29, 27.9%) and only a few (n = 12, 11.5%) were satisfied or very satisfied.

DISCUSSION

9 Key results

A significant proportion of trainees in Portugal (40.4%) had previous experience of short-term mobility or long-term migration. Furthermore, three quarters of the trainees had 'ever' considered leaving the country and almost half are considering leaving the country 'now'. Importantly, the majority of trainees were dissatisfied or very dissatisfied with their income.

Comparison with the literature

It is not uncommon for trainees in Portugal to have short-term international mobility experiences during their training, and for their salary to be paid for by the Portuguese government while they are rotating abroad. Portuguese citizens (like from other EU countries) have the freedom to move across borders within Europe, possibly explaining such a high number of trainees with previous short-term mobility experiences. Compared to Turkey, trainees in Portugal had higher rates of both short-term mobility (30.6% vs 13.1%) and long-term migration experiences (8.3% vs 4.7%).¹⁵

In comparison to the overall European results from this study,¹³ trainees in Portugal with previous short-mobility experiences were generally satisfied with their experiences abroad and had a positive attitude towards future migration.