

Strong majority of Canadians want improved access to psychologists

National Survey | Summary

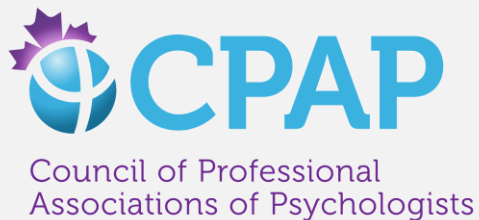
Conducted by Nanos for Canadian Psychological Association and the Council of Professional Associations of Psychologists, November 2020
Submission 2020-1710B



CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Nanos Research was retained by the Canadian Psychological Association and the Council of Professional Associations of Psychologists to conduct a study to gauge the impressions of Canadians on issues related to mental health and the profession. This is report two (2) of two (2). To follow are the key findings of the second half of the study.

Role of psychologists

Canadians most frequently say they have the most confidence in psychologists when it comes to helping people with mental health problems

- **Canadians most frequently report having the most confidence in psychologists when it comes to helping people with mental health problems** – Over one quarter of Canadians (27%, 26% In 2011) say they have the most confidence in psychologists when it comes to helping people with mental health problems, followed by psychiatrists (22%, down from 33% in 2011) and doctors (20%, 18% in 2011). Under one in ten say they have the most confidence in therapists, mental health professionals/a team of doctors, and none (five per cent each).
- **Three quarters of Canadians think psychologists do something different than psychiatrists** – Three in four Canadians (75%) think a psychologist does something different than a psychiatrist, while under two in ten (19%) think they do the same thing. Six per cent are unsure.
- **Three in four Canadians think psychologists do something different than a counsellor** – Three in four Canadians (75%) think a psychologist does something different than a counsellor, while under two in ten (18%) think they do the same thing. Seven per cent are unsure. Residents of Newfoundland and Labrador (28%) are more likely to think they do the same thing than residents of Quebec (nine per cent).
- **Two thirds of Canadians think psychologists do something different than psychotherapists** – Two in three (67%) Canadians think a psychologist does something different than a psychotherapist, while under one in four (24%) think they do the same thing. Nine per cent are unsure.

Over half of residents of Quebec say psychologists are best able to care for people with depression and anxiety

Profession best able to care for mental health problems

- **Canadians are split between psychologists and psychiatrists when it comes to the profession best able to care for people with depression** – Asked which profession they think is best able to care for people living with depression, over one thirds each say a psychologist (36%) and a psychiatrist (36%). Over one in ten (15%) say a counsellor followed by a psychotherapist (11%).
- **Residents of Quebec and younger Canadians are more likely to think psychologists are best able to care for people with depression** - Residents of Quebec (53%) were more likely to think psychologists are best able to care for people with depression, while residents of Nova Scotia (48%), PEI (47%), NFL (47%) were more likely to say psychiatrists. Younger Canadians (41%) are more likely to say psychologists are best able to care for people with depression compared to older Canadians (32%).
- **Canadians are more likely to think a psychologist is best able to care for people with anxiety than other professionals** – Asked which profession they think is best able to care for people living with anxiety, under four in ten Canadians (38%) say a psychologist, followed by under one in four (24%) who say a psychiatrist, one in five (21%) who say a counsellor, and over one in ten (14%) who say a psychotherapist.
- **Canadians from Quebec are more likely to say a psychologist is best able to care for people with anxiety** – Residents of Quebec (55%) are more likely to say a psychologist is best able to care for someone with anxiety compared to Canadians overall (38%), while residents of NFL are more likely to say a psychiatrist (39%, compared to 24% of Canadians overall). Residents of PEI (34%) are more likely to say a counsellor is best able to care for people with anxiety than Canadians overall (21%).

SUMMARY

Over one in two Quebecers say a psychologist is best able to care for someone living with the stress of being diagnosed with a disease

- **Canadians more frequently say a counsellor is best able to care for people with addictions** – Asked which profession they think is best able to care for people living with addictions, Canadians most frequently say a counsellor (38%), followed by a psychologist (21%), a psychotherapist (19%) and a psychiatrist (18%).
- **Residents of Quebec are more likely to say a psychologist is best able to care to people with addictions** – Residents of Quebec (36%) are more likely than Canadians overall (21%) to say a psychologist is best able to care for people living with addictions.
- **Canadians are more likely to think a psychiatrist is best able to care for people living with dementia** - Asked which profession they think is best able to care for people living with dementia, over one in three say a psychiatrist (37%), followed by a psychologist (18%), a psychotherapist (17%) and a counsellor (12%).
- **Residents of Quebec are more likely to say a psychiatrist is best able to care for people living with dementia** – Two in three Quebecers (67%) say a psychiatrist is best able to care for people living with dementia compared to over one in three Canadians overall (37%).
- **Canadians are marginally more likely to say a psychologist is best at taking care of people living with learning disabilities** – Asked which profession they think is best able to care for people living with learning disabilities/ADHD, three in ten say a psychologist (30%), followed by just over one in four (26%) who say a counsellor, over two in ten (22%) who say a psychotherapist and under two in ten who say a psychiatrist (17%).
- **A counsellor is most frequently said to be the professional best able to care for someone with stress of being diagnosed with a disease** – Asked which profession they think is best able to care for people living with the stress of being diagnosed with a disease like cancer, just under four in ten say a counsellor (39%), followed by a psychologist (30%), a psychotherapist (13%), and a psychiatrist (12%).
- **Residents of Quebec are more likely to say a psychologist is best able to care for someone living with the stress of being diagnosed with a disease** – Over one in two Quebecers (53%) say a psychologist is best able to care for someone living with the stress of being diagnosed with a disease like cancer, compared to 30% of Canadians overall.

Canadians are three times as likely to say psychologists are very effective in helping people living with depression and anxiety than dementia

Effectiveness of psychologists helping people who are living with mental health problems

- **Canadians most frequently say psychologists are effective at helping people who are living with depression** – Nearly four in ten (37%) Canadians say psychologists are effective at helping people with depression, while under three in ten say they are somewhat effective (28%) or very effective (23%). Six per cent say they are not effective at all and seven per cent don't know.
- **Nearly four in ten Canadians say psychologists are effective at helping people who are living with anxiety** – Close to four in ten (38%) Canadians say psychologists are effective at helping people with anxiety, while under three in ten say they are somewhat effective (28%) or very effective (23%). Four per cent say they are not effective at all and eight per cent don't know.
- **Opinions on the effectiveness of psychologists in helping people who are living with addictions remain consistent with 2011** – Just over one in three Canadians say psychologists are effective (35%) or somewhat effective (34%), respectively, in helping people who are living with addictions, while one in five (21%) say they are very effective and seven per cent say they are not effective at all. Five per cent don't know. These results are consistent with tracking from 2011.
- **Psychologists are most frequently seen as somewhat effective at helping people living with dementia** – One third of Canadians (34%) say psychologists are somewhat effective in helping people living with dementia, while just over one in four (26%) say they are effective and under one in four say they are not effective (23%). Eight per cent say they are very effective and nine per cent don't know. These results are consistent with tracking from 2011.
- **Residents of Quebec are more likely to say they think psychologists are not effective at all in helping people living with dementia** – Over one third of Quebecers (35%) say they think psychologists are not effective at all in helping people living with dementia compared to Canadians overall (23%).

Canadians are twice as likely to say psychologists are very effective in helping people living with learning disabilities than dementia

- **Canadians most frequently say psychologists are effective in helping people who are living with learning disabilities** – Over one in three Canadians say psychologists are effective (35%) or somewhat effective (32%), respectively, in helping people who are living with learning disabilities/ADHD, while under two in ten (16%) say they are very effective and 10 per cent say they are not effective at all. Seven per cent don't know. These results are consistent with tracking from 2011.
- **Psychologists are most frequently seen as effective in helping people living with the stress of being diagnosed with a disease like cancer** – Over one in three (35%) Canadians say they think psychologists are effective in helping people living with the stress of being diagnosed with a disease like cancer, while just under three in ten (29%) say they are somewhat effective and under one in four (23%) say they are very effective. Six per cent say they are not effective at all. Six per cent don't know. These results are consistent with tracking from 2011.

Effectiveness of psychologists diagnosing people who are living with mental health problems

- **Canadians most frequently say they think psychologists are effective in diagnosing people living with depression** – Over four in ten Canadians (43%) say they think psychologists are effective in diagnosing people living with depression, while under one in four each say they are somewhat effective (24%) or very effective (22%). Four per cent say they are not effective at all and seven per cent don't know.
- **Canadians most frequently say they think psychologists are effective in diagnosing people living with anxiety** – Over four in ten Canadians (42%) say they think psychologists are effective in diagnosing people living with anxiety, while one in four say they are somewhat effective (25%) and under one in four say they are very effective (22%). Four per cent say they are not effective at all and eight per cent don't know.

SUMMARY

Canadians are over twice as likely to say they are very confident in psychologists and the care they provide than to say they have no confidence at all

- **Just under four in ten Canadians say psychologists are effective in diagnosing people living with addictions** – Just under four in ten Canadians (39%) say they think psychologists are effective in diagnosing people living with addictions, while over one in four say they are somewhat effective (28%) and under two in ten say they are very effective (19%). Seven per cent say they are not effective at all and eight per cent don't know.
- **Canadians most frequently say psychologists are effective or somewhat effective in diagnosing people living with dementia** – Just over one in three Canadians (34%) say psychologists are effective in diagnosing people living with dementia, while just under one in three (32%) say they are somewhat effective. Fourteen per cent say they are not effective at all, while twelve per cent say they are very effective. Eight per cent don't know.
- **Canadians most frequently say psychologists are effective or somewhat effective in diagnosing people living with learning disabilities/ADHD** – Over one in three Canadians (36%) say psychologists are effective in diagnosing people living with dementia, while just under one in three (32%) say they are somewhat effective. Under two in ten say they are very effective (18%) and nine per cent say they are not effective at all. Six per cent don't know.
- **Canadians most frequently say they are confident in the care psychologists provide** – Just under four in ten (38%) Canadians say they are confident in psychologists and the care they provide when it comes to mental health, while one in three (33%) say they are somewhat confident and under two in ten (15%) say they are very confident. Six per cent say they are not confident at all and nine per cent are unsure. These results are consistent with tracking from 2011.
- **Resident of Newfoundland and Labrador and the Territories are more likely to say they are confident in psychologists** – Just over half of residents of the Territories (51%) and Newfoundland and Labrador (51%) say they are confident in psychologists and the care they provide, compared to under four in ten (38%) Canadians overall.

SUMMARY

Close to nine in ten Canadians support or somewhat support improving access to psychologists through the publicly-funded health care system

- **Canadians are more likely to think that they can access the services of a psychologist in the publicly-funded health care system within a somewhat unreasonable or unreasonable period of time** – Close to one in two Canadians say to the best of their knowledge Canadians are able to access the services of a psychologist in the publicly-funded health care system within a somewhat unreasonable (23%) or unreasonable (24%) period of time. Just over three in ten say services are accessible within a reasonable (six per cent) or somewhat reasonable (25%) period of time, and 22 per cent are unsure. Residents of New Brunswick (35%) and Quebec (34%) are more likely to think services are accessible in an unreasonable period of time than residents of Saskatchewan (20%), British Columbia (19%), and Alberta (16%). Women are more likely to think the wait is an unreasonable period of time (30%) than men (18%).
- **A strong majority of Canadians support or somewhat support improving access to psychologists through the publicly-funded health care system** – Nearly nine in ten Canadians support (57%) or somewhat support (31%) improving access to psychologists through the publicly-funded health care system, while under one in ten somewhat oppose (four per cent) or oppose this (two per cent). Six per cent are unsure. Residents of the Territories (68%) and Nova Scotia (66%) are more likely to support this than other provinces, and women are more likely to support this (64%) than men (49%).
- **Canadians more often report they can definitely or think they can access a psychologist through their employer's health benefit plan within a reasonable period of time** – Asked if they are, to the best of their knowledge, able to access a psychologist through their employer's health benefit plan within a reasonable period of time, close to one in two say yes, definitely (18%) or yes, I think so (32%). Fifteen per cent say no, while 21 per cent report they are not employed, and 14 per cent are unsure.
- **Over three in four Canadians say providing greater access to psychologists through employer health benefit plans is a very good or good idea** – A majority of Canadians say it is a very good idea (42%) or good idea (34%) to provide greater access to psychologists through employer health benefit plans (e.g. more sessions, higher financial caps), while 12 per cent say it is an average idea. Two per cent each say this is a poor idea or a very poor idea, and eight per cent are unsure. Women are more likely to say this is a very good idea (48%) than men (35%), and Canadians 18 to 34 years of age (46%) and 35 to 54 (46%) are more likely to think this is a very good idea than those 55 plus (35%).

SUMMARY

Over three in four Canadians say providing greater access to psychologists through employer health benefit plans is a very good or good idea

- **Canadians mention its necessary and should be available if needed and easier access could lead to more people seeking help when asked why they have that opinion on whether it is good idea to provide greater access to psychologists through employer health benefit plans** – When asked why they have that opinion, Canadians mentioned its necessary and should be available if needed (12%), followed by easier access would mean more people will seek help (11%), it's a good idea/ psychologists can help (10%), mental health is very important (nine per cent), mental health services are too expensive, this would lessen cost (eight per cent), and mental health issues are more prevalent now (eight per cent).

Barriers to access

- **A strong majority of Canadians say psychological services costing too much to pay by themselves is a very significant or somewhat significant barrier when deciding whether to access a psychologist** – Close to eight in ten Canadians say psychological services costing too much for them to pay themselves is a very significant (52%) or somewhat significant (26%) barrier to them deciding whether or not they should access a psychologist, which is consistent with the previous wave. Under two in ten say this is a somewhat not significant (eight per cent) or not significant (six per cent) barrier, and seven per cent are unsure. Women are more likely to say this is a very significant barrier (58%) than men (46%).
- **Close to three in four Canadians say psychologists not being covered by their provincial or territorial health plan is a very significant or somewhat significant barrier when deciding whether to access a psychologist** – Consistent with the previous wave of research, a majority of Canadians say psychologists not being covered by their provincial/ territorial health plan is a very significant (47%) or somewhat significant (26%) barrier to them deciding whether or not they should access a psychologist. Just under two in ten say this is a somewhat not significant (eight per cent) or not significant (nine per cent) barrier, and 10 per cent are unsure. Residents of Ontario (52%), PEI (49%) and Nova Scotia (49%) are more likely to say this is a very significant barrier than residents of Quebec (40%), New Brunswick (39%), and Saskatchewan (37%). Women are more likely to say this is a very significant barrier (52%) than men (41%), and younger Canadians (18-34) are less likely to say this (40%) than those 55 plus (51%).

SUMMARY

Seven in ten Canadians say the length of wait times to see a psychologist is a very significant or somewhat significant barrier when deciding whether to access a psychologist

- **Two in three Canadians say psychological services not being covered by their employer's health benefit plan is a very significant or somewhat significant barrier when deciding whether to access a psychologist** – A majority of Canadians say psychological services not being covered by their employer's health benefit plan is a very significant (40%) or somewhat significant (26%) barrier to them deciding whether or not they should access a psychologist, consistent with the previous wave. Just over one in four say this is a somewhat not significant (nine per cent) or not significant (16%) barrier, and 10 per cent are unsure. Residents of PEI (47%) and Nova Scotia (45%) are more likely to say this is a very significant barrier than residents of Quebec (33%) and Saskatchewan (32%).
- **A majority of Canadians say the length of wait times to see a psychologist is a very significant or somewhat significant barrier when deciding whether to access a psychologist** – Consistent with the previous wave of research, close to seven in ten Canadians say the wait times to see a psychologist being too long is a very significant (35%) or somewhat significant (33%) barrier to them deciding whether or not they should access a psychologist. Two in ten say this is a somewhat not significant (11%) or not significant (eight per cent) barrier, and 12 per cent are unsure. Residents of PEI (50%) are more likely to say this is a very significant barrier than residents of other provinces and territories, and women are more likely to say this is a very significant barrier (40%) than men (30%).
- **Canadians are divided on how significant preferring to deal with problems and disorders on their own is as a barrier when deciding whether to access a psychologist** – Close to one in two Canadians say preferring to deal with these problems/disorders on their own is a very significant (16%) or somewhat significant (30%) barrier to them deciding whether or not they should access a psychologist, while the same proportion say this is a somewhat not significant (21%) or not significant (27%) barrier. Six per cent are unsure. This is consistent with the previous wave of research.
- **Over half of Canadians say not wanting others to know they are seeing a psychologist is not significant or somewhat not significant as a barrier when deciding whether to access a psychologist** – Canadians more often say not wanting others to know they are seeing a psychologist is not significant (35%) or somewhat not significant (21%) as a barrier to them deciding whether or not they should access a psychologist, consistent with the previous wave. Just under four in ten say this is a very significant (14%) or somewhat significant (25%) barrier, and five per cent are unsure.

Over eight in ten Canadians say it is a very good idea or good idea for psychologists to work collaboratively with other health professionals, in primary care teams

Collaboration with health professionals

- **A strong majority of Canadians say psychologists working collaboratively with other health professionals in primary care teams is a very good or good idea** – Over eight in ten Canadians say it is a very good idea (50%) or good idea (33%) for psychologists to work collaboratively with other health professionals, such as family physicians in primary care teams. Ten per cent say this is an average idea, while one per cent each think this is a poor idea or very poor idea. Six per cent are unsure. Residents of the Territories (67%) and PEI (62%) are more likely to say this is a very good idea than residents of Newfoundland (48%), Ontario (47%), and Manitoba (41%). Women are more likely to think is a very good idea (56%) than men (43%).

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th, and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

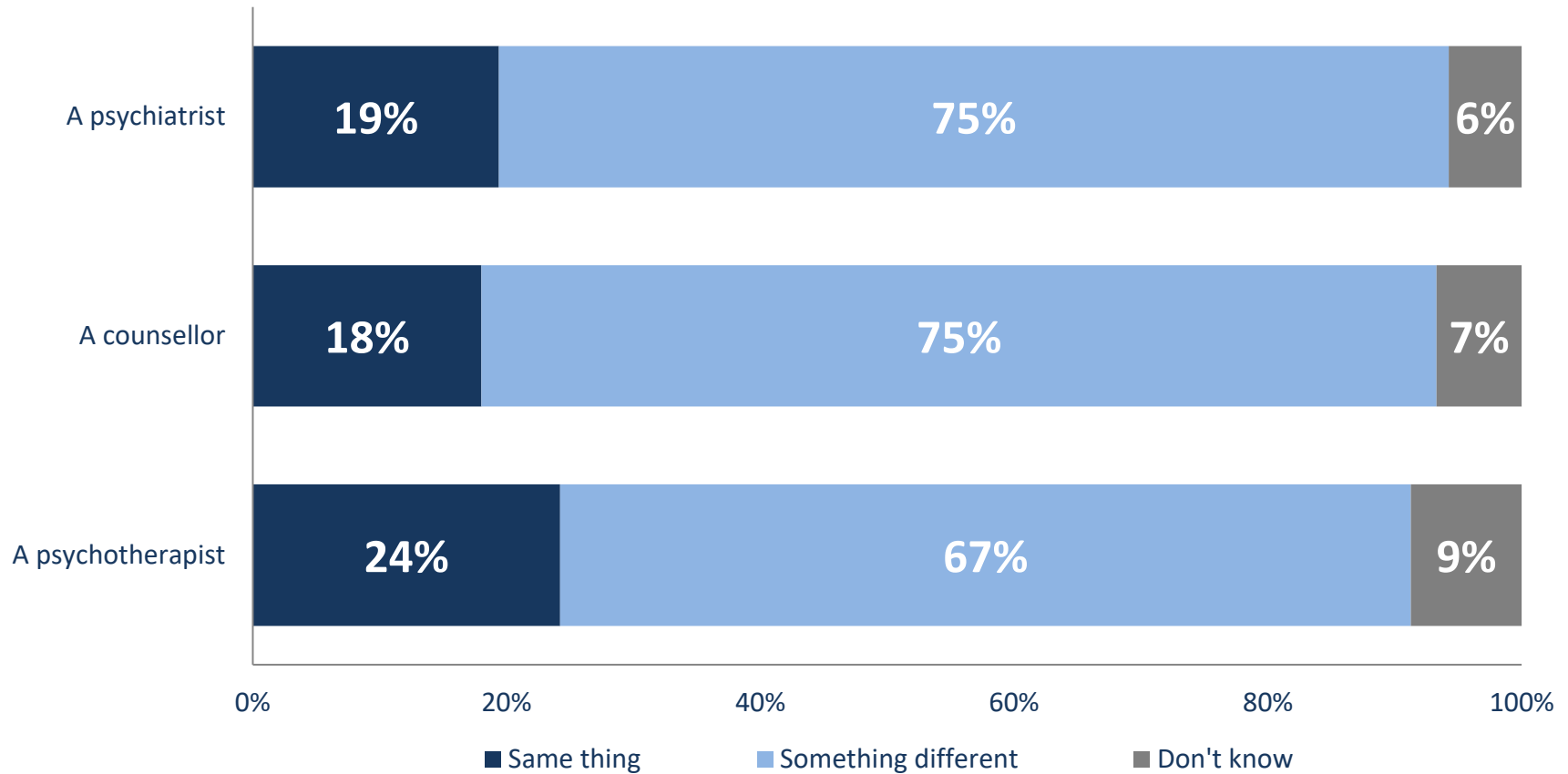
The research was commissioned by the Canadian Psychological Association and the Council of Professional Associations of Psychologists and was conducted by Nanos Research.

Confidence in health professionals

Top mentions	2020 (n=2853)	2011 (=2832)
Psychiatrist	21.6%	33%
Psychologist	26.5%	26%
Family doctor/physician	20.3%	18%
Counsellor	4.3%	12%
Social worker	1.9%	6%
Other	2.8%	1%
Unsure	4.6%	1%

QUESTION – What health professional do you have the most confidence in, overall, when it comes to helping people with mental health problems? (open-ended)

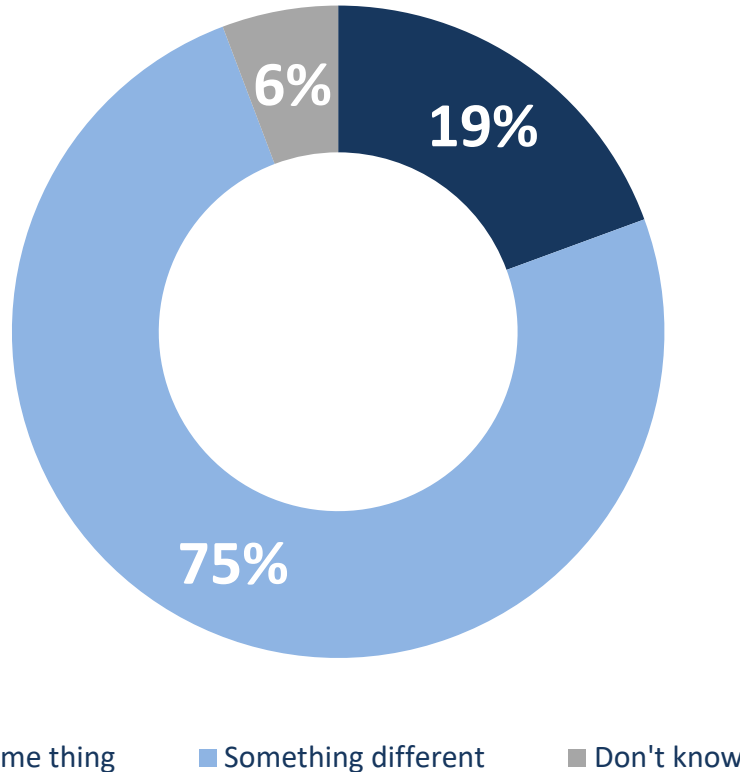
Psychologists compared to other professionals



*Charts may not add up to 100 due to rounding

QUESTION – Do you think a psychologist does the same thing or something different as each of the following?
[RANDOMIZE]

Psychologists compared to psychiatrists



QUESTION – Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

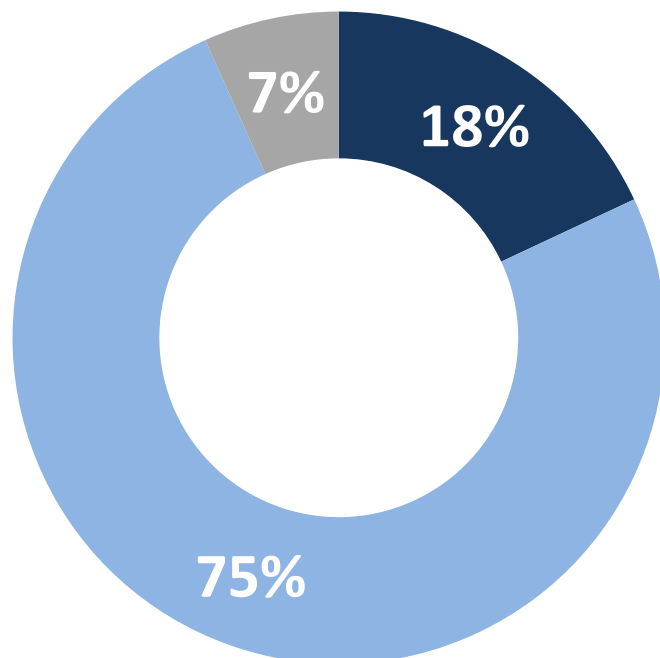
A psychiatrist

	Something different
Newfoundland and Labrador (n=203)	78.5%
New Brunswick (n=200)	72.2%
Nova Scotia (n=203)	79.9%
Prince Edward Island (n=151)	76.7%
Quebec (n=453)	78.6%
Ontario (n=651)	73.5%
Manitoba (n=210)	76.5%
Saskatchewan (n=202)	75.4%
Alberta (n=206)	73.4%
British Columbia (n=414)	71.4%
Territories (n=154)	81.8%
Male (n=1500)	71.8%
Female (n=1534)	77.7%
18 to 34 (n=621)	75.3%
35 to 54 (n=1225)	72.9%
55 plus (n=1201)	76.3%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Psychologists compared to counsellors



■ Same thing ■ Something different ■ Don't know

QUESTION – Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

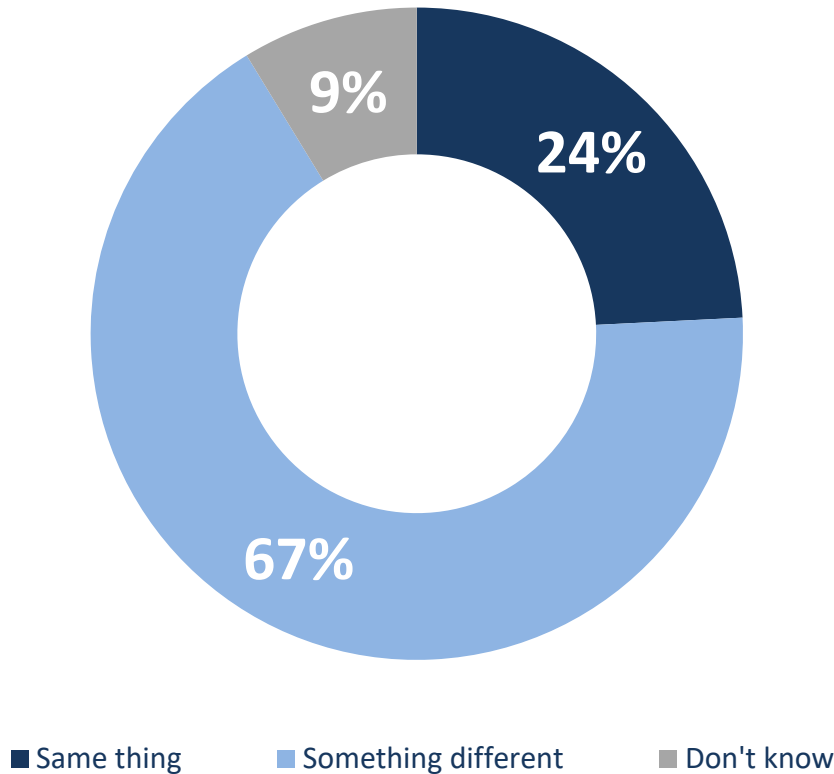
A counsellor

	Something different
Newfoundland and Labrador (n=203)	66.9%
New Brunswick (n=200)	77.8%
Nova Scotia (n=203)	77.0%
Prince Edward Island (n=151)	73.3%
Quebec (n=453)	80.9%
Ontario (n=651)	74.1%
Manitoba (n=210)	73.7%
Saskatchewan (n=202)	73.3%
Alberta (n=206)	73.7%
British Columbia (n=414)	71.0%
Territories (n=154)	77.8%
Male (n=1500)	73.9%
Female (n=1534)	76.7%
18 to 34 (n=621)	73.7%
35 to 54 (n=1225)	74.9%
55 plus (n=1201)	76.7%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Psychologists compared to psychotherapists



QUESTION – Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

A psychotherapist

	Something different
Newfoundland and Labrador (n=203)	71.7%
New Brunswick (n=200)	65.0%
Nova Scotia (n=203)	66.6%
Prince Edward Island (n=151)	63.7%
Quebec (n=453)	68.5%
Ontario (n=651)	66.6%
Manitoba (n=210)	65.6%
Saskatchewan (n=202)	71.7%
Alberta (n=206)	64.4%
British Columbia (n=414)	67.3%
Territories (n=154)	74.5%
Male (n=1500)	67.3%
Female (n=1534)	66.8%
18 to 34 (n=621)	66.7%
35 to 54 (n=1225)	67.1%
55 plus (n=1201)	67.3%

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Professional best able to care for people living with depression by region

Top Mentions	Canada (n=3022)	Newfoundland and Labrador (n=202)	New Brunswick (n=199)	Nova Scotia (n=200)	Prince Edward Island (n=153)	Quebec (n=449)	Ontario (n=644)	Manitoba (n=210)	Saskatchewan (n=201)	Alberta (n=205)	British Columbia (n=406)	Territories (n=153)
Psychologist	36.0%	30.6%	29.1%	26.2%	23.6%	52.7%	30.8%	29.9%	27.9%	36.2%	29.2%	26.6%
Psychiatrist	35.8%	47.0%	27.2%	47.7%	46.9%	29.7%	38.0%	40.0%	39.9%	36.6%	34.7%	37.3%
Counsellor	15.0%	14.0%	29.2%	13.1%	17.8%	5.1%	16.6%	16.5%	22.2%	14.4%	24.2%	24.3%
Psychotherapist	10.5%	7.4%	12.4%	9.7%	8.6%	9.2%	12.0%	9.5%	5.6%	10.6%	10.0%	9.6%
Doctor/nurse	1.8%	0.7%	0.5%	3.0%	1.8%	2.8%	1.5%	2.5%	3.8%	1.3%	0.8%	1.4%
Other	0.1%	-	-	-	-	-	0.1%	-	-	-	-	0.3%

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Depression

Professional best able to care for people living with depression by gender and age

Top Mentions	Canada (n=3022)	Male (n=1487)	Female (n=1523)	18 to 34 (n=612)	35 to 54 (n=1212)	55 plus (n=1198)
Psychologist	36.0%	37.1%	35.1%	41.2%	36.1%	32.2%
Psychiatrist	35.8%	35.9%	35.6%	29.1%	37.8%	38.7%
Counsellor	15.0%	15.0%	15.1%	16.1%	14.1%	15.1%
Psychotherapist	10.5%	9.1%	11.7%	11.6%	9.1%	11.0%
Doctor/nurse	1.8%	1.8%	1.7%	1.4%	1.5%	2.2%
Other	0.1%	0.1%	-	-	0.2%	-

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Depression

Professional best able to care for people living with anxiety by region

Top Mentions	Canada (n=3025)	Newfoundland and Labrador (n=200)	New Brunswick (n=200)	Nova Scotia (n=198)	Prince Edward Island (n=153)	Quebec (n=450)	Ontario (n=647)	Manitoba (n=210)	Saskatchewan (n=200)	Alberta (n=204)	British Columbia (n=409)	Territories (n=154)
Psychologist	38.4%	32.5%	34.9%	37.6%	29.9%	55.1%	33.5%	32.9%	28.1%	38.3%	28.9%	30.6%
Psychiatrist	24.2%	39.0%	21.9%	30.3%	25.6%	16.5%	26.7%	29.4%	31.2%	26.3%	23.2%	30.0%
Counsellor	20.7%	18.2%	29.5%	21.2%	33.9%	8.3%	21.6%	24.0%	28.2%	22.7%	33.4%	24.7%
Psychotherapist	14.0%	8.7%	11.9%	8.6%	8.2%	17.6%	15.2%	9.2%	9.9%	9.9%	12.6%	10.8%
Doctor/nurse	1.6%	0.8%	0.4%	1.8%	1.3%	2.1%	1.4%	2.4%	2.1%	1.9%	1.0%	2.7%
Alternative medicine/practitioners	0.3%	0.3%	-	0.3%	-	-	0.5%	0.5%	-	-	0.5%	-

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Anxiety

Professional best able to care for people living with anxiety by gender and age



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=3025)	Male (n=1485)	Female (n=1528)	18 to 34 (n=611)	35 to 54 (n=1212)	55 plus (n=1202)
Psychologist	38.4%	39.2%	37.7%	38.3%	38.2%	38.6%
Psychiatrist	24.2%	25.4%	23.1%	25.2%	25.9%	22.0%
Counsellor	20.7%	20.1%	21.0%	21.6%	20.5%	20.1%
Psychotherapist	14.0%	12.8%	15.3%	13.5%	12.2%	16.1%
Doctor/nurse	1.6%	1.2%	1.9%	0.4%	1.8%	2.3%
Alternative medicine/practitioners	0.3%	0.2%	0.4%	0.1%	0.4%	0.3%

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Anxiety

Professional best able to care for people living with addictions by region



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=3014)	Newfoundland and Labrador (n=199)	New Brunswick (n=200)	Nova Scotia (n=199)	Prince Edward Island (n=154)	Quebec (n=447)	Ontario (n=643)	Manitoba (n=210)	Saskatchewan (n=198)	Alberta (n=204)	British Columbia (n=408)	Territories (n=152)
Counsellor	37.6%	48.0%	58.4%	51.5%	56.7%	17.1%	41.9%	50.2%	51.7%	45.2%	39.6%	61.0%
Psychologist	21.3%	21.5%	15.6%	17.6%	18.5%	36.0%	15.8%	19.0%	14.1%	19.1%	16.9%	13.8%
Psychotherapist	19.2%	7.9%	13.9%	11.4%	11.3%	26.1%	18.7%	12.2%	11.6%	17.0%	17.8%	6.7%
Psychiatrist	17.7%	21.3%	8.8%	17.8%	10.0%	18.1%	18.5%	13.9%	18.4%	14.1%	20.0%	15.5%
Doctor/nurse	1.8%	-	1.2%	0.9	1.4%	1.2%	1.5%	1.2%	3.1%	1.9%	3.5%	2.2%
Specialists	1.3%	0.9%	1.9%	0.3%	1.0%	0.4%	2.3%	1.8%	0.7%	0.8%	1.0%	-

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Addictions

Source: Nanos Research, online representative survey, September 25th to October 2nd, 2020, n=3014.

Professional best able to care for people living with addictions by gender and age



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=3014)	Male (n=1482)	Female (n=1520)	18 to 34 (n=615)	35 to 54 (n=1209)	55 plus (n=1190)
Counsellor	37.6%	39.6%	35.8%	33.3%	35.6%	42.5%
Psychologist	21.3%	22.5%	20.1%	23.8%	21.7%	19.1%
Psychotherapist	19.2%	16.0%	22.1%	18.8%	20.7%	18.0%
Psychiatrist	17.7%	17.2%	18.0%	20.5%	17.5%	15.9%
Doctor/nurse	1.8%	2.3%	1.3%	1.4%	1.8%	2.0%
Specialists	1.3%	1.2%	1.5%	1.3%	1.2%	1.5%

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Addictions

Source: Nanos Research, online representative survey, September 25th to October 2nd, 2020, n=3014.

Professional best able to care for people living with dementia by region



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=2989)	Newfoundland and Labrador (n=198)	New Brunswick (n=195)	Nova Scotia (n=199)	Prince Edward Island (n=153)	Quebec (n=447)	Ontario (n=639)	Manitoba (n=207)	Saskatchewan (n=193)	Alberta (n=205)	British Columbia (n=401)	Territories (n=152)
Psychiatrist	36.8%	23.9%	30.1%	24.4%	25.3%	67.2%	26.5%	28.0%	30.2%	26.8%	30.2%	36.2%
Psychologist	18.0%	28.9%	21.0%	22.8%	21.1%	10.5%	19.0%	20.8%	16.7%	24.2%	19.9%	14.7%
Psychotherapist	17.3%	15.9%	15.7%	23.9%	18.5%	9.2%	20.5%	18.2%	20.1%	19.4%	18.9%	19.7%
Counsellor	12.2%	17.8%	17.6%	9.2%	20.3%	5.2%	15.0%	17.5%	17.8%	11.9%	12.8%	16.2%
Doctor/nurse	7.9%	10.1%	9.9%	8.7%	7.3%	3.2%	8.5%	8.4%	7.9%	10.1%	9.9%	8.7%
Specialists	5.3%	2.1%	3.1%	8.1%	5.8%	3.6%	7.0%	4.4%	3.9%	3.8%	5.0%	5.8%

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Dementia

Source: Nanos Research, online representative survey, September 25th to October 2nd, 2020, n=2989.

Professional best able to care for people living with dementia by gender and age



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=2989)	Male (n=1470)	Female (n=1507)	18 to 34 (n=608)	35 to 54 (n=1188)	55 plus (n=1193)
Psychiatrist	36.8%	36.0%	37.4%	40.8%	39.8%	31.2%
Psychologist	18.0%	21.0%	15.2%	20.0%	18.4%	16.4%
Psychotherapist	17.3%	18.7%	16.2%	19.1%	14.6%	18.5%
Counsellor	12.2%	12.7%	11.7%	8.9%	10.5%	16.0%
Doctor/nurse	7.9%	6.9%	8.9%	6.3%	8.9%	8.2%
Specialists	5.3%	2.5%	7.9%	2.5%	4.6%	7.8%

QUESTION – Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Dementia

Professional best able to care for people living with learning disabilities by region



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Top Mentions	Canada (n=2991)	Newfoundland and Labrador (n=200)	New Brunswick (n=198)	Nova Scotia (n=198)	Prince Edward Island (n=153)	Quebec (n=450)	Ontario (n=640)	Manitoba (n=207)	Saskatchewan (n=194)	Alberta (n=200)	British Columbia (n=400)	Territories (n=151)
Psychologist	29.6%	31.1%	27.9%	38.9%	34.3%	28.3%	28.3%	33.2%	28.4%	35.4%	28.3%	25.3%
Counsellor	25.9%	32.7%	38.8%	26.8%	31.7%	18.3%	29.4%	25.6%	30.0%	21.0%	29.3%	31.9%
Psychotherapist	21.7%	13.5%	19.5%	13.8%	13.4%	30.4%	19.4%	19.4%	21.2%	19.8%	18.6%	18.0%
Psychiatrist	16.7%	14.6%	10.2%	13.8%	13.6%	17.1%	17.1%	16.1%	14.8%	16.4%	17.2%	18.6%
Specialists	3.2%	6.1%	1.3%	3.7%	3.7%	3.0%	2.7%	3.0%	2.6%	4.4%	4.1%	2.4%
Doctor/nurse	1.8%	1.5%	1.8%	1.9%	2.0%	2.5%	1.9%	2.0%	2.1%	0.3%	1.6%	-

QUESTION – Do you think a psychologist does the same thing or something different as each of the following?
[RANDOMIZE]

Learning disabilities/ADHD

Professional best able to care for people living with learning disabilities by gender and age

Top Mentions	Canada (n=2991)	Male (n=1482)	Female (n=1497)	18 to 34 (n=606)	35 to 54 (n=1193)	55 plus (n=1192)
Psychologist	29.6%	27.6%	31.6%	26.9%	29.3%	31.7%
Counsellor	25.9%	26.8%	25.0%	23.7%	24.7%	28.5%
Psychotherapist	21.7%	21.4%	22.0%	22.1%	21.2%	21.8%
Psychiatrist	16.7%	18.3%	15.1%	23.1%	17.6%	11.3%
Specialists	3.2%	2.7%	3.6%	1.9%	3.4%	3.9%
Doctor/nurse	1.8%	2.1%	1.5%	1.6%	2.2%	1.6%

QUESTION – Do you think a psychologist does the same thing or something different as each of the following?
[RANDOMIZE]

Learning disabilities/ADHD

Professional best able to care for people living with stress of being diagnosed with a disease by region

Top Mentions	Canada (n=3023)	Newfoundland and Labrador (n=199)	New Brunswick (n=200)	Nova Scotia (n=202)	Prince Edward Island (n=155)	Quebec (n=446)	Ontario (n=644)	Manitoba (n=210)	Saskatchewan (n=200)	Alberta (n=205)	British Columbia (n=408)	Territories (n=154)
Counsellor	38.9%	46.6%	42.1%	44.4%	53.8%	15.0%	46.0%	47.3%	48.1%	41.1%	50.7%	54.8%
Psychologist	30.1%	31.8%	26.5%	29.5%	21.2%	52.9%	20.9%	23.1%	20.9%	27.8%	23.7%	20.5%
Psychotherapist	13.4%	6.3%	5.9%	7.7%	6.3%	16.9%	14.2%	8.5%	14.4%	13.0%	9.6%	5.7%
Psychiatrist	12.0%	12.3%	17.7%	14.1%	14.3%	9.6%	13.3%	11.6%	9.4%	11.9%	11.8%	13.3%
Doctor/nurse	2.7%	1.9%	4.4%	2.8%	2.5%	2.8%	2.2%	5.0%	2.5%	3.2%	2.6%	2.2%
Specialist	1.9%	0.8%	1.8%	1.3%	0.9%	1.9%	2.4%	2.5%	2.9%	2.0%	0.5%	0.5%

QUESTION – Do you think a psychologist does the same thing or something different as each of the following?
[RANDOMIZE]

Stress of being diagnosed with a disease like cancer

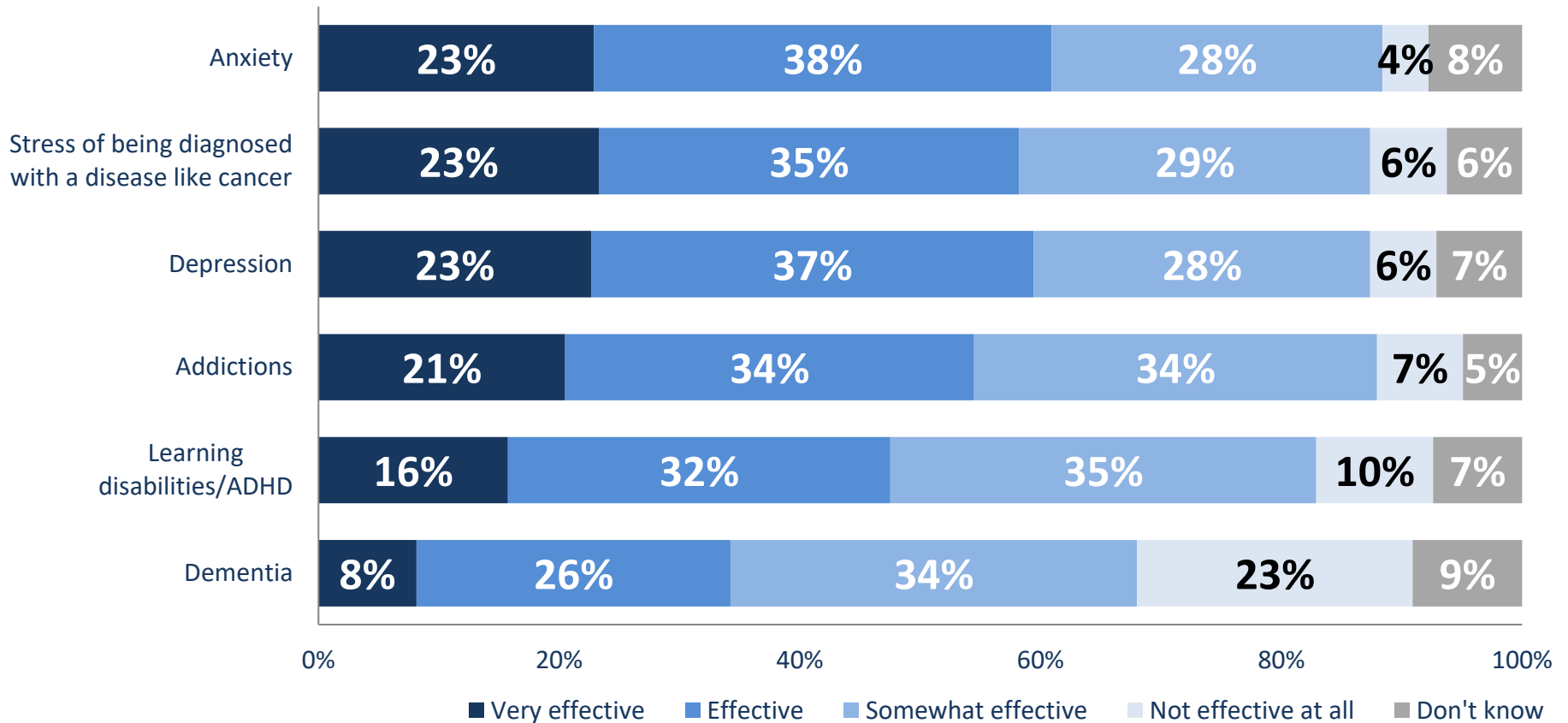
Professional best able to care for people living with stress of being diagnosed with a disease by gender and age

Top Mentions	Canada (n=3023)	Male (n=1488)	Female (n=1523)	18 to 34 (n=610)	35 to 54 (n=1212)	55 plus (n=1201)
Counsellor	38.9%	38.1%	39.6%	36.5%	38.4%	41.1%
Psychologist	30.1%	38.5%	31.6%	28.1%	33.5%	28.5%
Psychotherapist	13.4%	13.7%	13.0%	16.4%	11.0%	13.2%
Psychiatrist	12.0%	14.6%	9.5%	15.4%	11.6%	10.0%
Doctor/nurse	2.7%	2.6%	2.8%	2.2%	1.8%	3.8%
Specialist	1.9%	1.5%	2.3%	0.5%	2.3%	2.6%

QUESTION – Do you think a psychologist does the same thing or something different as each of the following?
[RANDOMIZE]

Stress of being diagnosed with a disease like cancer

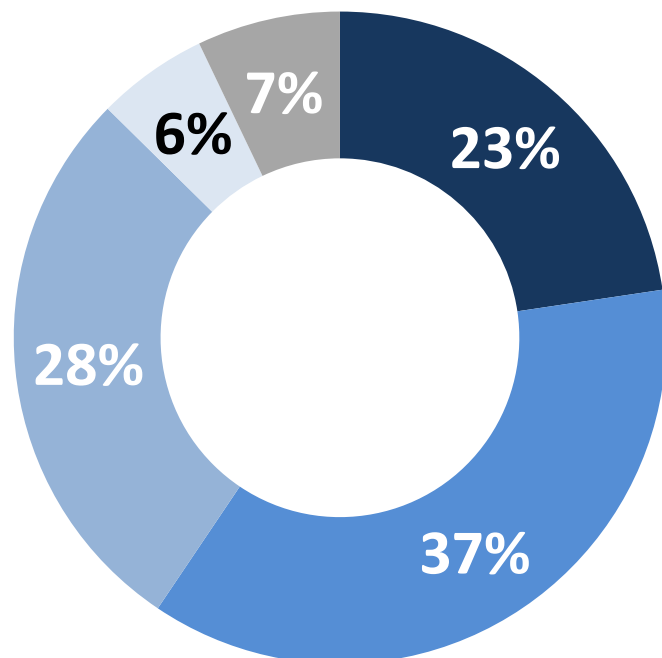
Effectiveness of psychologists in helping people



*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Effectiveness of psychologists in helping people living with depression



■ Very effective ■ Effective
■ Somewhat effective ■ Not effective at all
■ Don't know

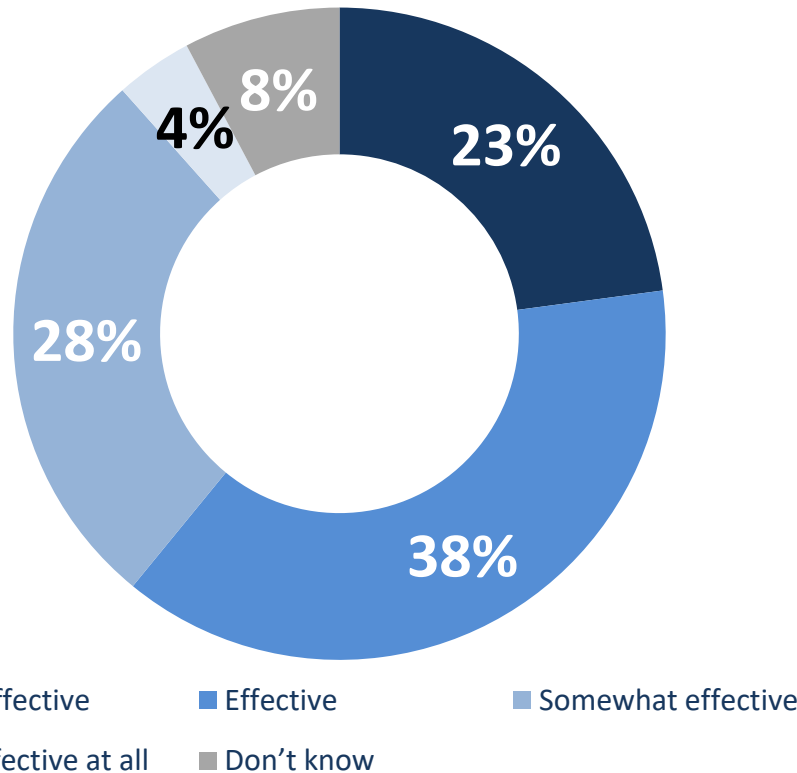
	Effective
Newfoundland and Labrador (n=203)	41.6%
New Brunswick (n=200)	31.1%
Nova Scotia (n=203)	37.8%
Prince Edward Island (n=151)	32.6%
Quebec (n=453)	40.0%
Ontario (n=651)	35.3%
Manitoba (n=210)	27.5%
Saskatchewan (n=202)	39.7%
Alberta (n=206)	39.0%
British Columbia (n=414)	35.5%
Territories (n=154)	43.6%
Male (n=1500)	36.2%
Female (n=1534)	37.5%
18 to 34 (n=621)	37.2%
35 to 54 (n=1225)	37.9%
55 plus (n=1201)	35.5%

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Depression

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in helping people living with anxiety



	Effective
Newfoundland and Labrador (n=203)	40.1%
New Brunswick (n=200)	35.7%
Nova Scotia (n=203)	33.5%
Prince Edward Island (n=151)	32.5%
Quebec (n=453)	42.4%
Ontario (n=651)	35.5%
Manitoba (n=210)	33.6%
Saskatchewan (n=202)	39.9%
Alberta (n=206)	39.3%
British Columbia (n=414)	38.6%
Territories (n=154)	43.1%
Male (n=1500)	37.4%
Female (n=1534)	38.8%
18 to 34 (n=621)	38.5%
35 to 54 (n=1225)	38.2%
55 plus (n=1201)	37.6%

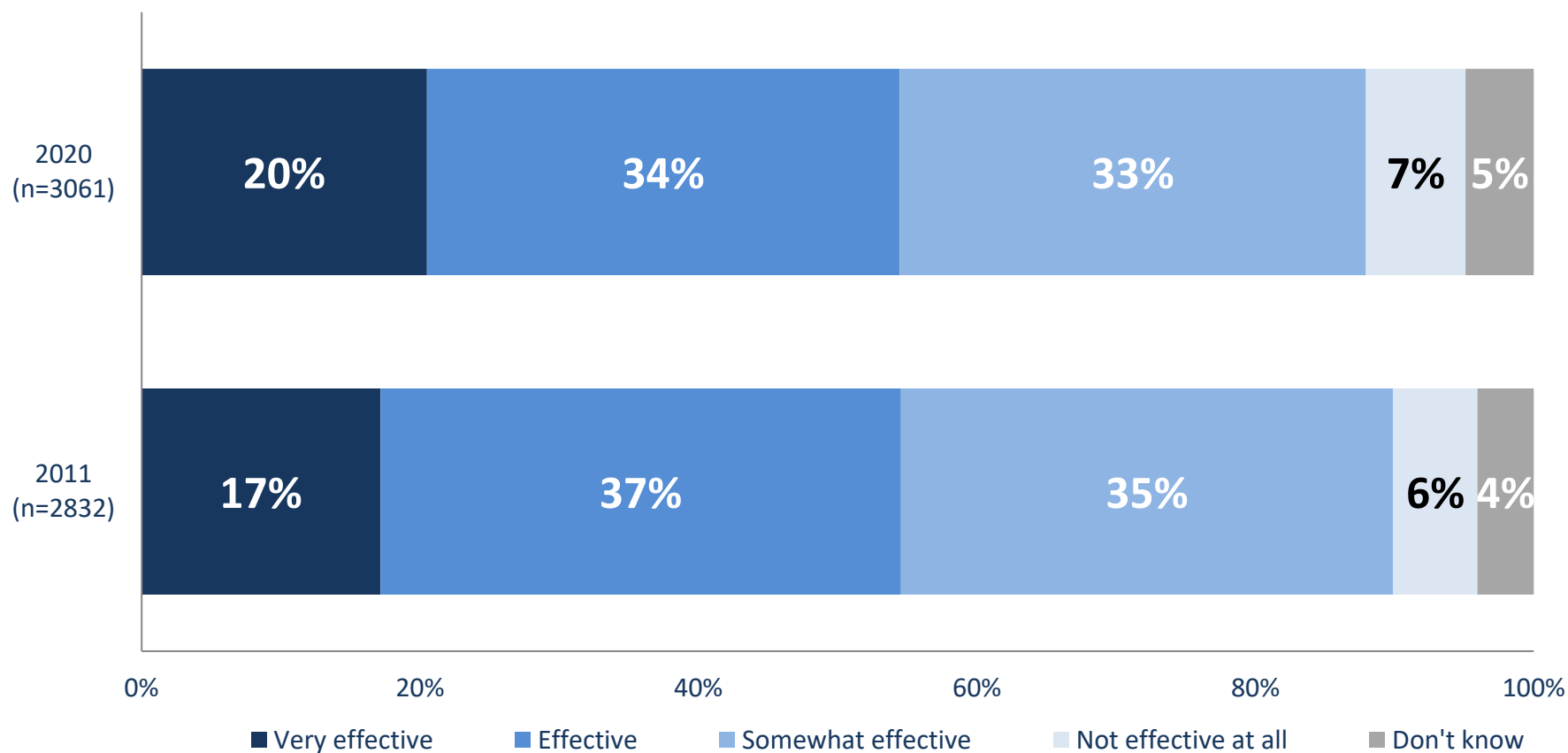
QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Anxiety

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in helping people coping with addictions - Tracking

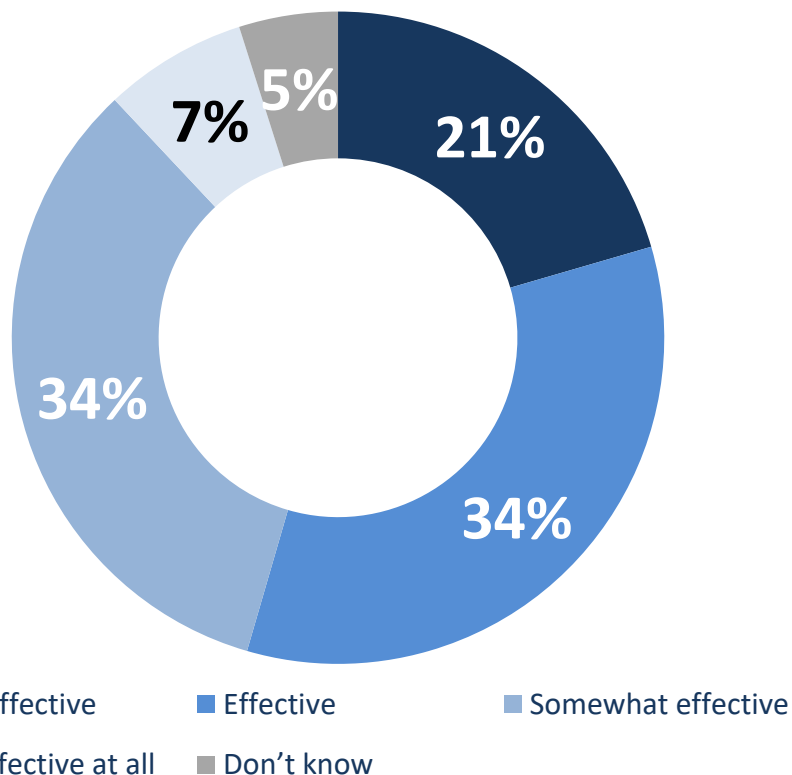


*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Addictions

Effectiveness of psychologists in helping people living with addictions



	Effective	Somewhat effective
Newfoundland and Labrador (n=203)	39.6%	28.8%
New Brunswick (n=200)	28.7%	34.1%
Nova Scotia (n=203)	31.2%	30.4%
Prince Edward Island (n=151)	24.8%	44.3%
Quebec (n=453)	38.6%	30.8%
Ontario (n=651)	33.0%	33.9%
Manitoba (n=210)	29.9%	37.1%
Saskatchewan (n=202)	34.8%	30.8%
Alberta (n=206)	35.7%	33.5%
British Columbia (n=414)	29.2%	37.2%
Territories (n=154)	36.3%	38.7%
Male (n=1500)	34.7%	33.7%
Female (n=1534)	33.5%	33.2%
18 to 34 (n=621)	37.2%	30.9%
35 to 54 (n=1225)	33.8%	32.2%
55 plus (n=1201)	31.7%	36.4%

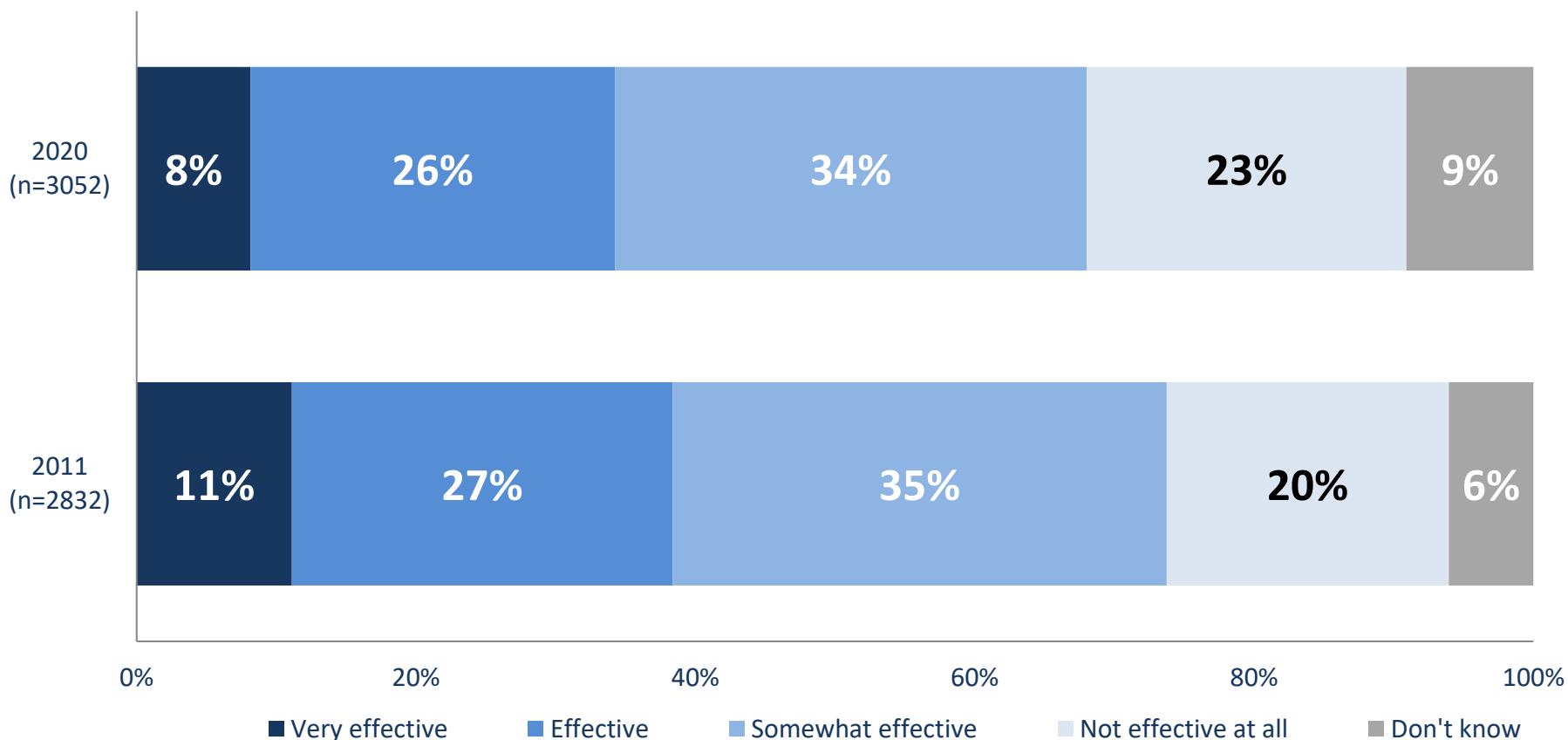
QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Addictions

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in helping people coping with dementia - Tracking

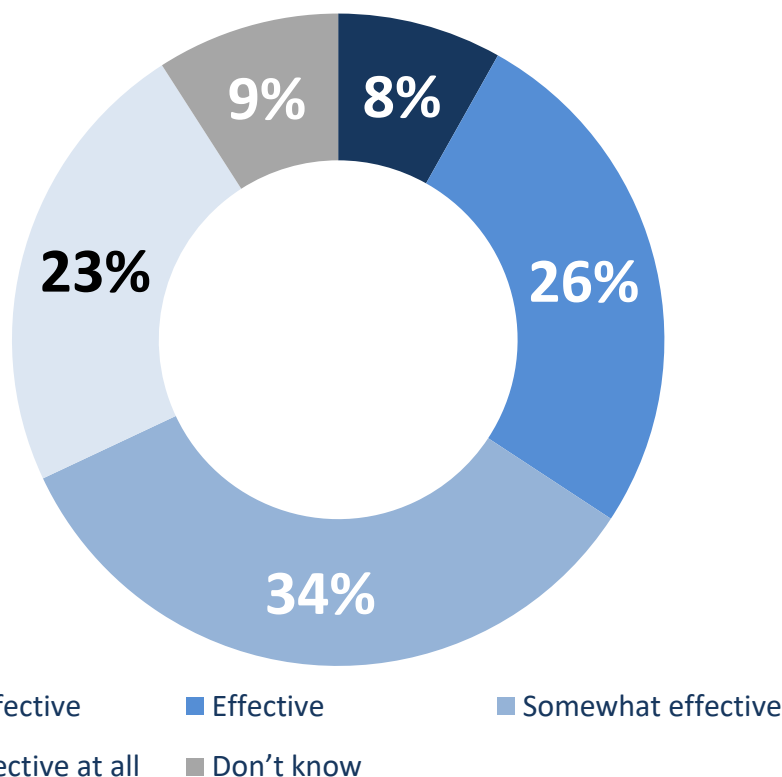


*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Dementia

Effectiveness of psychologists in helping people living with dementia



Somewhat effective

Newfoundland and Labrador (n=203)	32.4%
New Brunswick (n=200)	34.3%
Nova Scotia (n=203)	27.1%
Prince Edward Island (n=151)	39.7%
Quebec (n=453)	25.9%
Ontario (n=651)	38.0%
Manitoba (n=210)	35.8%
Saskatchewan (n=202)	35.3%
Alberta (n=206)	33.6%
British Columbia (n=414)	35.7%
Territories (n=154)	38.3%
Male (n=1500)	33.3%
Female (n=1534)	34.3%
18 to 34 (n=621)	33.8%
35 to 54 (n=1225)	32.2%
55 plus (n=1201)	35.1%

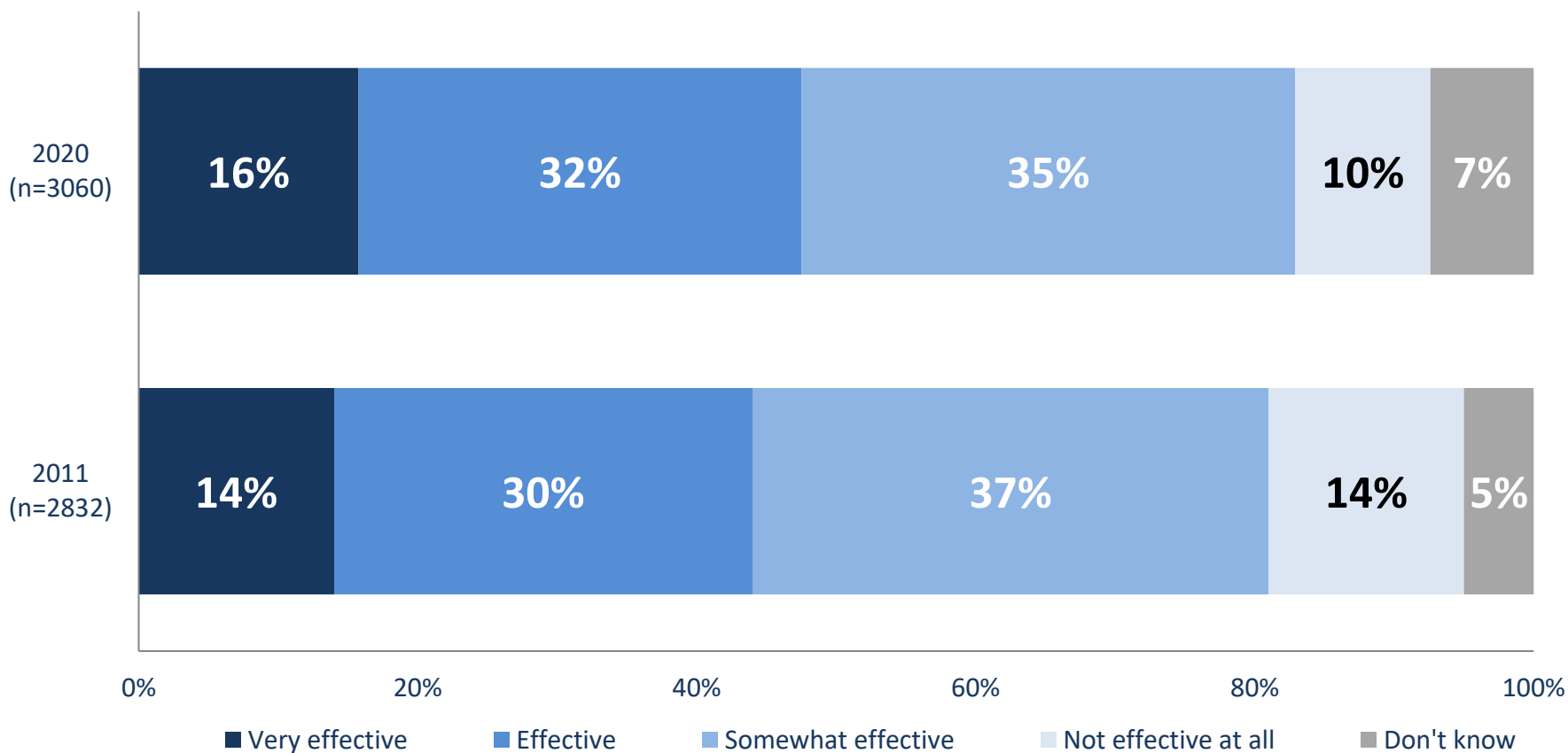
QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Dementia

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in helping people coping with learning disabilities - Tracking

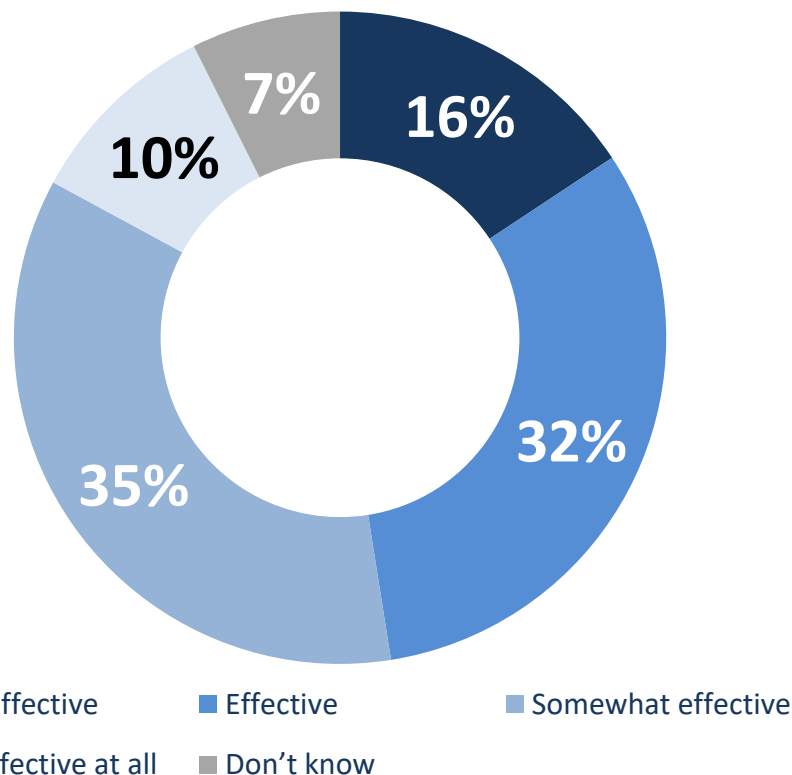


*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Learning disabilities/ADHD

Effectiveness of psychologists in helping people living with learning disabilities

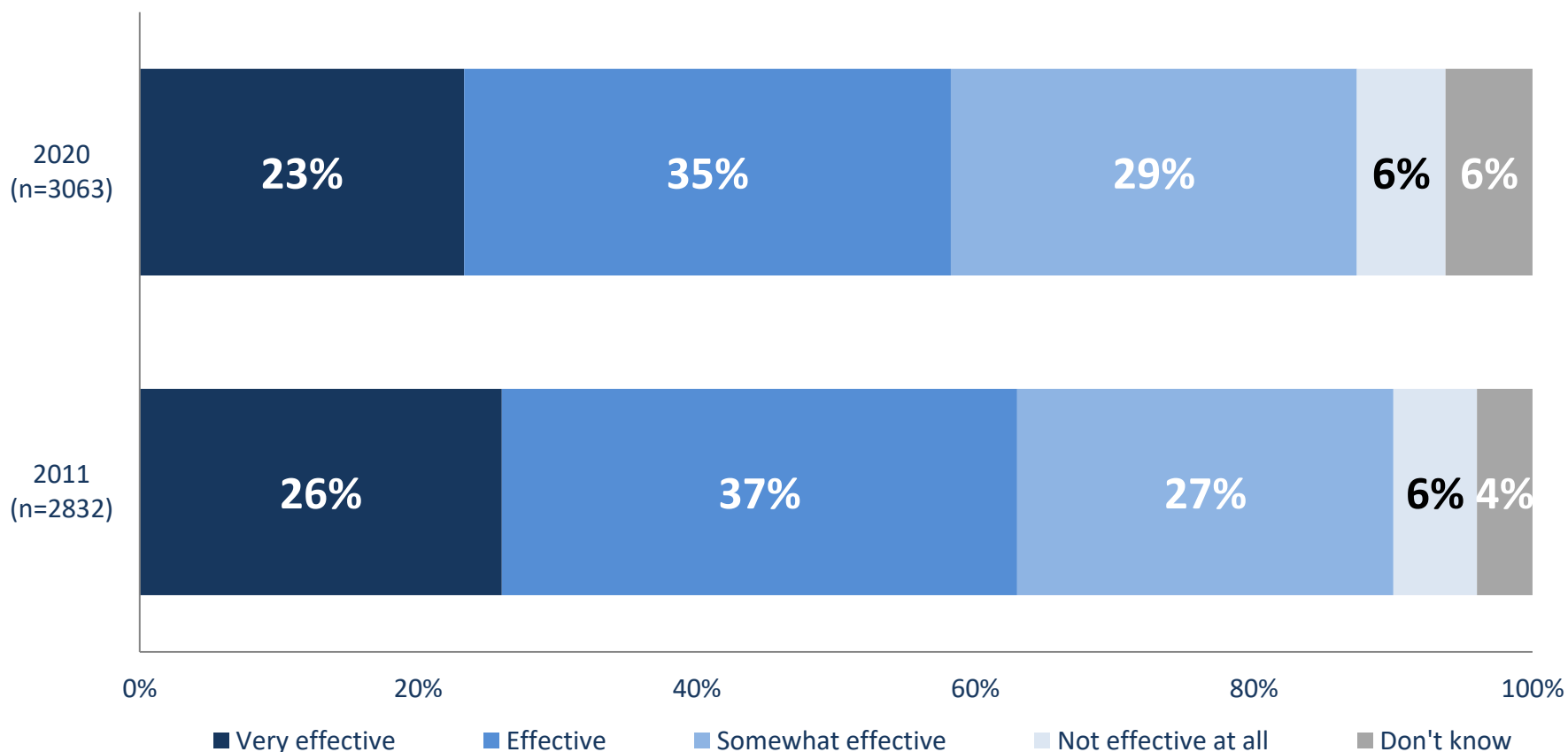


	Somewhat effective
Newfoundland and Labrador (n=203)	36.6%
New Brunswick (n=200)	33.0%
Nova Scotia (n=203)	34.9%
Prince Edward Island (n=151)	40.7%
Quebec (n=453)	32.8%
Ontario (n=651)	37.4%
Manitoba (n=210)	37.6%
Saskatchewan (n=202)	32.2%
Alberta (n=206)	34.5%
British Columbia (n=414)	35.1%
Territories (n=154)	42.7%
Male (n=1500)	36.4%
Female (n=1534)	34.5%
18 to 34 (n=621)	30.4%
35 to 54 (n=1225)	38.4%
55 plus (n=1201)	36.3%

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]
Learning disabilities/ADHD

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in helping people coping with the stress of being diagnosed with a disease - Tracking

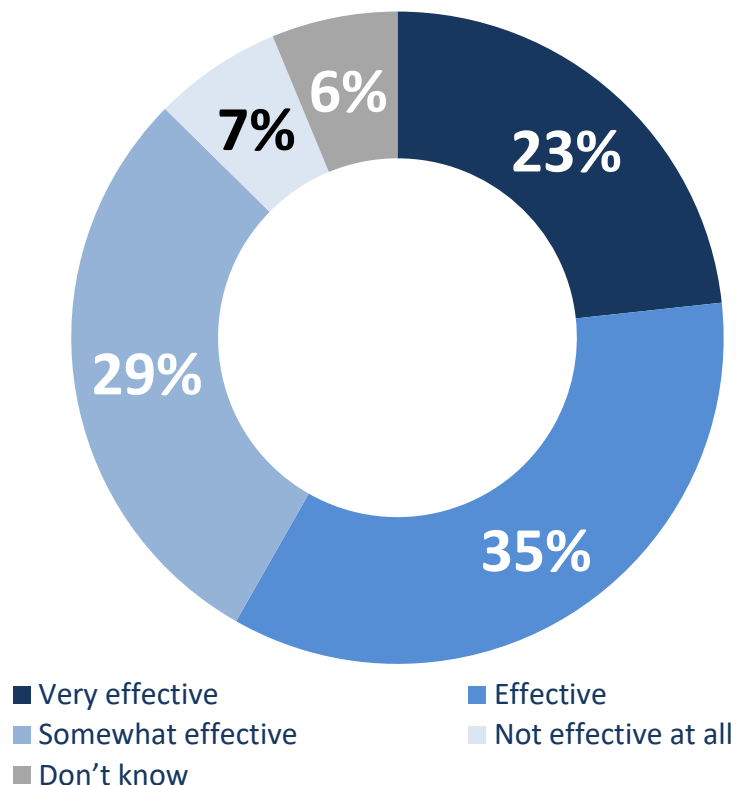


*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Stress of being diagnosed with a disease like cancer

Effectiveness of psychologists in helping people coping with the stress of being diagnosed with a disease



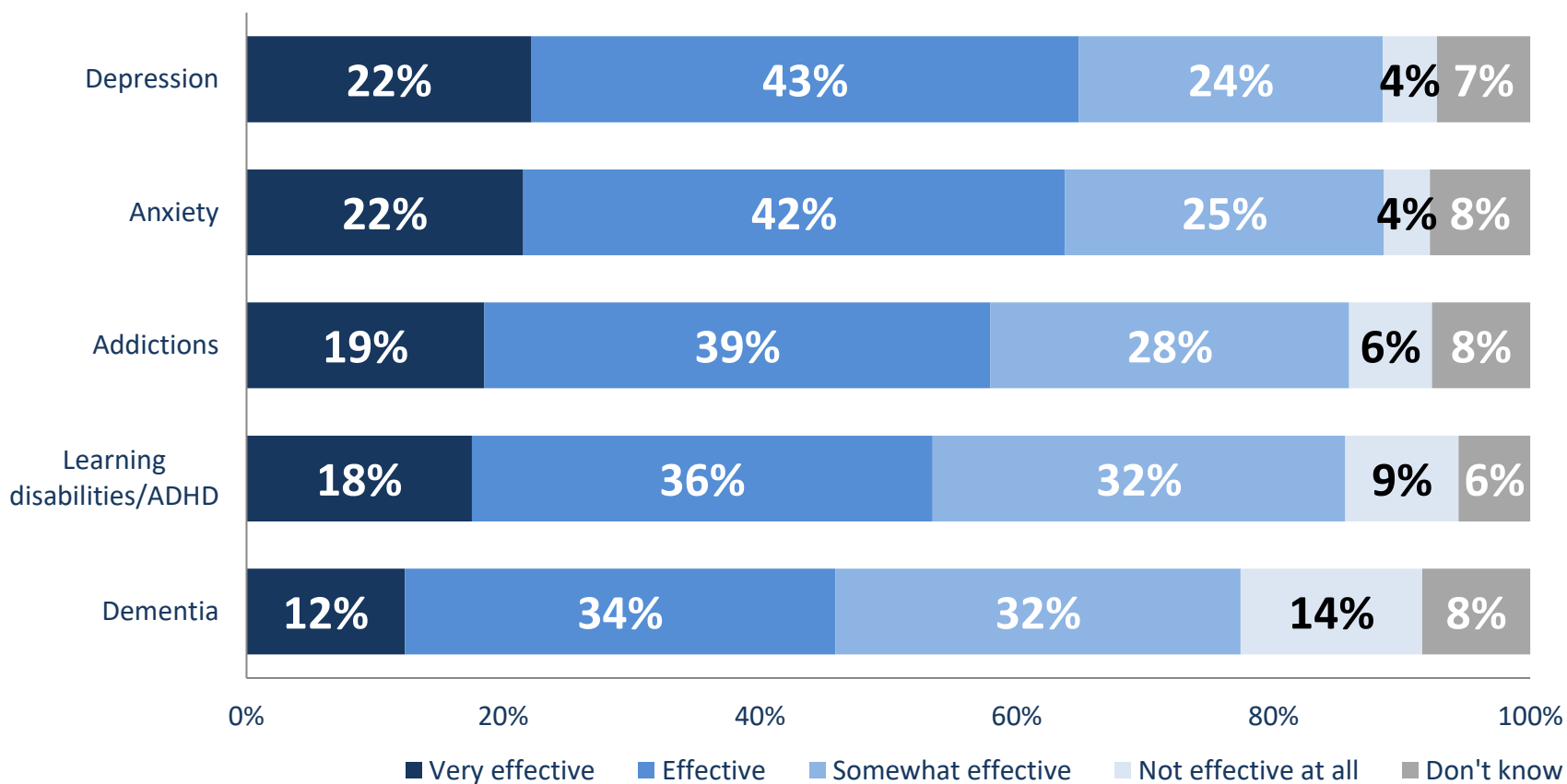
	Effective
Newfoundland and Labrador (n=203)	39.9%
New Brunswick (n=200)	27.5%
Nova Scotia (n=203)	31.4%
Prince Edward Island (n=151)	30.5%
Quebec (n=453)	41.7%
Ontario (n=651)	32.0%
Manitoba (n=210)	34.3%
Saskatchewan (n=202)	40.1%
Alberta (n=206)	33.1%
British Columbia (n=414)	33.6%
Territories (n=154)	40.8%
Male (n=1500)	34.0%
Female (n=1534)	36.1%
18 to 34 (n=621)	37.5%
35 to 54 (n=1225)	34.8%
55 plus (n=1201)	33.2%

QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Stress of being diagnosed with a disease like cancer

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

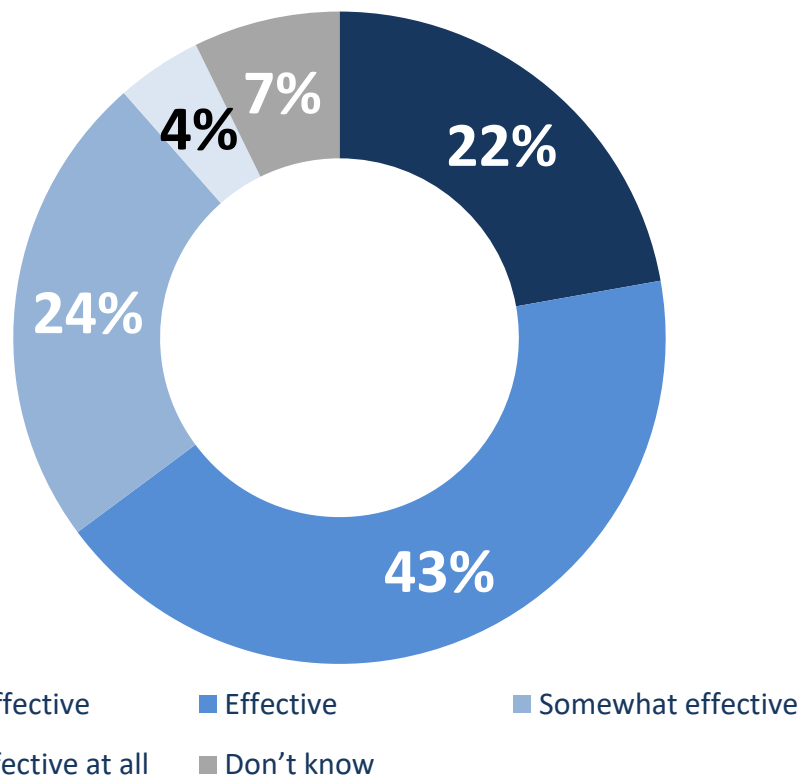
Effectiveness of psychologists in diagnosing people



*Charts may not add up to 100 due to rounding

QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

Effectiveness of psychologists in diagnosing people living with depression



	Effective
Newfoundland and Labrador (n=203)	52.1%
New Brunswick (n=200)	44.7%
Nova Scotia (n=203)	50.1%
Prince Edward Island (n=151)	40.9%
Quebec (n=453)	42.9%
Ontario (n=651)	42.6%
Manitoba (n=210)	41.5%
Saskatchewan (n=202)	42.0%
Alberta (n=206)	42.5%
British Columbia (n=414)	40.1%
Territories (n=154)	42.5%
Male (n=1500)	43.6%
Female (n=1534)	41.7%
18 to 34 (n=621)	42.6%
35 to 54 (n=1225)	44.9%
55 plus (n=1201)	40.7%

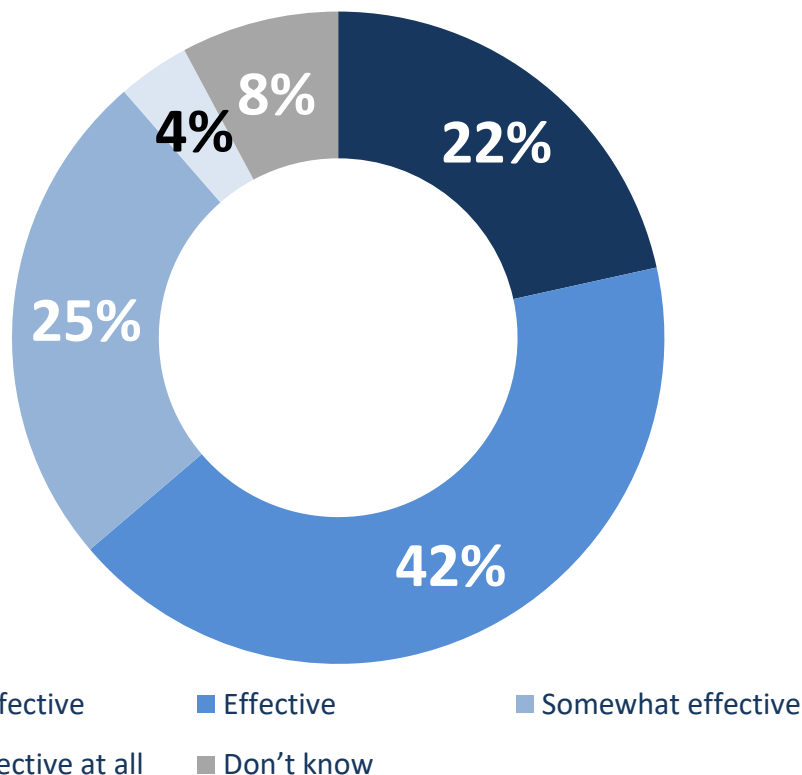
QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

Depression

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in diagnosing people living with anxiety



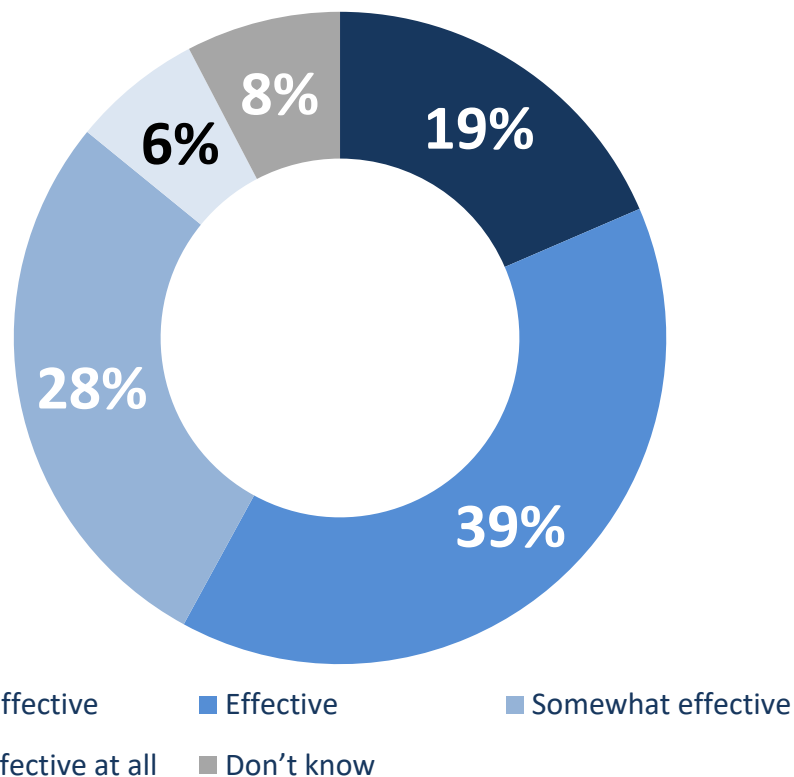
	Effective
Newfoundland and Labrador (n=203)	46.8%
New Brunswick (n=200)	44.5%
Nova Scotia (n=203)	46.8%
Prince Edward Island (n=151)	32.3%
Quebec (n=453)	44.6%
Ontario (n=651)	40.1%
Manitoba (n=210)	38.3%
Saskatchewan (n=202)	37.8%
Alberta (n=206)	45.3%
British Columbia (n=414)	41.9%
Territories (n=154)	40.1%
Male (n=1500)	42.6%
Female (n=1534)	42.0%
18 to 34 (n=621)	42.7%
35 to 54 (n=1225)	41.8%
55 plus (n=1201)	42.2%

QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

Anxiety

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in diagnosing people living with addictions



	Effective
Newfoundland and Labrador (n=203)	43.5%
New Brunswick (n=200)	42.7%
Nova Scotia (n=203)	43.4%
Prince Edward Island (n=151)	36.5%
Quebec (n=453)	43.7%
Ontario (n=651)	38.0%
Manitoba (n=210)	30.1%
Saskatchewan (n=202)	34.6%
Alberta (n=206)	38.1%
British Columbia (n=414)	38.9%
Territories (n=154)	40.4%
Male (n=1500)	40.3%
Female (n=1534)	38.6%
18 to 34 (n=621)	40.1%
35 to 54 (n=1225)	41.6%
55 plus (n=1201)	37.1%

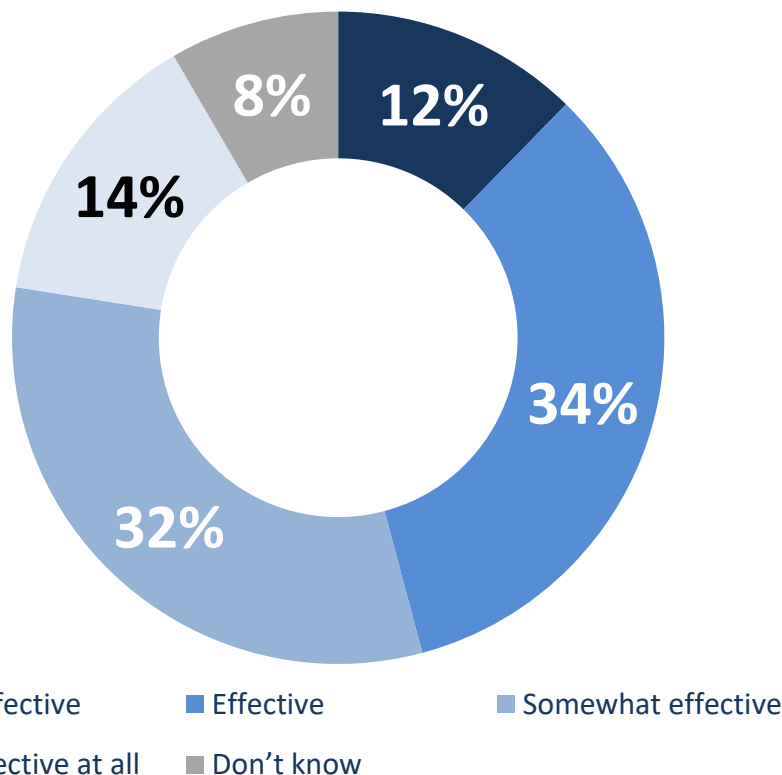
QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

Addictions

*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in diagnosing people living with dementia



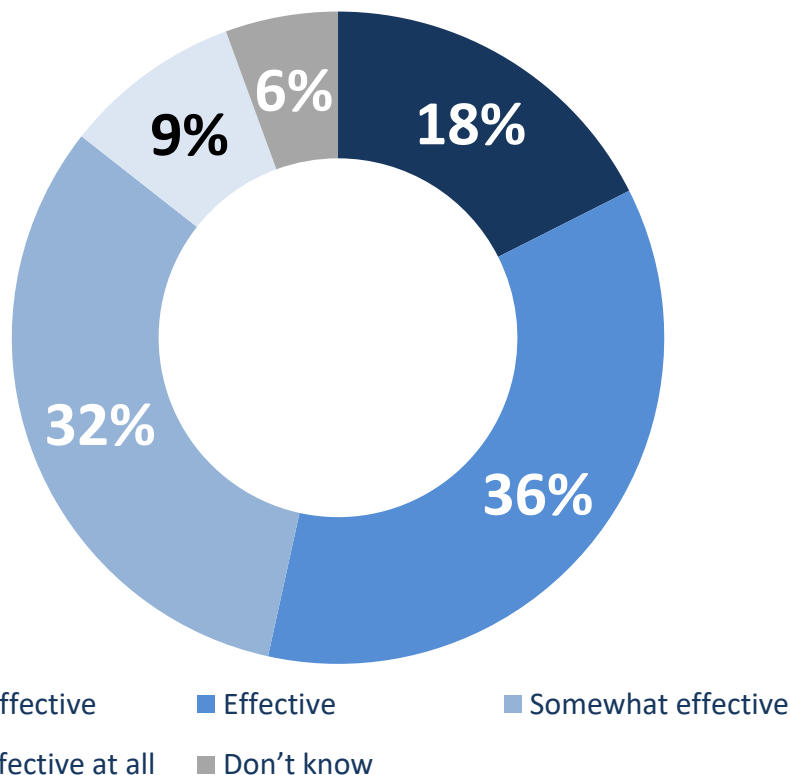
	Effective
Newfoundland and Labrador (n=203)	40.3%
New Brunswick (n=200)	36.1%
Nova Scotia (n=203)	35.4%
Prince Edward Island (n=151)	37.8%
Quebec (n=453)	32.0%
Ontario (n=651)	35.0%
Manitoba (n=210)	32.7%
Saskatchewan (n=202)	33.0%
Alberta (n=206)	31.5%
British Columbia (n=414)	33.0%
Territories (n=154)	32.5%
Male (n=1500)	35.5%
Female (n=1534)	31.8%
18 to 34 (n=621)	33.4%
35 to 54 (n=1225)	34.8%
55 plus (n=1201)	32.5%

QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

Dementia

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Effectiveness of psychologists in diagnosing people living with learning disabilities

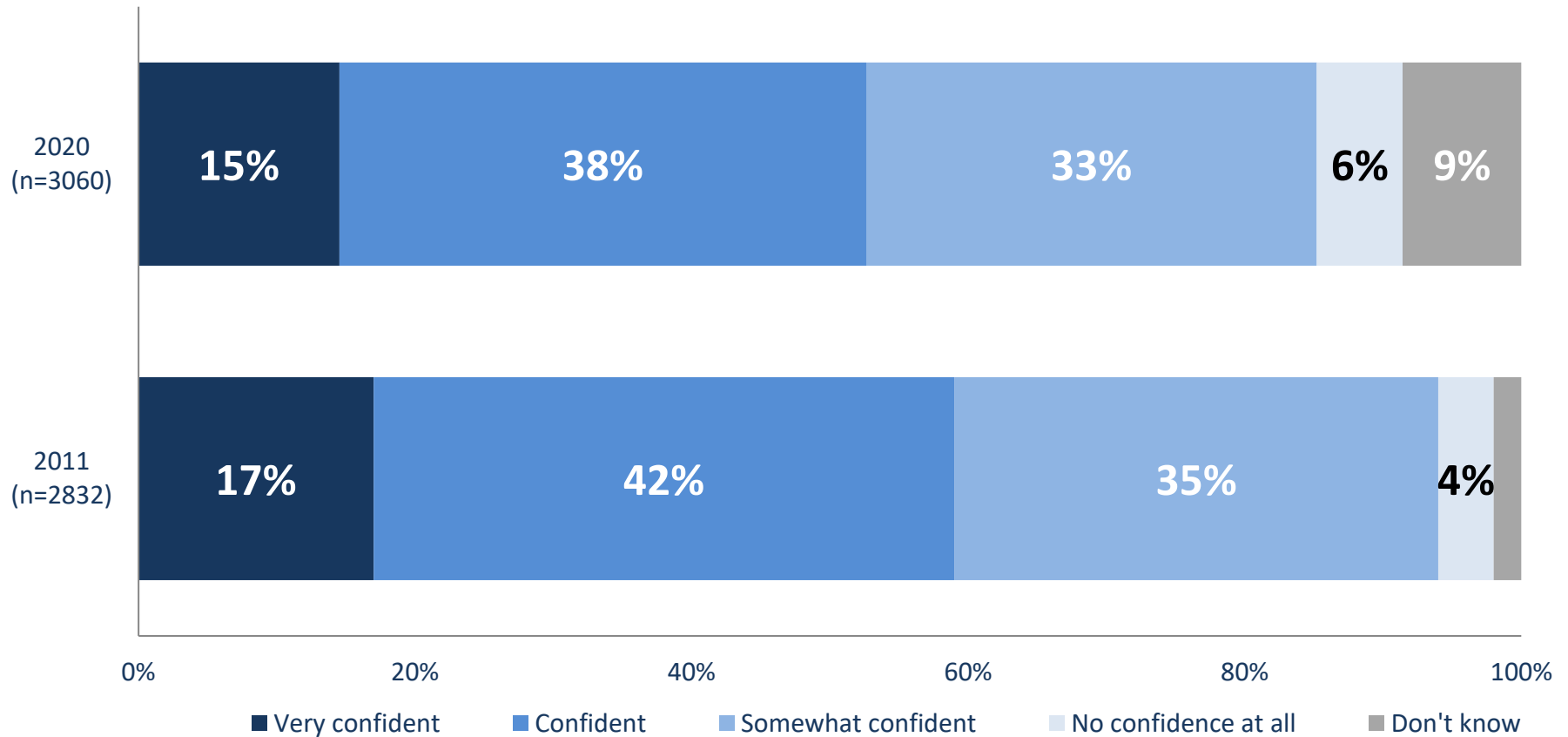


	Effective
Newfoundland and Labrador (n=203)	46.1%
New Brunswick (n=200)	40.4%
Nova Scotia (n=203)	35.4%
Prince Edward Island (n=151)	39.2%
Quebec (n=453)	36.4%
Ontario (n=651)	34.0%
Manitoba (n=210)	33.1%
Saskatchewan (n=202)	34.1%
Alberta (n=206)	41.6%
British Columbia (n=414)	34.7%
Territories (n=154)	38.7%
Male (n=1500)	53.7%
Female (n=1534)	53.5%
18 to 34 (n=621)	35.9%
35 to 54 (n=1225)	37.5%
55 plus (n=1201)	34.4%

QUESTION – How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]
Learning disabilities/ADHD

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

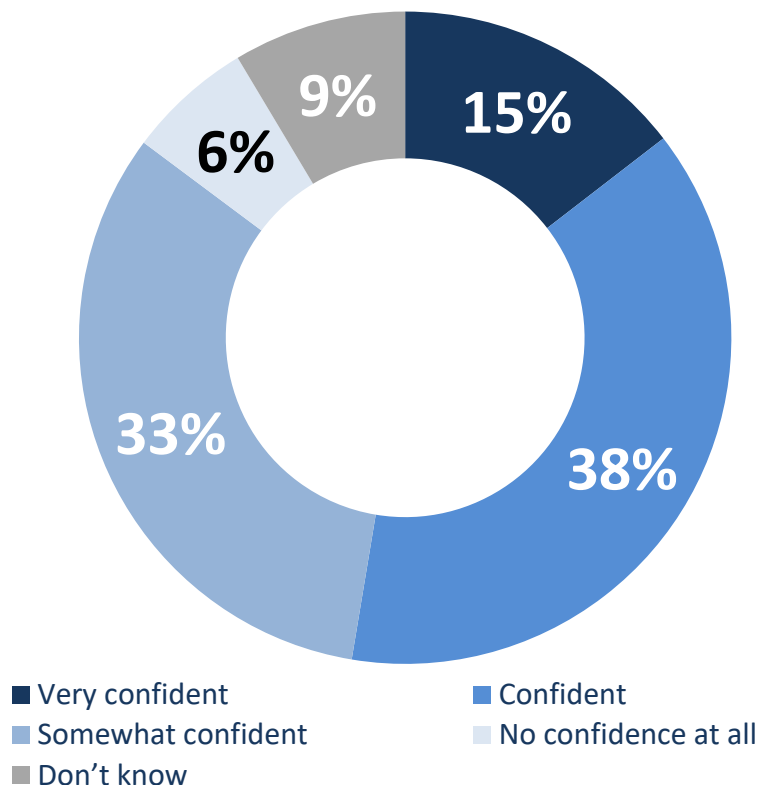
Confidence in psychologists and the care they provide



*Charts may not add up to 100 due to rounding

QUESTION – How much confidence do you have in psychologists and the care they provide when it comes to mental health?

Confidence in psychologists and the care they provide

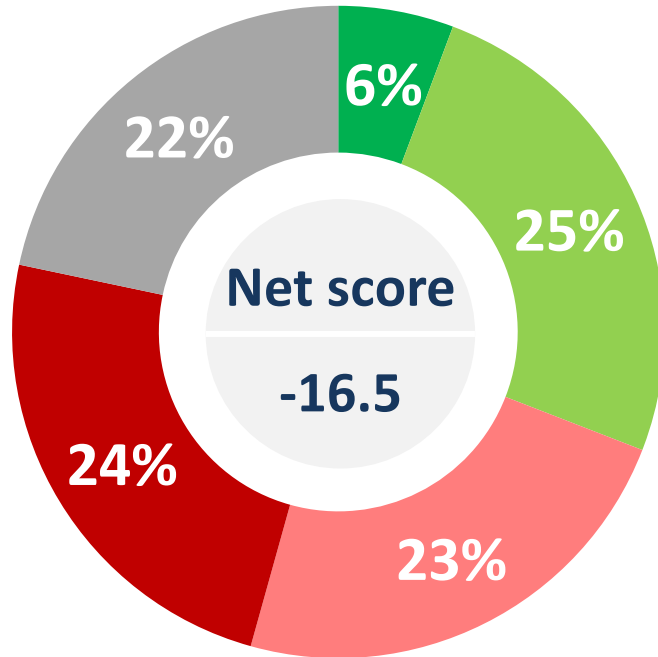


	Confident
Newfoundland and Labrador (n=203)	51.0%
New Brunswick (n=200)	38.0%
Nova Scotia (n=203)	37.0%
Prince Edward Island (n=151)	34.0%
Quebec (n=453)	42.4%
Ontario (n=651)	35.8%
Manitoba (n=210)	38.2%
Saskatchewan (n=202)	40.0%
Alberta (n=206)	40.1%
British Columbia (n=414)	33.6%
Territories (n=154)	51.2%
Male (n=1500)	39.7%
Female (n=1534)	36.7%
18 to 34 (n=621)	23.1%
35 to 54 (n=1225)	43.1%
55 plus (n=1201)	37.8%

QUESTION – How much confidence do you have in psychologists and the care they provide when it comes to mental health?

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Amount of time needed for Canadians to get access to psychological services in the publicly-funded health care system



- Reasonable
- Somewhat reasonable
- Somewhat unreasonable
- Unreasonable
- Don't know

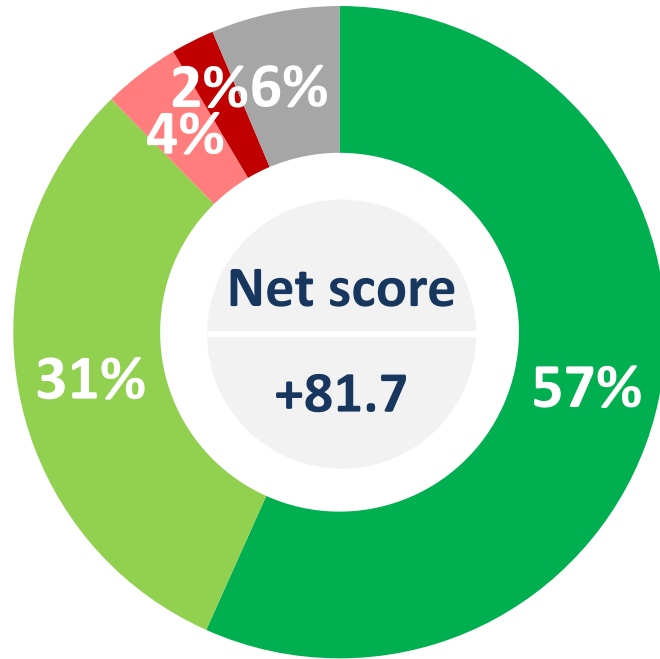
*Weighted to the true population proportion.

*Charts may not add up to 100 due to rounding.

	Somewhat unreasonable/unreasonable
Newfoundland and Labrador (n=203)	54.4%
New Brunswick (n=203)	46.1%
Nova Scotia (n=203)	50.8%
Prince Edward Island (n=155)	60.6%
Quebec (n=455)	58.3%
Ontario (n=656)	44.0%
Manitoba (n=212)	49.9%
Saskatchewan (n=202)	42.8%
Alberta (n=207)	42.5%
British Columbia (n=417)	41.0%
Territories (n=155)	53.6%
Male (n=1513)	40.8%
Female (n=1542)	53.7%
18 to 34 (n=623)	44.9%
35 to 54 (n=1230)	48.1%
55 plus (n=1215)	48.7%

QUESTION – To the best of your knowledge, are Canadians able to access the services of a psychologist in the publicly-funded health care system within a reasonable, somewhat reasonable, somewhat unreasonable, or unreasonable period of time?

Support for improving access to psychologists through the publicly-funded health care system



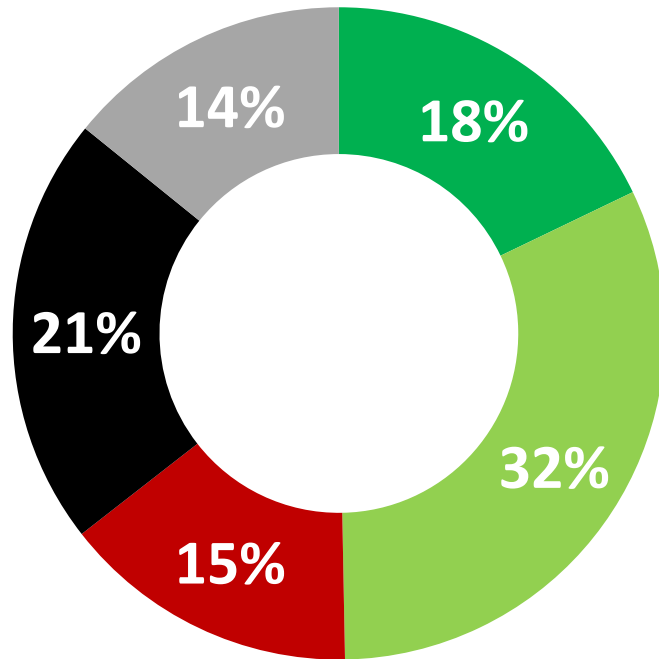
■ Support
 ■ Somewhat support
 ■ Somewhat oppose
■ Oppose
 ■ Unsure

	Support/ somewhat support
Newfoundland and Labrador (n=204)	89.3%
New Brunswick (n=203)	88.1%
Nova Scotia (n=203)	93.2%
Prince Edward Island (n=155)	85.8%
Quebec (n=454)	92.0%
Ontario (n=656)	85.3%
Manitoba (n=212)	85.9%
Saskatchewan (n=201)	89.2%
Alberta (n=206)	86.5%
British Columbia (n=415)	86.6%
Territories (n=156)	92.5%
Male (n=1511)	84.5%
Female (n=1541)	90.8%
18 to 34 (n=622)	86.1%
35 to 54 (n=1229)	87.6%
55 plus (n=1214)	88.9%

QUESTION – Do you support, somewhat support, somewhat oppose or oppose improving access to psychologists through the publicly-funded health care system?

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

Access to a psychologist through employer health benefit plan



■ Yes, definitely ■ Yes, I think so ■ No ■ I am not employed ■ Don't know

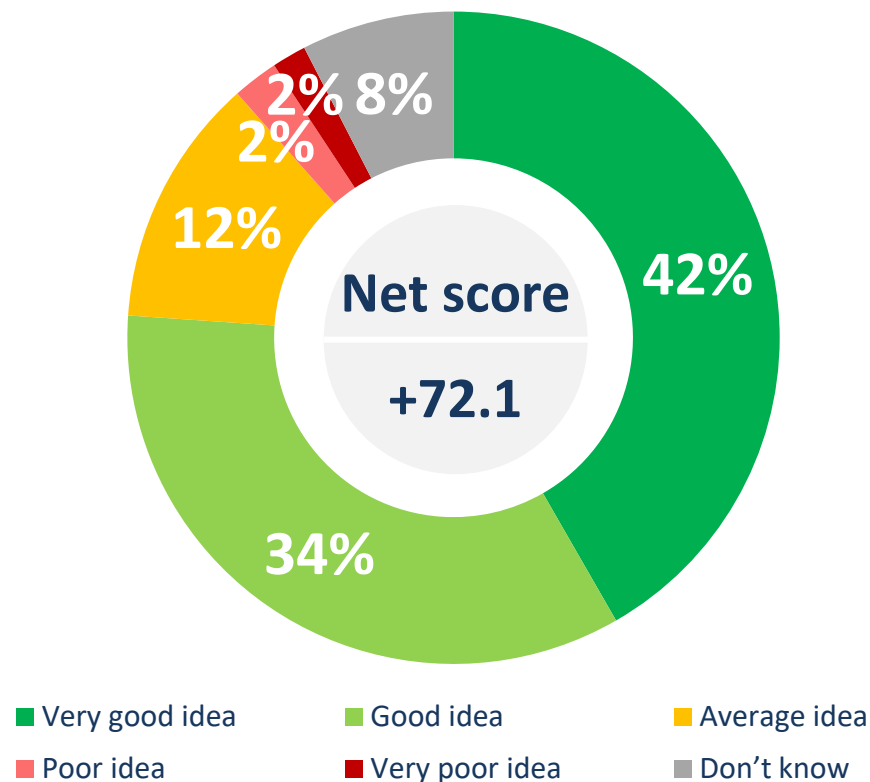
Yes, I think so

Newfoundland and Labrador (n=204)	36.7%
New Brunswick (n=201)	33.6%
Nova Scotia (n=203)	33.1%
Prince Edward Island (n=155)	33.9%
Quebec (n=454)	31.3%
Ontario (n=656)	32.5%
Manitoba (n=212)	34.1%
Saskatchewan (n=201)	32.7%
Alberta (n=206)	30.5%
British Columbia (n=416)	29.9%
Territories (n=155)	37.2%
Male (n=1510)	32.3%
Female (n=1540)	31.3%
18 to 34 (n=622)	34.6%
35 to 54 (n=1227)	38.9%
55 plus (n=1214)	23.7%

QUESTION – To the best of your knowledge, are you able to access a psychologist through your employer's health benefit plan within a reasonable period of time?

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Providing greater access to psychologists through employer health benefit plans



	Very good idea/ good idea
Newfoundland and Labrador (n=204)	82.2%
New Brunswick (n=203)	76.1%
Nova Scotia (n=203)	77.2%
Prince Edward Island (n=156)	75.4%
Quebec (n=454)	79.2%
Ontario (n=657)	74.3%
Manitoba (n=212)	75.8%
Saskatchewan (n=202)	80.0%
Alberta (n=206)	77.1%
British Columbia (n=417)	73.2%
Territories (n=156)	78.2%
Male (n=1513)	71.8%
Female (n=1544)	80.2%
18 to 34 (n=622)	79.9%
35 to 54 (n=1231)	76.9%
55 plus (n=1217)	72.6%

QUESTION – Is providing greater access to psychologists through employer health benefit plans (e.g., more sessions, higher financial caps) a very good idea, good idea, average idea, poor idea or a very poor idea?

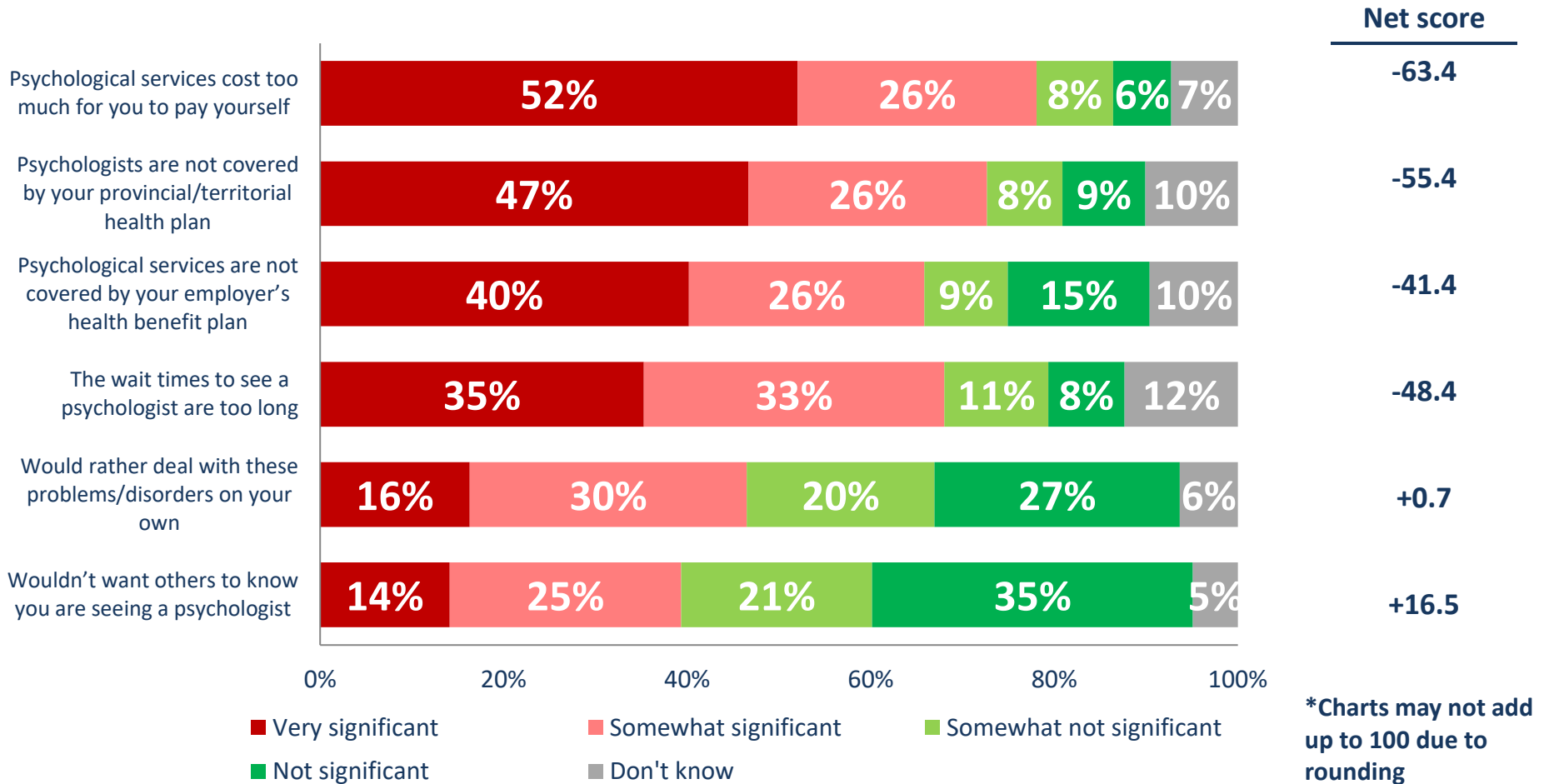
*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Reasons for level of support for providing greater access to psychologists through employer health benefit plans

Top mentions	Canada (n=2576)	Very good idea (n=1142)	Good idea (n=881)	Average idea (n=293)	Poor idea (n=67)	Very poor idea (n=34)	Don't know (n=159)
It's necessary and should be available if needed	11.7%	13.8%	15.1%	2.0%	-	3.8%	1.9%
Easier access would mean more people will seek help	11.4%	13.5%	14.4%	3.6%	-	-	1.5%
It's a good idea/psychologists can help	9.8%	9.4%	14.7%	6.1%	-	0.1%	-
Mental health is very important	9.3%	13.6%	9.1%	1.3%	-	-	0.1%
Mental health services are too expensive, this would lessen cost	8.3%	10.6%	8.5%	4.3%	12.2%	-	-
Mental health issues are more prevalent now	7.5%	10.0%	8.4%	1.6%	0.3%	-	1.0%
Unsure	2.7%	0.2%	1.2%	5.7%	-	-	25.2%

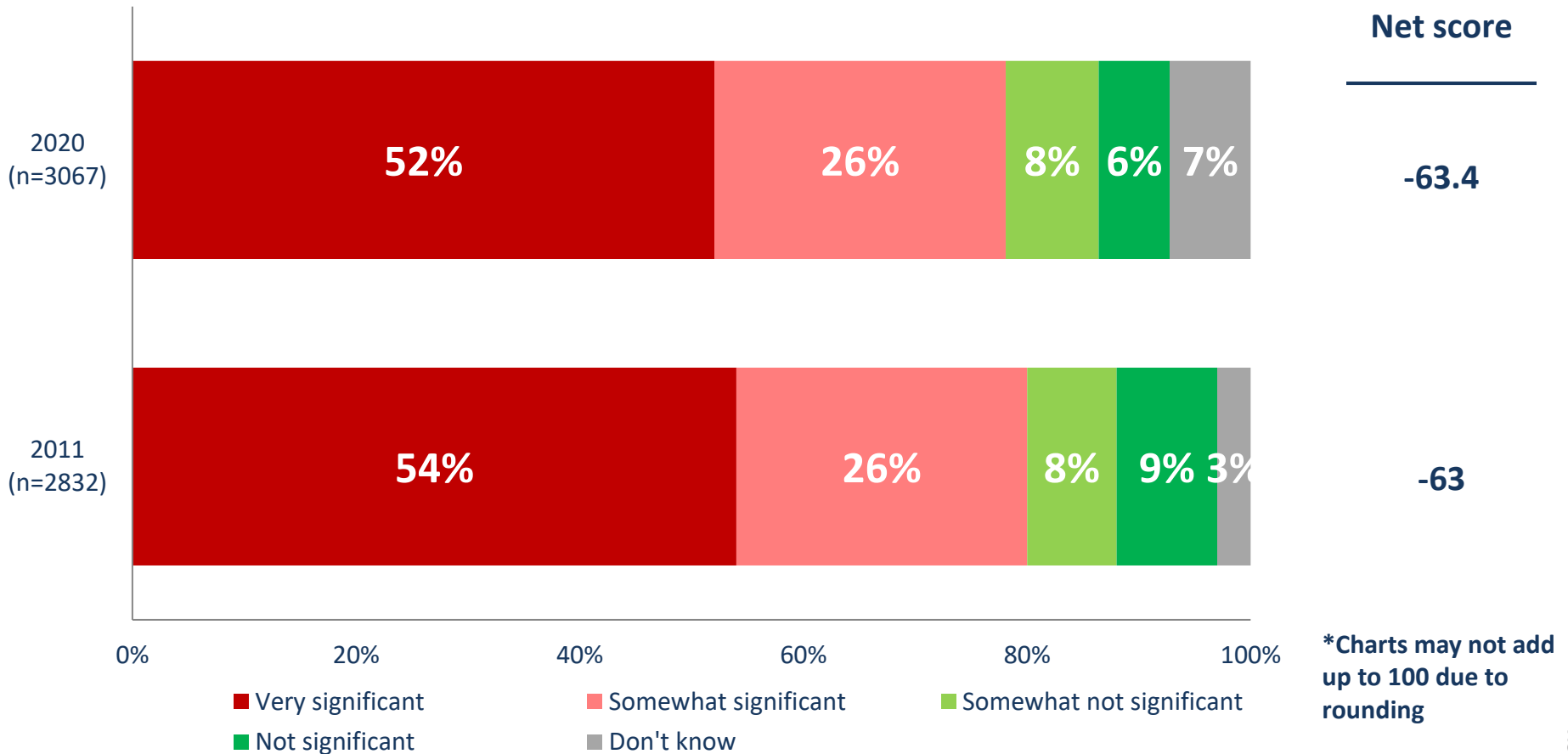
QUESTION – Why do you have that opinion? [OPEN-ENDED]

Significance of barriers in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

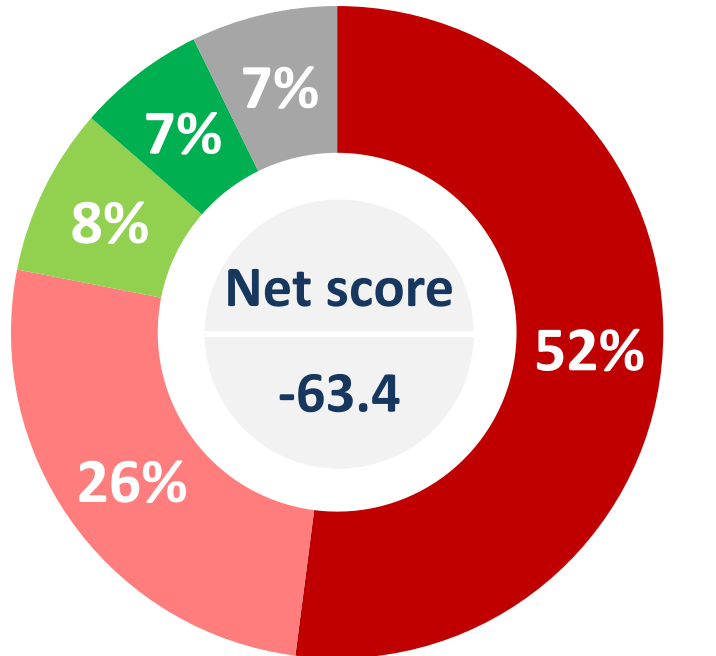
Significance of cost barriers in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychological services cost too much for you to pay yourself

Significance of cost barriers in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

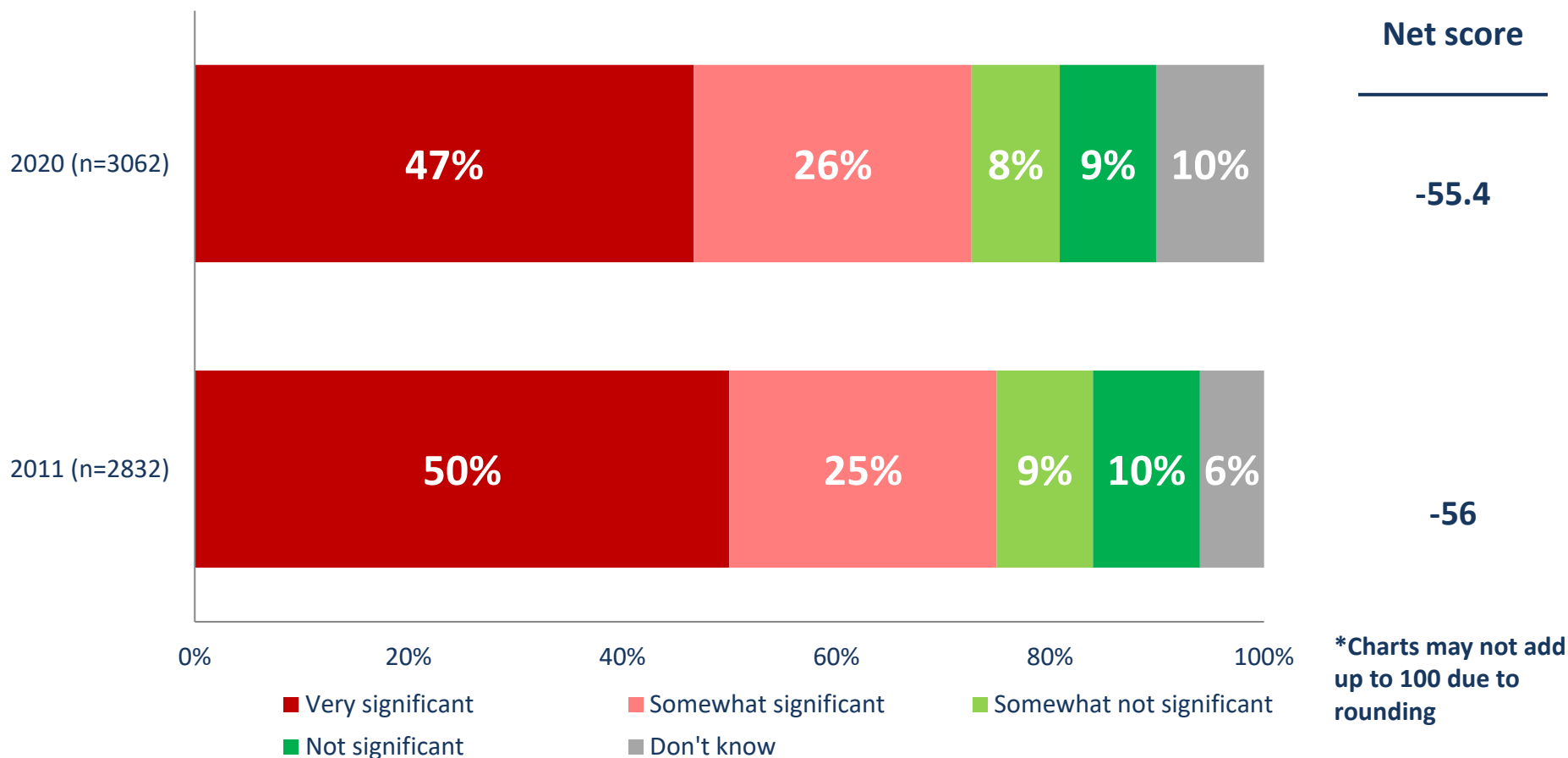
QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychological services cost too much for you to pay yourself

	Very significant/ somewhat significant
Newfoundland and Labrador (n=204)	72.1%
New Brunswick (n=203)	83.2%
Nova Scotia (n=203)	75.9%
Prince Edward Island (n=155)	78.2%
Quebec (n=453)	77.4%
Ontario (n=656)	78.5%
Manitoba (n=212)	78.6%
Saskatchewan (n=202)	78.3%
Alberta (n=207)	79.8%
British Columbia (n=415)	76.8%
Territories (n=156)	71.7%
Male (n=1510)	73.6%
Female (n=1544)	82.2%
18 to 34 (n=622)	79.9%
35 to 54 (n=1231)	77.7%
55 plus (n=1214)	77.1%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

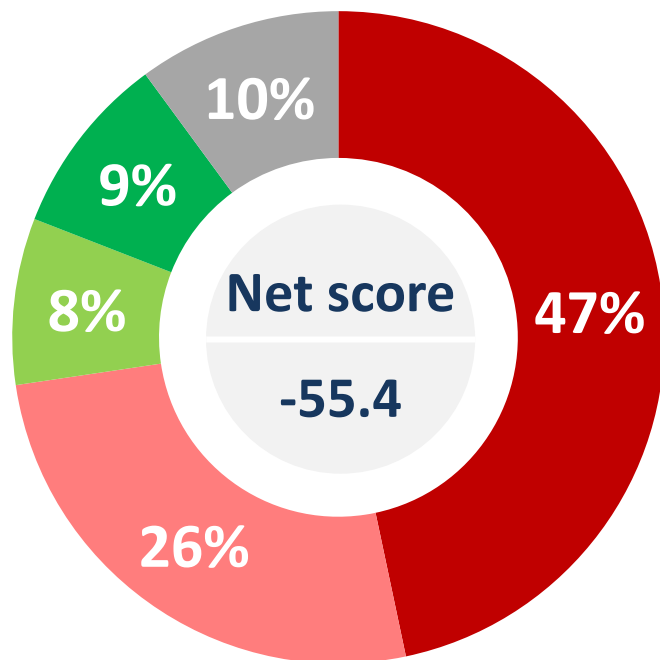
Significance of health plan coverage barriers in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychologists are not covered by your provincial/territorial health plan

Significance of health plan coverage barriers in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

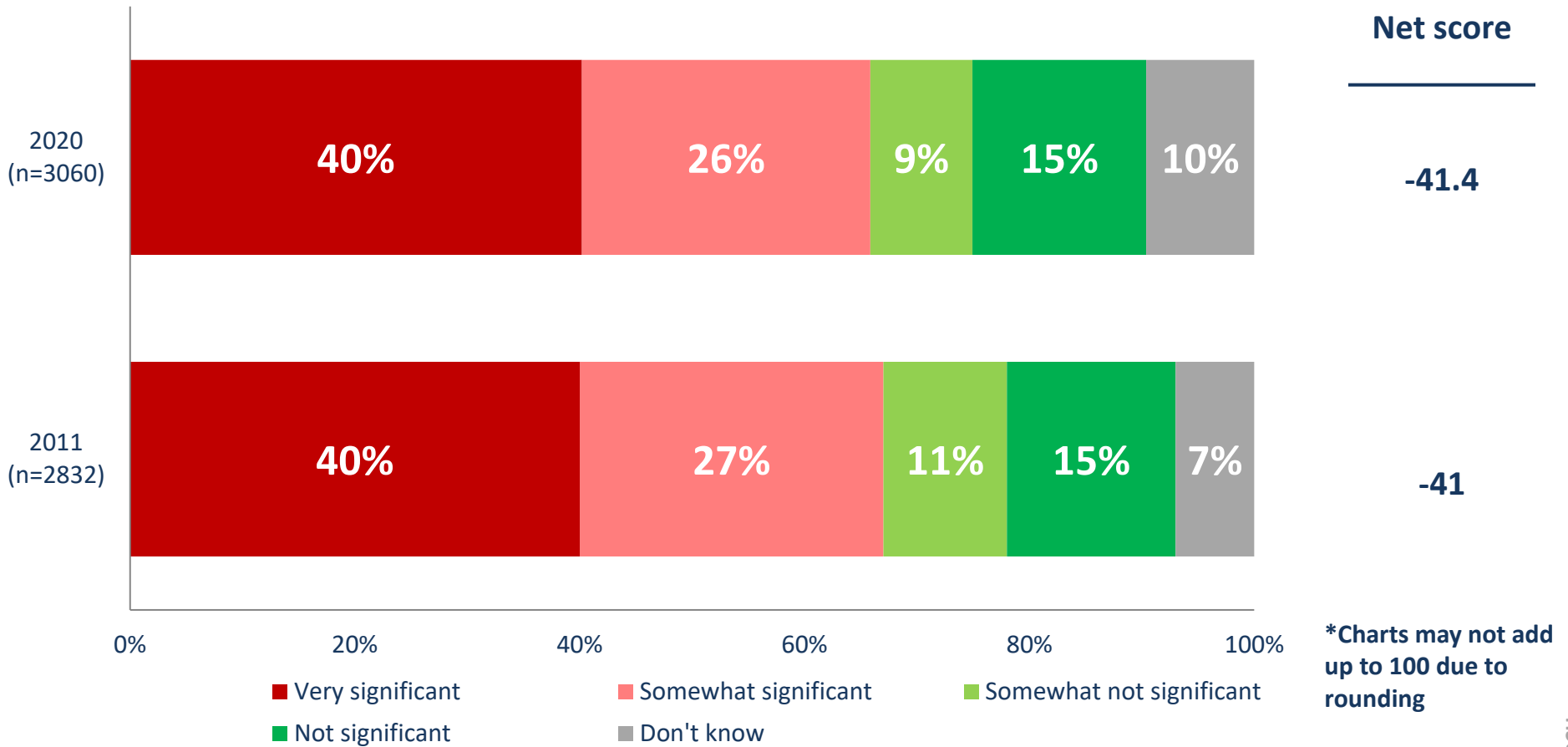
	Very significant/ somewhat significant
Newfoundland and Labrador (n=204)	71.5%
New Brunswick (n=202)	66.6%
Nova Scotia (n=202)	69.4%
Prince Edward Island (n=155)	71.2%
Quebec (n=451)	69.0%
Ontario (n=657)	76.6%
Manitoba (n=212)	76.7%
Saskatchewan (n=201)	64.5%
Alberta (n=207)	68.3%
British Columbia (n=415)	74.2%
Territories (n=156)	56.9%
Male (n=1507)	68.7%
Female (n=1542)	76.5%
18 to 34 (n=622)	71.6%
35 to 54 (n=1227)	72.9%
55 plus (n=1213)	73.3%

QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychologists are not covered by your provincial/territorial health plan

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

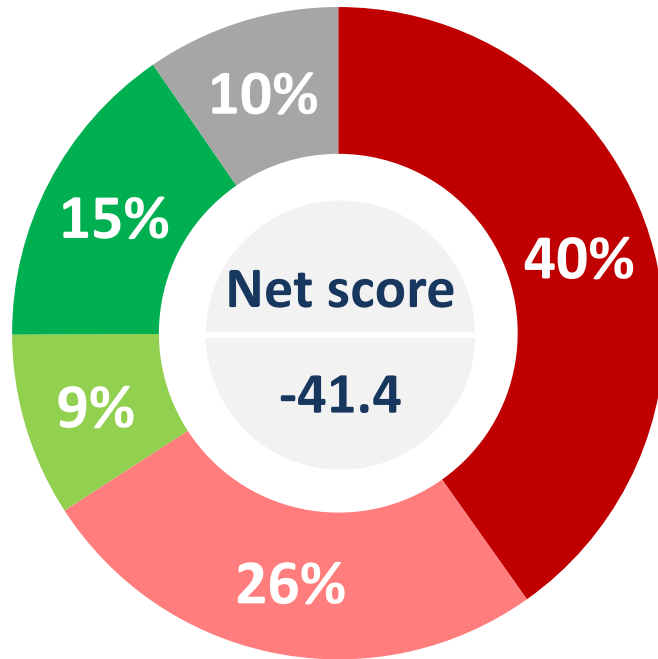
Significance of employer health benefit plan coverage barriers in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychological services are not covered by your employer’s health benefit plan

Significance of employer health benefit plan coverage barriers in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

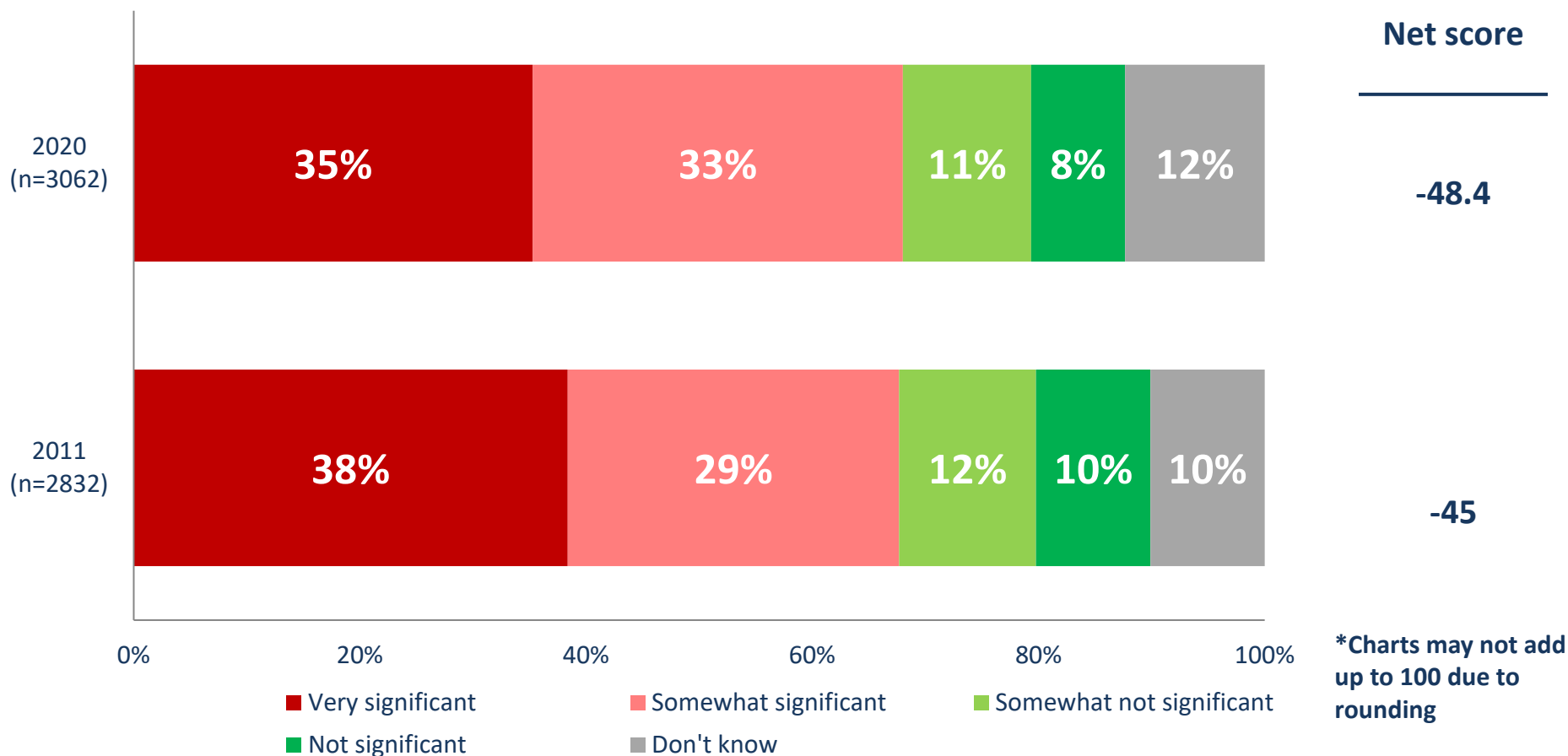
	Very significant/ somewhat significant
Newfoundland and Labrador (n=204)	70.7%
New Brunswick (n=203)	62.7%
Nova Scotia (n=203)	68.0%
Prince Edward Island (n=154)	64.2%
Quebec (n=452)	62.8%
Ontario (n=656)	67.9%
Manitoba (n=212)	70.5%
Saskatchewan (n=201)	65.1%
Alberta (n=206)	65.1%
British Columbia (n=414)	64.5%
Territories (n=156)	60.8%
Male (n=1509)	61.4%
Female (n=1539)	70.0%
18 to 34 (n=620)	69.5%
35 to 54 (n=1230)	67.8%
55 plus (n=1210)	61.6%

QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Psychological services are not covered by your employer's health benefit plan

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

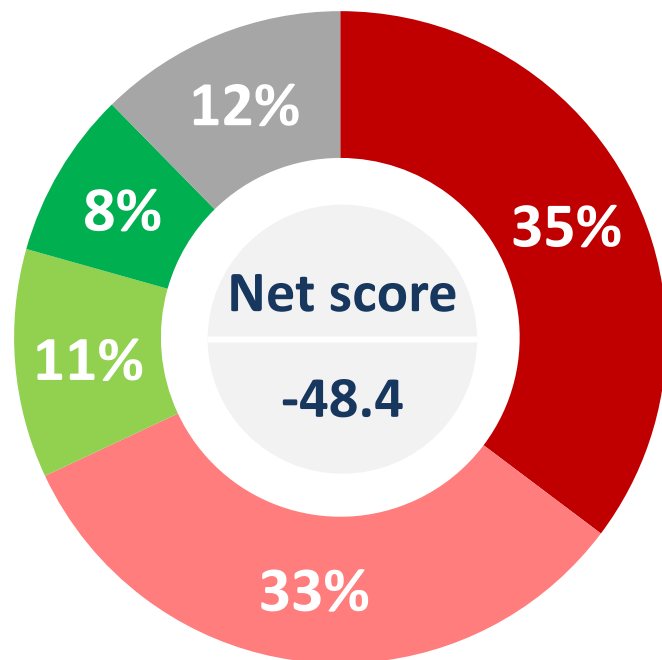
Significance of long wait times in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

The wait times to see a psychologist are too long

Significance of long wait times in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

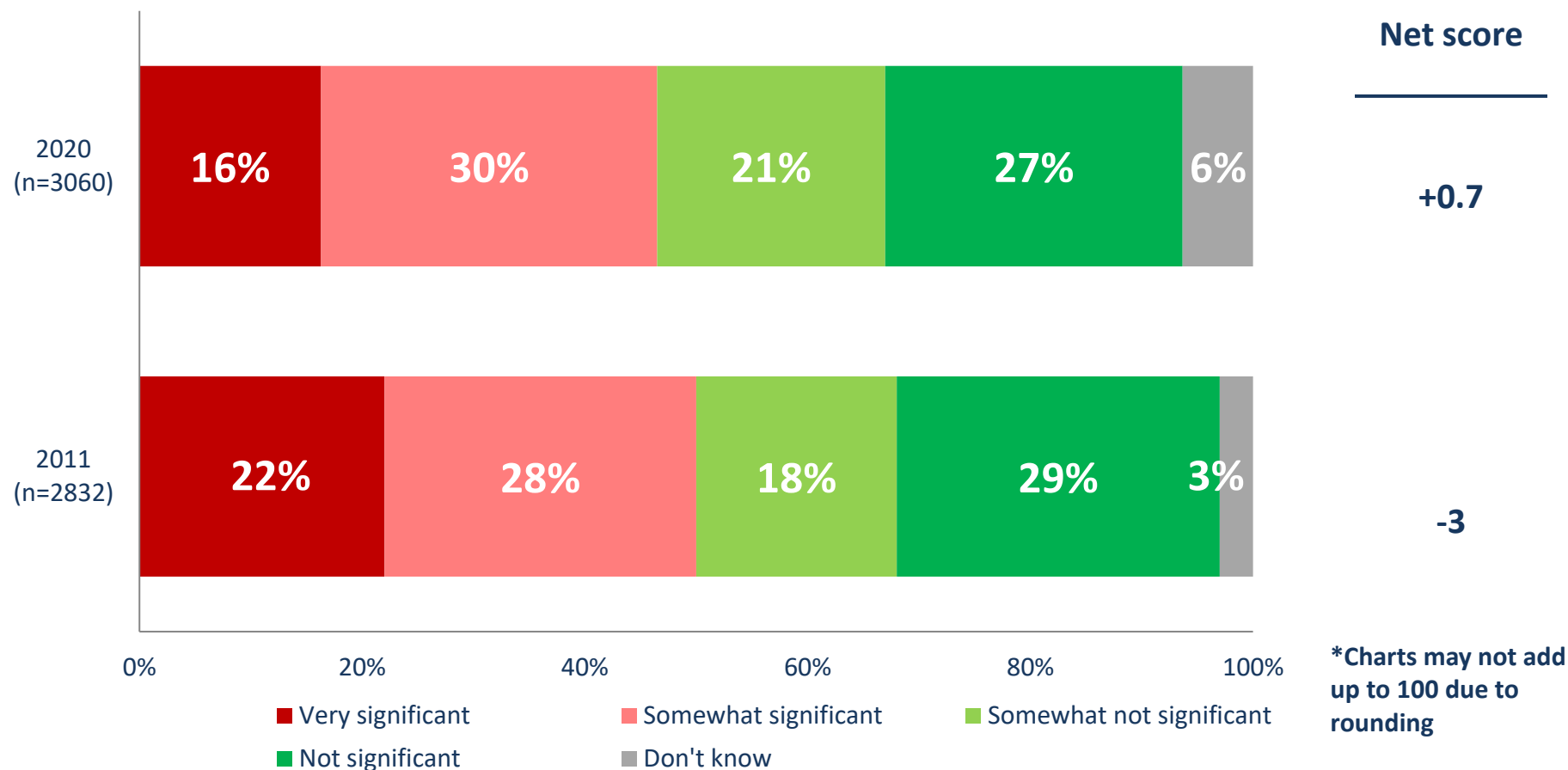
	Very significant/ somewhat significant
Newfoundland and Labrador (n=203)	74.9%
New Brunswick (n=203)	76.2%
Nova Scotia (n=203)	71.0%
Prince Edward Island (n=154)	75.1%
Quebec (n=454)	72.8%
Ontario (n=656)	65.9%
Manitoba (n=212)	72.1%
Saskatchewan (n=201)	70.6%
Alberta (n=206)	62.2%
British Columbia (n=415)	65.9%
Territories (n=155)	72.2%
Male (n=1507)	63.6%
Female (n=1542)	72.3%
18 to 34 (n=621)	69.2%
35 to 54 (n=1229)	66.1%
55 plus (n=1212)	68.9%

QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

The wait times to see a psychologist are too long

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

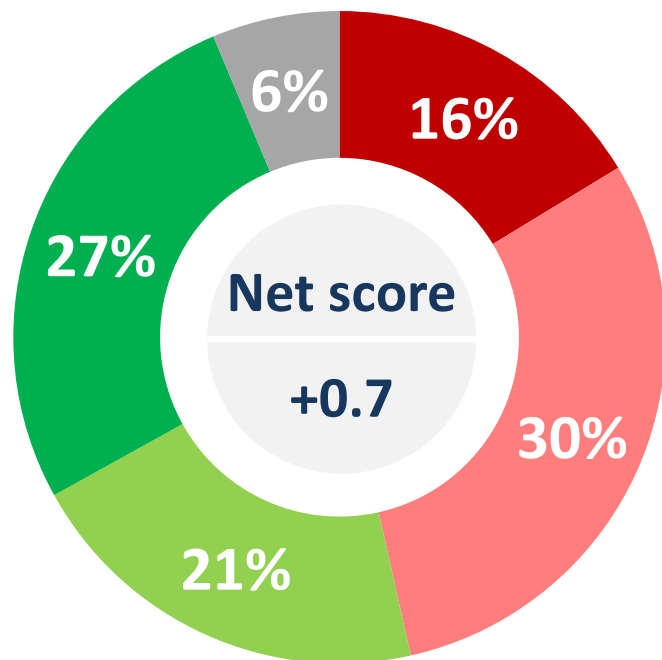
Significance of dealing with problems/disorders themselves in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Would rather deal with these problems/disorders on your own

Significance of dealing with problems/disorders themselves in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

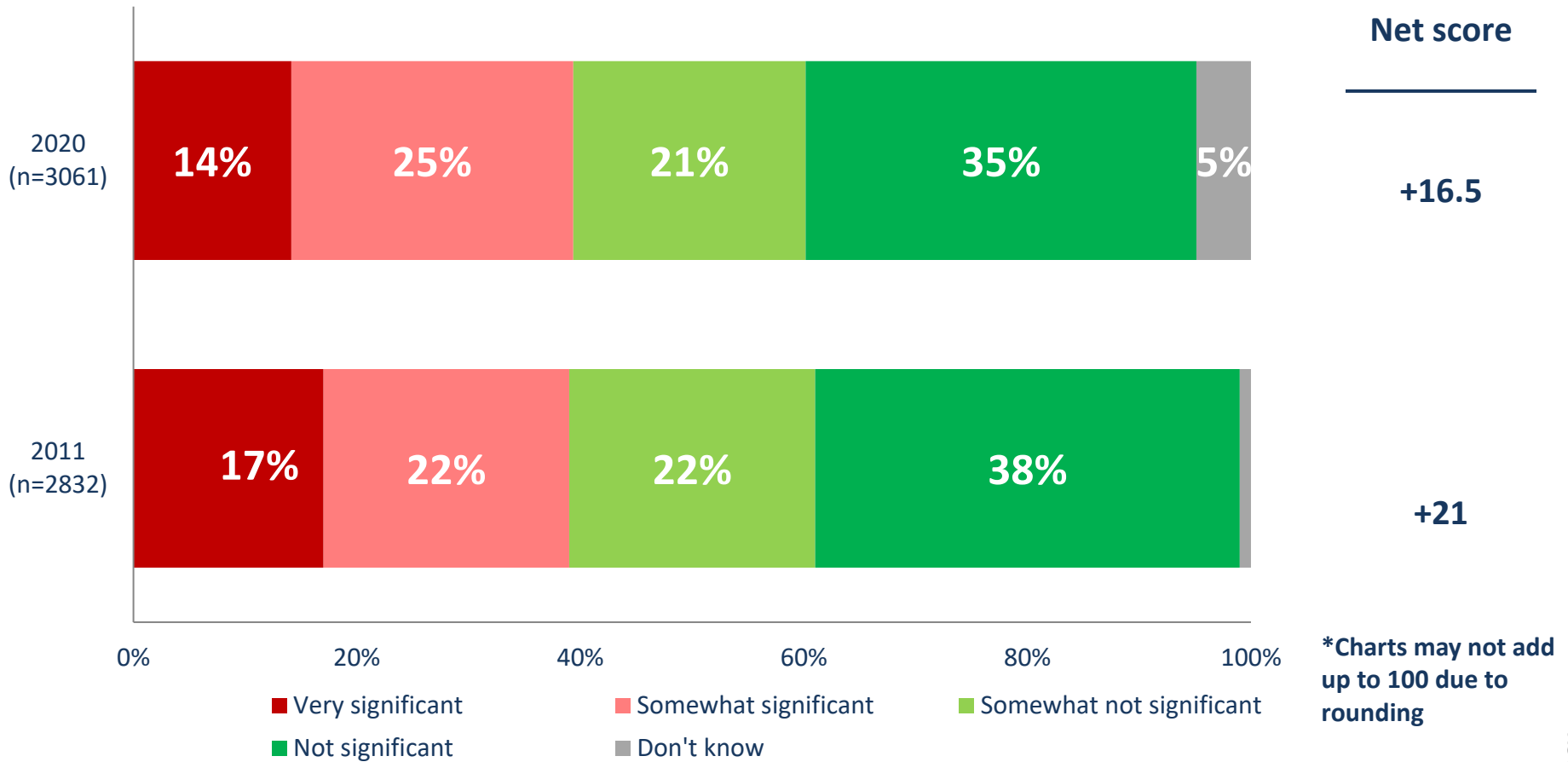
	Not significant/ somewhat not significant
Newfoundland and Labrador (n=204)	48.7%
New Brunswick (n=203)	53.6%
Nova Scotia (n=203)	47.8%
Prince Edward Island (n=152)	46.0%
Quebec (n=450)	47.1%
Ontario (n=657)	46.7%
Manitoba (n=212)	49.4%
Saskatchewan (n=201)	53.5%
Alberta (n=206)	43.4%
British Columbia (n=415)	48.7%
Territories (n=156)	40.3%
Male (n=1505)	43.7%
Female (n=1542)	50.2%
18 to 34 (n=621)	40.2%
35 to 54 (n=1230)	47.6%
55 plus (n=1209)	51.8%

QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Would rather deal with these problems/disorders on your own

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

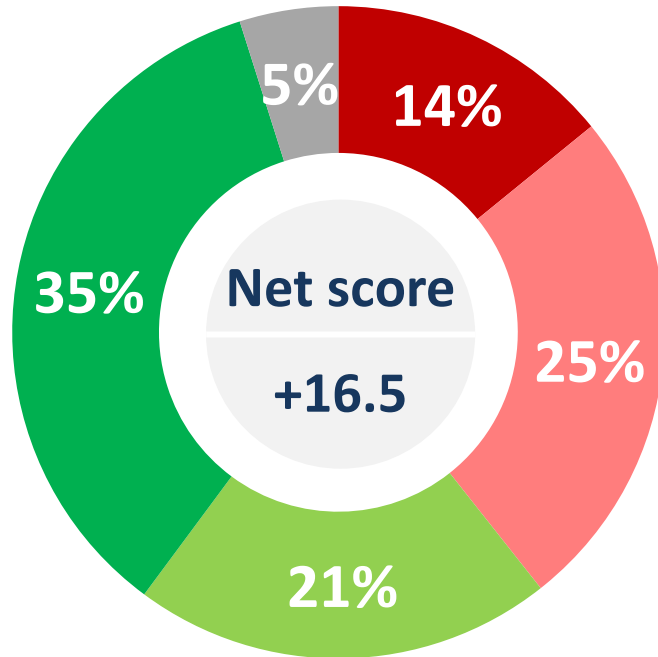
Significance of not wanting others to know they are seeing a psychologist in deciding to access a psychologist



QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Wouldn't want others to know you are seeing a psychologist

Significance of not wanting others to know they are seeing a psychologist in deciding to access a psychologist



- Very significant
- Somewhat significant
- Somewhat not significant
- Not significant
- Don't know

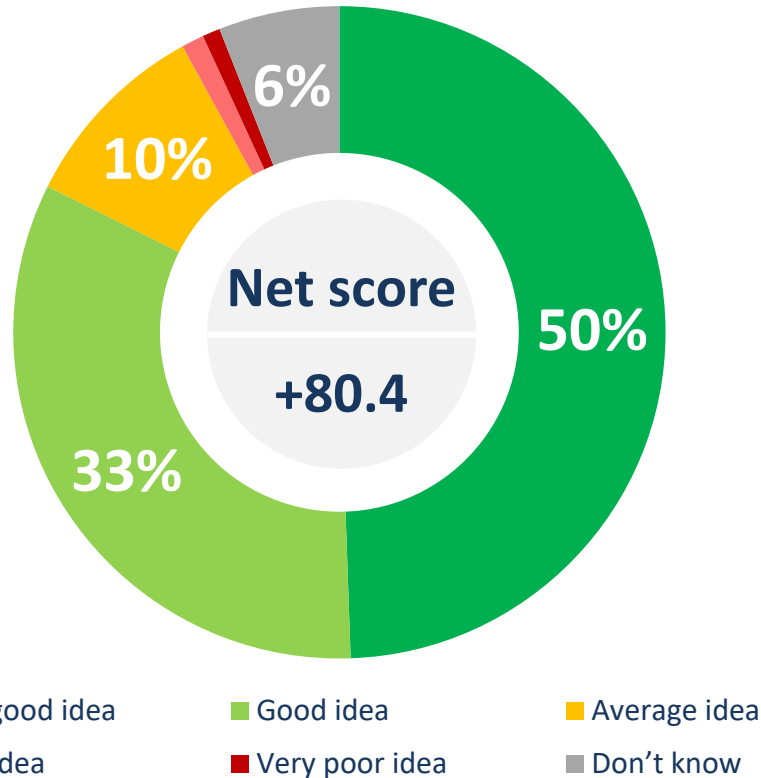
	Not significant/ somewhat not significant
Newfoundland and Labrador (n=204)	44.3%
New Brunswick (n=203)	58.3%
Nova Scotia (n=203)	58.1%
Prince Edward Island (n=154)	50.9%
Quebec (n=454)	60.1%
Ontario (n=654)	53.4%
Manitoba (n=211)	53.6%
Saskatchewan (n=202)	60.4%
Alberta (n=206)	58.0%
British Columbia (n=415)	53.3%
Territories (n=155)	55.9%
Male (n=1508)	51.0%
Female (n=1540)	60.1%
18 to 34 (n=622)	53.5%
35 to 54 (n=1229)	51.9%
55 plus (n=1210)	60.8%

QUESTION – For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

Wouldn't want others to know you are seeing a psychologist

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

Support for psychologists working collaboratively with health professionals



	Very good idea/ good idea
Newfoundland and Labrador (n=204)	84.4%
New Brunswick (n=203)	79.8%
Nova Scotia (n=203)	84.4%
Prince Edward Island (n=155)	77.1%
Quebec (n=454)	86.2%
Ontario (n=657)	80.1%
Manitoba (n=211)	78.7%
Saskatchewan (n=202)	85.2%
Alberta (n=206)	83.9%
British Columbia (n=416)	81.1%
Territories (n=156)	92.8%
Male (n=1511)	79.0%
Female (n=1543)	85.5%
18 to 34 (n=621)	79.7%
35 to 54 (n=1230)	81.0%
55 plus (n=1216)	85.5%

QUESTION – Are psychologists working collaboratively with other health professionals, such as family physicians in primary care teams a very good idea, good idea, average idea, poor idea or a very poor idea?

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

METHODOLOGY



Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th, and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. The sample is geographically stratified to be representative of Canada.

The research was commissioned by the Canadian Psychological Association and the Council of Professional Associations of Psychologists and was conducted by Nanos Research.

This is report two (2) of two (2).

Note: Charts may not add up to 100 due to rounding.

TECHNICAL NOTE

Element	Description
Research sponsor	Canadian Psychological Association and the Council of Professional Associations of Psychologists
Population and Final Sample Size	3,070 Canadians drawn from a panel
Source of Sample	Asking Canadians
Type of Sample	Representative non-probability
Margin of Error	No margin of error applies to this research.
Mode of Survey	Online survey
Sampling Method Base	Non-probability.
Demographics (Captured)	Canadians; Men and Women; 18 years or older. Six digit postal code was used to validate geography.
Demographics (Other)	Age, gender, education, income
Field Dates	September 25 th to October 2 nd , 2020.
Language of Survey	The survey was conducted in both English and French.
Standards	Nanos Research is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the CRIC Public Opinion Research Standards and Disclosure Requirements. https://canadianresearchinsightscouncil.ca/standards/

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Individuals younger than 18 years old; individuals without internet access could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada.
Estimated Response Rate	Not applicable
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	This is report two (2) of (2). This report contains questions 1 to 34 and report 1 contains questions 35 to 54 in the questionnaire.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Research/Data Collection Supplier	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. http://www.nanos.co Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.

METHODOLOGY - Previous wave



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE



Survey conducted of 2,832 Canadians by EKOS in 2011 for the Canadian Psychological Association.



As one of North America's premier market and public opinion research firms, we put strategic intelligence into the hands of decision makers. The majority of our work is for private sector and public facing organizations and ranges from market studies, managing reputation through to leveraging data intelligence. Nanos Research offers a vertically integrated full service quantitative and qualitative research practice to attain the highest standards and the greatest control over the research process.

www.nanos.co

nanos dimap analytika



This international joint venture between [dimap](http://www.dimap.com) and [Nanos](http://www.nanos.co) brings together top research and data experts from North American and Europe to deliver exceptional data intelligence to clients. The team offers data intelligence services ranging from demographic and sentiment microtargeting; consumer sentiment identification and decision conversion; and, data analytics and profiling for consumer persuasion.

www.nanosdimap.com

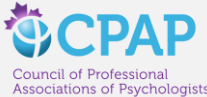
NANOS RUTHERFORD McKAY & Co.

NRM is an affiliate of Nanos Research and Rutherford McKay Associates. Our service offerings are based on decades of professional experience and extensive research and include public acceptance and engagement, communications audits, and narrative development. www.nrmpublicaffairs.com

TABULATIONS



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE





2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

			Region												Gender			Age		
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 1 - What health professional do you have the most confidence in, overall, when it comes to helping people with mental health problems? [OPEN-ENDED]	Total	Unwgt N	2853	195	185	182	147	431	595	200	186	195	386	151	1386	1455	12	561	1137	1155
		Wgt N	2777	44	62	74	11	660	1039	100	82	318	377	9	1310	1455	12	724	958	1095
	Psychologist	%	26.5	20.8	24.2	28.1	17.6	35.6	23.8	20.2	21.2	28.8	19.9	15.0	24.9	28.0		29.3	27.4	23.8
	Counsellor	%	4.3	6.1	10.4	2.4	2.9	0.0	3.7	5.4	9.5	5.2	10.2	11.9	3.4	5.1		5.4	4.3	3.6
	Social worker	%	1.9	3.9	5.2	2.2	3.4	0.8	2.5	1.7	2.2	1.6	1.3	2.2	1.6	2.1		2.1	1.7	1.9
	Doctor	%	20.3	23.8	14.8	16.3	23.5	17.3	22.3	19.3	26.0	20.1	20.2	16.9	23.0	17.8		11.4	21.5	25.1
	None	%	5.1	3.2	9.0	4.0	14.3	3.3	5.8	6.2	3.8	4.2	6.6	4.0	6.2	4.1		7.2	5.6	3.3
	Therapist	%	5.1	2.5	2.9	4.5	1.4	1.1	7.8	8.3	3.9	7.1	3.4	8.5	4.2	6.0		8.3	4.1	4.0
	Nurse	%	1.8	2.0	1.4	2.6	4.0	1.7	1.9	3.9	1.2	0.8	1.8	4.2	1.8	1.8		2.9	1.1	1.7
	Front-line workers other than nurses (ie. Paramedics, police officers, etc.)	%	0.7	0.0	0.0	1.2	0.0	1.2	0.3	0.4	0.4	0.6	1.5	0.7	0.8	0.7		0.5	0.9	0.7
	Neurologist	%	0.3	0.0	0.0	0.0	0.0	0.4	0.1	0.0	0.0	0.3	0.6	0.0	0.3	0.2		0.3	0.2	0.3
	CMHA/CAMH or other mental health organization	%	0.5	1.0	0.3	0.0	0.0	0.0	1.1	0.5	0.0	0.0	0.0	0.0	0.4	0.5		0.3	0.6	0.5
	Mental health professionals/team of doctors	%	4.6	3.7	6.2	4.5	3.4	6.2	4.0	4.0	5.1	4.4	3.4	10.3	4.0	5.2		5.2	4.4	4.3
	Psychiatrist	%	21.6	25.6	12.9	27.0	16.2	30.7	17.7	20.0	18.7	17.4	21.8	13.7	21.3	22.0		19.0	20.2	24.7
Other	%	2.8	1.5	6.0	2.7	6.8	1.2	3.0	4.3	2.3	3.7	3.2	3.4	3.5	2.1		3.7	2.4	2.5	
Unsure	%	4.6	6.0	6.7	4.7	6.5	0.7	5.8	5.8	5.8	5.7	6.0	9.1	4.6	4.5		4.4	5.7	3.7	

Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

			Region												Gender			Age		
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 2 - A psychiatrist	Total	Unwgt N	3054	203	203	203	154	454	650	211	200	206	415	155	1506	1535	13	622	1227	1205
		Wgt N	2994	46	67	81	12	701	1141	106	90	338	405	9	1446	1535	13	822	1026	1146
	Same thing	%	19.4	16.6	21.1	14.9	17.8	17.0	21.1	18.5	20.2	18.2	20.9	14.2	21.6	17.3		20.4	19.7	18.4
	Something different	%	74.8	78.5	72.2	79.9	76.7	78.6	73.5	76.5	75.4	73.4	71.4	81.8	71.8	77.7		75.3	72.9	76.3
Don't know	%	5.8	4.9	6.6	5.3	5.5	4.4	5.4	5.0	4.4	8.4	7.6	4.0	6.5	4.9		4.3	7.5	5.3	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 3 - A counsellor	Total	Unwgt N	3047	203	200	203	151	453	651	210	202	206	414	154	1500	1534	13	621	1225	1201
		Wgt N	2992	46	65	81	12	700	1142	105	91	337	404	9	1443	1536	13	822	1026	1144
	Same thing	%	18.0	27.5	16.7	17.8	18.3	8.6	20.2	21.8	22.8	22.0	22.0	21.5	18.3	17.6		20.2	18.3	16.2
	Something different	%	75.3	66.9	77.8	77.0	73.3	80.9	74.1	73.7	73.3	73.7	71.0	77.8	73.9	76.7		73.7	74.9	76.7
	Don't know	%	6.7	5.5	5.5	5.2	8.4	10.5	5.7	4.5	3.9	4.3	7.0	0.7	7.8	5.7		6.1	6.7	7.1

Do you think a psychologist does the same thing or something different as each of the following? [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 4 - A psychotherapist	Total	Unwgt N	3054	202	200	203	154	451	655	212	202	206	414	155	1504	1537	13	622	1227	1205
		Wgt N	2997	46	65	81	12	697	1149	106	91	337	404	9	1447	1536	13	824	1026	1146
	Same thing	%	24.2	17.6	23.7	23.1	20.2	24.8	25.7	24.8	18.9	25.5	20.0	18.7	24.3	24.1		24.4	24.9	23.4
	Something different	%	67.1	71.7	65.0	66.6	63.7	68.5	66.6	65.6	71.7	64.4	67.3	74.5	67.3	66.8		66.7	67.1	67.3
	Don't know	%	8.7	10.7	11.3	10.3	16.1	6.7	7.7	9.5	9.5	10.1	12.6	6.8	8.4	9.0		8.9	8.0	9.3

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

		Region											Gender			Age				
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 5 – Depression [OPEN]	Total	Unwgt N	3022	202	199	200	153	449	644	210	201	205	406	153	1487	1523	12	612	1212	1198
		Wgt N	2959	45	65	80	12	693	1129	105	90	335	396	9	1424	1523	12	808	1008	1142
		%	36.0	30.6	29.1	26.2	23.6	52.7	30.8	29.9	27.9	36.2	29.2	26.6	37.1	35.1		41.2	36.1	32.2
		%	35.8	47.0	27.2	47.7	46.9	29.7	38.0	40.0	39.9	36.6	34.7	37.3	35.9	35.6		29.1	37.8	38.7
		%	15.0	14.0	29.2	13.1	17.8	5.1	16.6	16.5	22.2	14.4	24.2	24.3	15.0	15.1		16.1	14.1	15.1
		%	10.5	7.4	12.4	9.7	8.6	9.2	12.0	9.5	5.6	10.6	10.0	9.6	9.1	11.7		11.6	9.1	11.0
		%	1.8	0.7	0.5	3.0	1.8	2.8	1.5	2.5	3.8	1.3	0.8	1.4	1.8	1.7		1.4	1.5	2.2
		%	0.1	0.0	0.3	0.0	0.0	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3	0.0		0.3	0.1	0.1
		%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.0		0.0	0.0	0.1
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.1		0.0	0.1	0.1
		%	0.2	0.3	0.0	0.3	0.0	0.0	0.3	0.5	0.0	0.0	0.5	0.0	0.2	0.3		0.1	0.4	0.1
		%	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1		0.2	0.0	0.0
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.6	0.0	0.0	0.1	0.1		0.0	0.2	0.2
		%	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.1	0.0		0.0	0.0	0.1
		%	0.2	0.0	0.2	0.0	1.3	0.0	0.3	0.5	0.0	0.0	0.2	0.4	0.1	0.2		0.0	0.4	0.1
	%	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.3	0.1	0.0		0.0	0.2	0.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Question 6 – Anxiety [OPEN]	Total	Unwgt N	Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
			Wgt N																	
			3025	200	200	198	153	450	647	210	200	204	409	154	1485	1528	12	611	1212	1202
			2966	45	66	78	12	694	1136	105	90	333	399	9	1426	1528	12	812	1007	1147
	A psychologist	%	38.4	32.5	34.9	37.6	29.9	55.1	33.5	32.9	28.1	38.3	28.9	30.6	39.2	37.7		38.3	38.2	38.6
	A psychiatrist	%	24.2	39.0	21.9	30.3	25.6	16.5	26.7	29.4	31.2	26.3	23.2	30.0	25.4	23.1		25.2	25.9	22.0
	A counsellor	%	20.7	18.2	29.5	21.2	33.9	8.3	21.6	24.0	28.2	22.7	33.4	24.7	20.1	21.0		21.6	20.5	20.1
	A psychotherapist	%	14.0	8.7	11.9	8.6	8.2	17.6	15.2	9.2	9.9	9.9	12.6	10.8	12.8	15.3		13.5	12.2	16.1
	General practitioner/family doctor/nurse	%	1.6	0.8	0.4	1.8	1.3	2.1	1.4	2.4	2.1	1.9	1.0	2.7	1.2	1.9		0.4	1.8	2.3
	No one	%	0.1	0.0	0.0	0.0	0.7	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3	0.0		0.3	0.0	0.1
	Neurologist	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.0		0.0	0.0	0.1
	Family/friends	%	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.4	0.1	0.0		0.0	0.1	0.0
	Alternative medicine/practitioners	%	0.3	0.3	0.0	0.3	0.0	0.0	0.5	0.5	0.0	0.0	0.5	0.0	0.2	0.4		0.1	0.4	0.3
	Social worker	%	0.1	0.4	0.0	0.0	0.0	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.2	0.1		0.4	0.0	0.0
	Police/armed forces	%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0		0.0	0.2	0.0
	Religion/ spirituality	%	0.1	0.0	1.1	0.0	0.0	0.0	0.2	0.0	0.6	0.0	0.0	0.0	0.1	0.2		0.0	0.0	0.3
	Team of specialists/doctors	%	0.2	0.0	0.2	0.0	0.4	0.2	0.3	0.5	0.0	0.0	0.2	0.4	0.1	0.3		0.2	0.4	0.1
	Other	%	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.3	0.2	0.0		0.0	0.3	0.0

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

		Region													Gender			Age		
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 8 – Addictions [OPEN]	Total	Unwgt N	3014	199	200	199	154	447	643	210	198	204	408	152	1482	1520	12	615	1209	1190
		Wgt N	2957	44	66	80	12	690	1130	105	89	335	398	9	1421	1524	12	814	1008	1134
		%	21.3	21.5	15.6	17.6	18.5	36.0	15.8	19.0	14.1	19.1	16.9	13.8	22.5	20.1		23.8	21.7	19.1
		%	17.7	21.3	8.8	17.8	10.0	18.1	18.5	13.9	18.4	14.1	20.0	15.5	17.2	18.0		20.5	17.5	15.9
		%	37.6	48.0	58.4	51.5	56.7	17.1	41.9	50.2	51.7	45.2	39.6	61.0	39.6	35.8		33.3	35.6	42.5
		%	19.2	7.9	13.9	11.4	11.3	26.1	18.7	12.2	11.6	17.0	17.8	6.7	16.0	22.1		18.8	20.7	18.0
		%	1.8	0.0	1.2	0.9	1.4	1.2	1.5	1.2	3.1	1.9	3.5	2.2	2.3	1.3		1.4	1.8	2.0
		%	0.1	0.0	0.0	0.3	0.7	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3	0.0		0.3	0.1	0.1
		%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.0		0.0	0.0	0.1
		%	0.1	0.3	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.1		0.0	0.1	0.1
		%	0.2	0.0	0.0	0.0	0.0	0.5	0.1	0.0	0.4	0.0	0.0	0.4	0.1	0.2		0.3	0.1	0.1
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0		0.0	0.2	0.0
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0		0.2	0.0	0.0
		%	0.4	0.0	0.2	0.0	0.4	0.2	0.5	1.5	0.0	0.6	0.5	0.4	0.1	0.7		0.1	0.7	0.4
		%	1.3	0.9	1.9	0.3	1.0	0.4	2.3	1.8	0.7	0.8	1.0	0.0	1.2	1.5		1.3	1.2	1.5
	%	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.5	0.0	0.0	0.2	0.1		0.0	0.3	0.1	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

Question 8 – Dementia [OPEN]	Total	Unwgt N	Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
			Wgt N																	
			2989	198	195	199	153	447	639	207	193	205	401	152	1470	1507	12	608	1188	1193
			2936	44	65	79	12	689	1121	104	86	336	392	9	1412	1512	12	806	993	1137
	A psychologist	%	18.0	28.9	21.0	22.8	21.1	10.5	19.0	20.8	16.7	24.2	19.9	14.7	21.0	15.2		20.0	18.4	16.4
	A psychiatrist	%	36.8	23.9	30.1	24.4	25.3	67.2	26.5	28.0	30.2	26.8	30.2	36.2	36.0	37.4		40.8	39.8	31.2
	A counsellor	%	12.2	17.8	17.6	9.2	20.3	5.2	15.0	17.5	17.8	11.9	12.8	16.2	12.7	11.7		8.9	10.5	16.0
	A psychotherapist	%	17.3	15.9	15.7	23.9	18.5	9.2	20.5	18.2	20.1	19.4	18.9	19.7	18.7	16.2		19.1	14.6	18.5
	General practitioner/family doctor/nurse	%	7.9	10.1	9.9	8.7	7.3	3.2	8.5	8.4	7.9	11.9	10.2	5.6	6.9	8.9		6.3	8.9	8.2
	No one	%	0.2	0.0	1.0	0.3	1.2	0.4	0.0	0.3	0.0	0.3	0.2	0.0	0.3	0.1		0.1	0.2	0.3
	Neurologist	%	1.5	0.0	1.3	1.9	0.0	0.4	2.6	0.9	2.4	0.3	1.3	0.0	1.3	1.6		1.5	1.8	1.2
	Family/friends	%	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0		0.0	0.1	0.0
	Alternative medicine/practitioners	%	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.5	0.2	0.0	0.0	0.3		0.0	0.3	0.1
	Social worker	%	0.2	0.9	0.0	0.0	0.0	0.2	0.1	0.4	0.4	0.4	0.5	0.7	0.2	0.3		0.5	0.1	0.2
	Police/armed forces	%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0		0.0	0.2	0.0
	Religion/spirituality	%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.3	0.0	0.1	0.0		0.1	0.0	0.0
	Team of specialists/doctors	%	0.2	0.0	0.2	0.7	0.4	0.0	0.2	1.1	0.0	0.0	0.2	1.0	0.1	0.3		0.1	0.3	0.1
	Specialists	%	5.3	2.1	3.1	8.1	5.8	3.6	7.0	4.4	3.9	3.8	5.0	5.8	2.5	7.9		2.5	4.6	7.8
	Other	%	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1		0.2	0.2	0.0

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

		Region											Gender			Age				
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 9 - Learning disabilities/ADHD [OPEN]	Total	Unwgt N	2991	200	198	198	153	450	640	207	194	200	400	151	1482	1497	12	606	1193	1192
		Wgt N	2934	45	65	79	12	693	1123	104	88	327	390	9	1418	1505	12	804	993	1137
		%	29.6	31.1	27.9	38.9	34.3	28.3	28.3	33.2	28.4	35.4	28.3	25.3	27.6	31.6		26.9	29.3	31.7
		%	16.7	14.6	10.2	13.8	13.6	17.1	17.1	16.1	14.8	16.4	17.2	18.6	18.3	15.1		23.1	17.6	11.3
		%	25.9	32.7	38.8	26.8	31.7	18.3	29.4	25.6	30.0	21.0	29.3	31.9	26.8	25.0		23.7	24.7	28.5
		%	21.7	13.5	19.5	13.8	13.4	30.4	19.4	19.4	21.2	19.8	18.6	18.0	21.4	22.0		22.1	21.2	21.8
		%	1.8	1.5	1.8	1.9	2.0	2.5	1.9	2.0	2.1	0.3	1.6	0.0	2.1	1.5		1.6	2.2	1.6
		%	0.2	0.0	0.0	0.0	0.7	0.2	0.2	0.3	0.0	0.6	0.0	0.0	0.3	0.1		0.3	0.3	0.1
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.3	0.0	0.0	0.1	0.1		0.0	0.0	0.3
		%	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.2	0.4	0.2	0.0		0.0	0.2	0.0
		%	0.2	0.3	0.0	0.6	0.0	0.0	0.1	0.0	0.0	0.5	0.2	0.0	0.1	0.2		0.0	0.2	0.3
		%	0.1	0.0	0.0	0.5	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3		0.2	0.2	0.0
		%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0		0.0	0.2	0.0
		%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0		0.1	0.0	0.0
	%	0.1	0.0	0.2	0.0	0.4	0.0	0.2	0.5	0.0	0.0	0.2	0.4	0.0	0.2		0.0	0.3	0.1	
	%	3.2	6.1	1.3	3.7	3.7	3.0	2.7	3.0	2.6	4.4	4.1	2.4	2.7	3.6		1.9	3.4	3.9	
	%	0.2	0.0	0.3	0.0	0.0	0.0	0.3	0.0	0.8	0.6	0.0	3.0	0.3	0.2		0.1	0.2	0.3	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

Which profession do you think is best able to care for people living with the following mental health problems? [RANDOMIZE]

		Region											Gender			Age				
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 10 - Stress of being diagnosed with a disease like cancer [OPEN]	Total	Unwgt N	3023	199	200	202	155	446	644	210	200	205	408	154	1488	1523	12	610	1212	1201
		Wgt N	2959	44	66	81	12	688	1130	105	90	336	398	9	1424	1523	12	808	1008	1143
	A psychologist	%	30.1	31.8	26.5	29.5	21.2	52.9	20.9	23.1	20.9	27.8	23.7	20.5	28.5	31.6		28.1	33.5	28.5
	A psychiatrist	%	12.0	12.3	17.7	14.1	14.3	9.6	13.3	11.6	9.4	11.9	11.8	13.3	14.6	9.5		15.4	11.6	10.0
	A counsellor	%	38.9	46.6	42.1	44.4	53.8	15.0	46.0	47.3	48.1	41.1	50.7	54.8	38.1	39.6		36.5	38.4	41.1
	A psychotherapist	%	13.4	6.3	5.9	7.7	6.3	16.9	14.2	8.5	14.4	13.0	9.6	5.7	13.7	13.0		16.4	11.0	13.2
	General practitioner/family doctor/nurse	%	2.7	1.9	4.4	2.8	2.5	2.8	2.2	5.0	2.5	3.2	2.6	2.2	2.6	2.8		2.2	1.8	3.8
	No one	%	0.2	0.0	0.0	0.3	0.7	0.4	0.2	0.3	0.0	0.0	0.0	0.0	0.4	0.0		0.3	0.2	0.1
	Neurologist	%	0.1	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1		0.0	0.2	0.0
	Family/friends	%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.4	0.0	0.1	0.1		0.0	0.1	0.1
	Alternative medicine/practitioners	%	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.5	0.0	0.5	0.2	0.0	0.1	0.3		0.0	0.4	0.3
	Social worker	%	0.2	0.0	0.3	0.0	0.0	0.2	0.3	0.4	0.3	0.0	0.0	0.4	0.1	0.2		0.3	0.1	0.2
	Police/armed forces	%	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0		0.0	0.2	0.0
	Religion/ spirituality	%	0.1	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.3	0.0	0.1	0.0		0.1	0.0	0.1
	Team of specialists/doctors	%	0.1	0.0	0.2	0.0	0.4	0.0	0.2	0.5	0.0	0.0	0.2	2.6	0.0	0.2		0.0	0.3	0.1
Specialists	%	1.9	0.8	1.8	1.3	0.9	1.9	2.4	2.5	2.9	2.0	0.5	0.5	1.5	2.3		0.5	2.3	2.6	
Other	%	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0		0.1	0.0	0.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age				
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 11 - Depression	Total	Unwgt N	3063	203	203	202	154	455	657	211	201	207	415	155	1509	1541	13	622	1231	1210	
		Wgt N	3009	46	67	80	12	702	1153	106	91	339	405	9	1453	1543	13	824	1030	1155	
		Very effective	%	22.6	20.5	21.0	19.5	15.9	28.0	21.0	20.9	21.8	24.0	19.0	18.1	21.4	23.8		26.2	24.0	18.8
		Effective	%	36.8	41.6	31.1	37.8	32.6	40.0	35.3	27.5	39.7	39.0	35.5	43.6	36.2	37.5		37.2	37.9	35.5
		Somewhat effective	%	28.0	26.9	30.3	28.3	34.5	22.7	30.1	36.2	25.8	25.9	30.6	27.6	29.2	26.7		23.5	26.0	32.8
		Not effective at all	%	5.5	6.3	5.3	5.5	6.9	6.5	5.0	5.3	2.5	7.4	4.2	6.1	5.0			6.3	4.2	6.1
	Don't know	%	7.1	4.8	12.3	8.9	10.1	2.8	8.6	10.1	10.2	3.6	10.7	3.9	7.1	7.0		6.7	7.9	6.7	

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age				
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 12 - Anxiety	Total	Unwgt N	3056	203	203	201	155	452	654	211	200	207	415	155	1506	1537	13	621	1229	1206	
		Wgt N	2999	46	67	80	12	698	1147	106	90	339	405	9	1448	1538	13	822	1028	1149	
		Very effective	%	22.9	21.4	18.2	22.2	19.8	28.3	22.1	19.8	23.5	23.4	17.2	18.8	22.7	23.1		27.0	23.4	19.5
		Effective	%	38.0	40.1	35.7	33.5	32.5	42.4	35.5	33.6	39.9	39.3	38.6	43.1	37.4	38.8		38.5	38.2	37.6
		Somewhat effective	%	27.5	30.2	29.2	33.0	25.6	21.6	29.6	32.4	24.1	27.4	29.6	28.9	27.8	27.2		23.6	25.5	32.1
		Not effective at all	%	3.8	3.9	4.2	2.6	11.2	5.1	3.0	3.4	1.1	5.6	3.0	4.6	4.3	3.4		4.2	3.9	3.5
	Don't know	%	7.8	4.3	12.7	8.7	10.9	2.7	9.7	10.7	11.3	4.2	11.6	4.6	7.8	7.6		6.8	9.0	7.4	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age				
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 13 - Addictions	Total	Unwgt N	3061	204	203	202	154	454	654	211	201	207	416	155	1507	1541	13	620	1230	1211	
		Wgt N	3003	46	67	80	12	701	1148	106	91	339	406	9	1451	1540	13	823	1030	1150	
		Very effective	%	20.5	21.4	20.9	22.7	19.9	20.3	20.1	19.3	25.8	19.9	21.0	12.1	19.3	21.5		21.6	21.0	19.3
		Effective	%	34.0	39.6	28.7	31.2	24.8	38.6	33.0	29.9	34.8	35.7	29.2	36.3	34.7	33.5		37.2	33.8	31.7
		Somewhat effective	%	33.5	28.8	34.1	30.4	44.3	30.8	33.9	37.1	30.8	33.5	37.2	38.7	33.7	33.2		30.9	32.2	36.4
		Not effective at all	%	7.1	7.2	6.8	11.3	5.1	7.0	6.7	9.3	4.1	8.4	7.0	8.6	8.6	5.8		4.8	7.4	8.6
	Don't know	%	4.9	3.0	9.5	4.4	5.9	3.3	6.3	4.4	4.4	2.5	5.6	4.2	3.7	6.0		5.4	5.5	4.0	

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age				
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 14 - Dementia	Total	Unwgt N	3052	202	202	201	155	449	653	211	202	205	416	156	1503	1536	13	619	1228	1205	
		Wgt N	2992	46	67	79	12	694	1147	106	91	336	406	9	1445	1534	13	820	1028	1144	
		Very effective	%	8.1	9.5	7.5	12.1	6.6	7.8	8.3	9.6	7.9	7.5	7.7	7.6	7.3	9.0		6.8	9.4	8.0
		Effective	%	26.1	29.7	30.0	26.1	23.0	24.3	25.0	21.4	33.2	26.9	30.1	28.4	28.6	23.8		30.0	28.1	21.5
		Somewhat effective	%	33.8	32.4	34.3	27.1	39.7	25.9	38.0	35.8	35.3	33.6	35.7	38.3	33.3	34.3		33.8	32.2	35.1
		Not effective at all	%	22.9	21.3	14.3	25.5	19.5	35.0	18.4	23.6	12.8	24.6	16.9	17.8	23.9	22.1		20.8	20.9	26.2
	Don't know	%	9.1	7.1	13.9	9.2	11.1	7.0	10.3	9.6	10.8	7.4	9.6	7.8	7.0	10.9		8.6	9.3	9.2	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 15 - Learning disabilities/ADHD	Total	Unwgt N	3060	204	203	200	155	455	654	211	201	207	414	156	1508	1539	13	622	1226	1212
		Wgt N	3004	46	67	80	12	702	1148	106	91	339	404	9	1449	1541	13	824	1026	1153
	Very effective	%	15.7	8.8	16.5	20.3	13.2	18.4	14.5	12.9	21.6	13.3	16.2	11.3	15.6	15.9		16.0	14.6	16.7
	Effective	%	31.8	39.5	27.6	29.6	24.6	30.8	29.5	33.7	32.6	39.0	33.5	33.6	31.7	31.9		38.1	29.4	29.3
	Somewhat effective	%	35.4	36.6	33.0	34.9	40.7	32.8	37.4	37.6	32.2	34.5	35.1	42.7	36.4	34.5		30.4	38.4	36.3
	Not effective at all	%	9.7	10.6	10.0	6.9	14.4	12.1	9.8	8.0	5.8	8.4	7.8	8.0	11.2	8.4		8.4	9.8	10.5
Don't know	%	7.4	4.5	12.9	8.3	7.1	5.9	8.7	7.7	7.9	4.8	7.4	4.4	5.2	9.3		7.1	7.8	7.2	

How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 16 - Stress of being diagnosed with a disease like cancer	Total	Unwgt N	3063	204	203	201	156	454	655	212	202	206	415	155	1508	1542	13	621	1230	1212
		Wgt N	3002	46	67	80	12	701	1150	106	91	336	405	9	1448	1541	13	821	1028	1152
	Very effective	%	23.3	15.7	28.1	23.7	24.0	26.1	21.7	20.8	24.7	23.5	23.2	16.7	22.4	24.0		25.0	25.5	20.1
	Effective	%	35.0	39.9	27.5	31.4	30.5	41.7	32.0	34.3	40.1	33.1	33.6	40.8	34.0	36.1		37.5	34.8	33.2
	Somewhat effective	%	29.1	30.2	32.5	29.7	25.2	23.2	32.6	34.6	24.4	26.0	31.0	32.7	30.2	27.9		25.4	27.4	33.4
	Not effective at all	%	6.4	8.0	5.0	6.1	15.8	5.5	6.2	5.8	3.2	9.9	6.1	8.0	7.3	5.5		5.2	6.0	7.5
Don't know	%	6.2	6.3	6.9	9.0	4.6	3.5	7.5	4.5	7.5	7.5	6.1	1.8	6.0	6.5		6.9	6.3	5.7	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

		Region											Gender			Age					
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus		
Question 17 - Depression	Total	Unwgt N	3067	204	203	203	155	454	656	211	202	207	416	156	1512	1542	13	621	1231	1215	
		Wgt N	3009	46	67	81	12	701	1152	106	91	339	406	9	1454	1542	13	822	1030	1157	
		Very effective	%	22.2	15.3	17.3	18.8	20.7	29.6	19.3	20.6	19.0	24.3	19.2	27.9	20.4	24.0		24.6	22.0	20.7
		Effective	%	42.6	52.1	44.7	50.1	40.9	42.9	42.6	41.5	42.0	42.5	40.1	42.5	43.6	41.7		42.6	44.9	40.7
		Somewhat effective	%	23.7	22.2	18.4	22.2	19.1	18.8	25.4	26.9	27.2	25.2	25.6	23.4	24.1	23.2		21.4	21.3	27.5
		Not effective at all	%	4.2	5.2	7.8	2.9	10.0	5.3	3.6	3.4	3.2	4.1	4.1	2.8	5.4	3.2		4.7	4.4	3.8
	Don't know	%	7.3	5.1	11.7	6.0	9.3	3.4	9.0	7.6	8.6	3.9	11.0	3.4	6.5	7.9		6.8	7.5	7.4	

How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

		Region											Gender			Age					
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus		
Question 18 - Anxiety	Total	Unwgt N	3063	203	201	203	155	454	654	212	202	207	416	156	1508	1542	13	621	1229	1213	
		Wgt N	3005	46	66	81	12	701	1148	106	91	339	406	9	1449	1543	13	823	1028	1154	
		Very effective	%	21.5	19.3	17.1	20.2	25.3	25.9	20.2	20.1	19.2	23.9	17.9	27.1	20.9	22.3		24.0	22.4	19.1
		Effective	%	42.2	46.8	44.5	46.8	32.3	44.6	40.1	38.3	37.8	45.3	41.9	40.1	42.6	42.0		42.7	41.8	42.2
		Somewhat effective	%	24.8	23.0	18.4	23.7	21.6	21.9	27.3	27.4	28.7	21.8	25.6	25.3	25.0	24.6		22.7	23.4	27.7
		Not effective at all	%	3.6	5.2	7.1	3.1	10.3	4.0	3.0	4.1	1.6	4.3	3.4	2.8	4.4	2.8		3.9	3.9	3.1
	Don't know	%	7.8	5.8	12.8	6.0	10.5	3.7	9.3	10.1	12.8	4.8	11.2	4.8	7.1	8.3		6.7	8.5	8.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

		Region											Gender			Age					
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus		
Question 19 - Addictions	Total	Unwgt N	3065	204	203	203	155	454	655	212	201	207	416	155	1513	1539	13	622	1230	1213	
		Wgt N	3006	46	67	81	12	701	1150	106	91	339	406	9	1454	1539	13	824	1029	1153	
		Very effective	%	18.5	14.5	17.0	13.8	18.9	19.1	19.3	20.5	19.9	17.0	17.5	19.6	17.4	19.5		21.0	19.3	16.0
		Effective	%	39.4	43.5	42.7	43.4	36.5	43.7	38.0	30.1	34.6	38.1	38.9	40.4	40.3	38.6		40.1	41.6	37.1
		Somewhat effective	%	27.9	29.5	23.9	24.4	25.0	25.1	29.0	33.2	34.4	28.0	28.1	30.8	27.7	28.2		25.2	25.4	32.1
		Not effective at all	%	6.5	6.1	5.9	8.2	11.9	8.1	5.0	8.5	3.8	7.1	6.9	4.1	7.3	5.7		5.7	6.3	7.2
	Don't know	%	7.7	6.4	10.4	10.2	7.7	4.0	8.7	7.8	7.4	9.7	8.5	5.1	7.3	8.1		8.0	7.5	7.6	

How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

		Region											Gender			Age					
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus		
Question 20 - Dementia	Total	Unwgt N	3065	204	202	203	154	454	655	212	202	207	416	156	1512	1540	13	622	1231	1212	
		Wgt N	3006	46	66	81	12	701	1150	106	91	339	406	9	1454	1539	13	824	1030	1153	
		Very effective	%	12.3	12.9	12.2	11.7	10.4	12.0	11.4	13.3	12.2	15.3	13.0	14.2	12.5	12.2		13.2	13.4	10.8
		Effective	%	33.5	40.3	36.1	35.4	37.8	32.0	35.0	32.7	31.5	33.0	31.5	32.5	35.5	31.8		33.4	34.8	32.5
		Somewhat effective	%	31.6	29.6	25.4	31.6	28.9	26.5	32.2	30.9	39.1	35.2	35.2	30.5	32.0	31.1		31.3	29.6	33.5
		Not effective at all	%	14.1	10.5	13.7	12.2	13.5	22.8	11.2	15.5	6.8	12.4	11.1	13.4	12.7	15.5		13.6	13.6	15.0
	Don't know	%	8.4	6.7	12.7	9.1	9.4	6.7	10.1	7.7	10.3	4.1	9.2	9.4	7.2	9.4		8.5	8.6	8.2	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

How effective do you feel psychologists are in diagnosing people who are living with the following mental health problems or disorders? [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 21 - Learning disabilities/ADHD	Total	Unwgt N	3063	204	203	203	156	455	653	212	200	207	414	156	1510	1540	13	619	1228	1216
		Wgt N	3001	46	67	81	12	702	1145	106	90	339	404	9	1450	1539	13	819	1026	1156
	Very effective	%	17.6	11.7	16.5	19.6	13.5	18.0	17.5	16.6	16.5	17.3	18.4	10.8	17.8	17.5		18.7	16.9	17.4
	Effective	%	35.9	46.1	40.4	35.4	39.2	36.4	34.0	33.1	34.1	41.6	34.7	38.7	35.7	36.0		35.9	37.5	34.4
	Somewhat effective	%	32.2	31.8	25.5	32.1	28.6	30.3	33.6	33.2	37.5	28.5	34.1	38.9	32.5	31.8		29.4	31.9	34.3
	Not effective at all	%	8.8	6.1	8.0	6.6	13.0	11.1	8.3	10.2	4.3	9.2	7.3	7.8	9.2	8.5		10.1	8.5	8.2
Don't know	%	5.6	4.3	9.5	6.3	5.7	4.1	6.7	6.8	7.6	3.3	5.5	3.8	4.8	6.2		5.9	5.2	5.6	

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 22 - How much confidence do you have in psychologists and the care they provide when it comes to mental health?	Total	Unwgt N	3060	202	202	203	154	455	652	212	202	207	415	156	1508	1539	13	623	1227	1210
		Wgt N	3002	46	67	81	12	702	1144	106	91	339	405	9	1450	1539	13	825	1026	1151
	Very confident	%	14.5	9.9	13.8	15.2	9.4	17.4	13.5	11.7	17.6	16.3	11.7	13.1	12.9	16.1		17.9	16.1	10.8
	Confident	%	38.1	51.0	38.0	37.0	34.0	42.4	35.8	38.2	40.0	40.1	33.6	51.2	39.7	36.7		43.1	37.8	34.8
	Somewhat confident	%	32.6	30.7	30.1	35.1	34.7	27.5	35.0	33.6	32.1	28.2	38.3	24.8	32.0	33.1		26.8	30.8	38.3
	No confidence at all	%	6.2	4.5	8.2	3.9	15.5	7.0	5.6	6.9	2.9	8.0	6.0	4.1	6.5	5.9		5.4	5.2	7.7
Unsure	%	8.6	3.9	9.9	8.8	6.4	5.7	10.2	9.6	7.4	7.4	10.4	6.8	8.9	8.2		6.8	10.1	8.5	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 23 - To the best of your knowledge, are Canadians able to access the services of a psychologist in the publicly-funded health care system within a reasonable, somewhat reasonable, somewhat unreasonable, or unreasonable period of time?	Total	Unwgt N	3068	203	203	203	155	455	656	212	202	207	417	155	1513	1542	13	623	1230	1215
		Wgt N	3011	46	67	81	12	702	1151	106	91	339	407	9	1454	1544	13	825	1030	1157
	Reasonable	%	5.7	6.7	3.5	3.5	4.8	3.2	5.8	9.0	7.9	9.4	6.1	6.8	7.0	4.4		6.3	6.7	4.4
	Somewhat reasonable	%	25.2	27.5	23.4	26.3	21.7	26.1	24.7	19.6	27.1	26.7	24.8	25.3	29.4	21.2		28.6	25.1	22.8
	Somewhat unreasonable	%	23.4	28.6	11.3	23.4	29.6	24.2	23.2	23.9	22.8	26.2	21.8	19.6	22.9	24.0		22.2	24.1	23.7
	Unreasonable	%	24.0	25.9	34.8	27.4	31.0	34.1	20.8	26.0	20.0	16.3	19.3	34.0	17.9	29.7		22.6	23.9	25.0
Unsure	%	21.7	11.4	27.1	19.4	12.9	12.5	25.5	21.6	22.2	21.4	28.1	14.3	22.8	20.7		20.2	20.2	24.1	

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 24 - Do you support, somewhat support, somewhat oppose or oppose improving access to psychologists through the publicly-funded health care system?	Total	Unwgt N	3065	204	203	203	155	454	656	212	201	206	415	156	1511	1541	13	622	1229	1214
		Wgt N	3005	46	67	81	12	701	1152	106	91	337	405	9	1452	1541	13	823	1026	1156
	Support	%	56.7	57.4	57.9	66.4	55.3	54.7	58.4	54.2	57.3	54.4	55.4	68.2	49.0	63.9		59.4	54.2	57.0
	Somewhat support	%	31.0	32.0	30.3	26.8	30.5	37.3	26.9	31.7	31.9	32.2	31.3	24.3	35.5	26.9		26.7	33.4	31.9
	Somewhat oppose	%	3.8	4.9	2.0	3.9	4.3	1.9	5.4	3.1	3.9	3.2	3.5	1.0	4.9	2.8		5.2	4.5	2.2
	Oppose	%	2.2	0.0	2.4	0.3	5.5	2.0	1.6	3.3	0.4	4.7	2.5	1.7	3.6	0.8		3.3	1.5	1.9
Don't know	%	6.4	5.8	7.4	2.6	4.4	4.1	7.7	7.7	6.5	5.6	7.4	4.8	7.0	5.6		5.5	6.4	7.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 25 - To the best of your knowledge, are you able to access a psychologist through your employer's health benefit plan within a reasonable period of time?	Total	Unwgt N	3063	204	201	203	155	454	656	212	201	206	416	155	1510	1540	13	622	1227	1214
		Wgt N	3003	46	66	81	12	700	1151	106	90	337	406	9	1451	1539	13	822	1025	1156
	Yes, definitely	%	17.9	10.5	16.7	20.5	8.6	19.6	16.4	15.7	20.5	22.3	16.1	18.9	21.0	15.0		21.6	22.2	11.4
	Yes, I think so	%	31.8	36.7	33.6	33.1	33.9	31.3	32.5	34.1	32.7	30.5	29.9	37.2	32.3	31.3		34.6	38.9	23.7
	No	%	14.8	10.4	14.0	8.4	17.3	20.1	14.7	16.0	9.5	10.9	11.4	21.1	15.3	14.3		19.3	15.8	10.6
	I am not employed	%	21.4	24.0	22.2	21.9	23.2	19.1	20.8	18.9	21.4	23.8	25.1	15.6	17.9	24.8		9.2	7.4	42.4
Don't know	%	14.2	18.4	13.6	15.9	17.0	9.9	15.6	15.3	16.0	12.4	17.5	7.2	13.6	14.6		15.3	15.8	12.0	

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 26 - Is providing greater access to psychologists through employer health benefit plans (e.g., more sessions, higher financial caps) a very good idea, good idea, average idea, poor idea, very poor idea or a very poor idea?	Total	Unwgt N	3070	204	203	203	156	454	657	212	202	206	417	156	1513	1544	13	622	1231	1217
		Wgt N	3009	46	67	81	12	700	1153	106	91	338	407	9	1452	1544	13	822	1030	1157
	Very good idea	%	41.7	38.8	43.5	43.5	43.1	46.3	40.1	41.2	41.9	43.3	36.7	38.6	35.0	48.2		45.8	46.1	34.9
	Good idea	%	34.4	43.5	32.7	33.6	32.3	32.9	34.2	34.6	38.1	33.8	36.5	39.5	36.9	32.0		34.2	30.8	37.7
	Average idea	%	12.4	9.8	13.7	13.5	11.0	11.7	13.3	12.9	12.7	9.0	13.5	11.3	14.9	10.1		9.9	12.7	13.8
	Poor idea	%	2.3	1.4	1.2	2.1	4.1	1.8	1.8	2.4	2.6	3.7	3.2	6.3	2.9	1.6		1.7	2.0	2.9
Very poor idea	%	1.7	0.0	1.1	0.0	1.1	1.8	2.0	0.7	0.0	2.9	1.0	1.6	2.2	1.2		2.4	1.2	1.6	
Don't know	%	7.6	6.6	7.8	7.3	8.5	5.5	8.6	8.2	4.7	7.2	9.2	2.7	8.2	6.9		6.1	7.1	9.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

			Is providing greater access to psychologists through employer health benefit plans (e.g., more sessions, higher financial caps) a very good idea, good idea, average idea, poor idea or a very poor idea?						
			Canada 2020-10	Very good idea	Good idea	Average idea	Poor idea	Very poor idea	Don't know
Question 27 - Why do you have that opinion [OPEN]	Total	Unwgt N	2576	1142	881	293	67	34	159
		Wgt N	2485	1107	837	281	58	48	154
	Mental health is very important	%	9.3	13.6	9.1	1.3	0.0	0.0	0.1
	Current plans do not offer enough coverage	%	4.0	6.0	2.7	1.6	1.6	7.2	0.5
	Improve work environment, productivity and demonstrates care	%	5.3	6.3	7.2	0.6	0.0	0.0	0.5
	It's a good idea/psychologists can help	%	9.8	9.4	14.7	6.1	0.0	0.1	0.0
	It's necessary and should be available if needed	%	11.7	13.8	15.1	2.0	0.0	3.8	1.9
	Should be included in public health care plans	%	2.9	0.8	1.8	7.7	20.8	16.7	5.3
	Don't know enough	%	4.2	0.0	1.0	12.9	1.9	0.0	38.4
	Mental health services are too expensive, this would lessen cost	%	8.3	10.6	8.5	4.3	12.2	0.0	0.0
	Early access will reduce broader subsequent burden	%	4.7	6.1	5.2	1.8	0.0	0.0	0.0
	Don't believe psychologists help	%	2.8	0.0	0.4	11.8	22.0	27.0	4.6
	Easier access would mean more people will seek help	%	11.4	13.5	14.4	3.6	0.0	0.0	1.5
	Mental health issues are more prevalent now	%	7.5	10.0	8.4	1.6	0.3	0.0	1.0
	Don't want to pay higher premiums, especially if I won't be using it	%	3.1	0.0	0.7	15.9	24.1	18.9	2.8
	Just my opinion	%	2.1	0.9	2.2	6.6	0.1	2.3	3.2
	Based on my experience or what I heard	%	2.8	4.3	2.2	0.6	0.0	0.0	1.4
	Doesn't apply to me (I don't work/am retired/don't have mental health issues)	%	1.0	0.0	0.4	2.6	1.1	0.0	8.6
	Would complement and decrease demand for the public health system	%	1.6	2.1	1.9	0.0	0.5	0.0	0.0
	Concerned about privacy or sensitive information being shared with employer	%	0.9	0.1	0.3	4.2	0.5	12.7	1.2
	Other	%	2.7	2.2	2.5	2.1	14.9	8.1	2.1
	Depend on need/not all plans are equal	%	1.1	0.1	0.2	7.1	0.0	3.2	1.7
	Unsure	%	2.7	0.2	1.2	5.7	0.0	0.0	25.2

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 28 - Psychological services cost too much for you to pay yourself	Total	Unwgt N	3067	204	203	203	155	453	656	212	202	207	416	156	1510	1544	13	622	1231	1214
		Wgt N	3007	46	67	81	12	699	1151	106	91	339	406	9	1449	1544	13	822	1030	1155
	Very significant	%	52.0	48.9	52.8	50.9	56.2	47.6	53.1	55.7	49.2	55.5	53.9	45.6	45.6	58.0		52.5	52.3	51.5
	Somewhat significant	%	26.0	23.1	30.3	25.0	22.0	29.8	25.4	22.8	29.1	24.3	22.9	26.1	28.0	24.2		27.4	25.4	25.6
	Somewhat not significant	%	8.3	8.4	3.9	8.2	7.5	10.5	7.6	6.2	10.6	7.1	8.4	10.7	10.8	6.0		7.6	8.8	8.5
	Not significant	%	6.3	7.7	8.4	8.3	8.3	8.3	5.0	6.7	5.6	7.2	4.9	12.6	7.1	5.7		6.4	5.2	7.3
	Don't know	%	7.2	11.9	4.6	7.6	6.0	3.8	8.8	8.5	5.5	5.9	9.9	5.0	8.5	6.0		6.1	8.3	7.1

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 29 - Psychologists are not covered by your provincial/territorial health plan	Total	Unwgt N	3062	204	202	202	155	451	657	212	201	207	415	156	1507	1542	13	622	1227	1213
		Wgt N	3004	46	67	81	12	696	1153	106	91	339	405	9	1448	1542	13	822	1027	1155
	Very significant	%	46.7	41.7	38.8	48.7	49.4	39.8	52.4	44.4	37.1	45.3	47.7	33.1	41.2	51.9		39.9	47.3	51.0
	Somewhat significant	%	26.0	29.8	27.9	20.7	21.8	29.2	24.2	32.2	27.4	22.9	26.5	23.8	27.5	24.6		31.6	25.6	22.3
	Somewhat not significant	%	8.3	7.8	6.5	8.1	4.6	9.6	7.6	5.1	10.9	7.4	9.1	12.9	10.3	6.4		9.7	10.0	5.6
	Not significant	%	9.0	8.8	12.1	11.3	11.3	12.6	6.1	7.9	10.5	13.5	6.1	16.9	10.5	7.6		9.6	8.0	9.5
	Don't know	%	10.1	11.9	14.8	11.2	12.8	8.8	9.6	10.3	14.0	10.8	10.7	13.3	10.5	9.5		9.2	9.1	11.6

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

			Region												Gender			Age		
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 30 - Psychological services are not covered by your employer's health benefit plan	Total	Unwgt N	3060	204	202	203	154	452	656	212	201	206	414	156	1509	1539	12	620	1230	1210
		Wgt N	3000	46	66	81	12	697	1151	106	90	338	404	9	1450	1539	12	820	1029	1152
	Very significant	%	40.2	38.7	38.2	45.3	46.7	33.2	42.7	40.7	32.3	43.6	43.2	36.2	36.0	44.1		40.1	40.9	39.6
	Somewhat significant	%	25.7	32.0	24.5	22.7	17.5	29.6	25.2	29.8	32.8	21.5	21.3	24.6	25.5	25.8		29.3	26.9	22.0
	Somewhat not significant	%	9.1	5.7	7.1	5.3	8.0	10.8	8.9	6.1	9.1	9.2	8.8	10.1	11.8	6.5		10.5	10.6	6.7
	Not significant	%	15.5	14.5	21.5	19.9	14.0	18.1	13.8	11.6	14.6	17.5	13.1	22.6	16.1	14.9		12.4	13.2	19.6
Don't know	%	9.6	9.2	8.7	6.7	13.8	8.3	9.4	11.8	11.2	8.2	13.6	6.5	10.7	8.6		7.7	8.4	12.1	

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

			Region												Gender			Age		
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 31 - The wait times to see a psychologist are too long	Total	Unwgt N	3062	203	203	203	154	454	656	212	201	206	415	155	1507	1542	13	621	1229	1212
		Wgt N	3005	46	67	81	12	700	1151	106	91	337	405	9	1449	1542	13	821	1028	1155
	Very significant	%	35.3	40.4	45.3	36.2	50.3	38.0	36.4	40.5	35.2	25.8	30.9	41.3	29.9	40.4		32.6	33.8	38.5
	Somewhat significant	%	32.7	34.5	30.9	34.9	24.8	34.8	29.5	31.5	35.4	36.4	34.9	30.9	33.6	31.9		36.7	32.3	30.3
	Somewhat not significant	%	11.3	7.3	4.7	9.5	11.6	11.7	12.0	10.7	12.1	11.0	11.0	10.2	13.7	9.1		15.5	11.5	8.3
	Not significant	%	8.3	5.2	8.6	7.2	7.3	8.8	7.1	4.6	5.6	15.3	7.2	5.7	8.6	8.0		5.6	10.7	8.1
Don't know	%	12.3	12.6	10.5	12.2	5.9	6.7	15.0	12.6	11.7	11.5	15.9	11.9	14.2	10.5		9.7	11.7	14.8	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

		Region											Gender			Age				
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 32 - Would rather deal with these problems/disorders on your own	Total	Unwgt N	3060	204	203	203	152	450	657	212	202	206	415	156	1505	1542	13	621	1230	1209
		Wgt N	3001	46	67	81	12	694	1153	106	91	337	405	9	1447	1541	13	821	1028	1153
	Very significant	%	16.3	12.4	12.9	16.4	20.6	17.0	16.7	17.0	12.8	17.5	14.3	18.0	17.0	15.6		19.3	14.9	15.4
	Somewhat significant	%	30.2	32.5	28.5	27.4	26.4	30.7	29.6	29.8	27.8	32.2	30.6	38.5	32.5	28.2		34.1	30.7	27.0
	Somewhat not significant	%	20.5	25.2	23.5	18.2	22.4	17.3	21.4	23.5	25.8	18.2	22.6	18.0	22.3	18.8		22.1	21.1	18.7
	Not significant	%	26.7	23.5	30.1	29.6	23.6	29.8	25.3	26.0	27.7	25.3	26.1	22.3	21.4	31.5		18.1	26.5	33.1
	Don't know	%	6.3	6.3	5.0	8.4	7.0	5.3	7.0	3.8	5.9	6.9	6.4	3.2	6.7	5.9		6.4	6.8	5.8

For each of the following barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not. [RANDOMIZE]

		Region											Gender			Age				
		Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus	
Question 33 - Wouldn't want others to know you are seeing a psychologist	Total	Unwgt N	3061	204	203	203	154	454	654	211	202	206	415	155	1508	1540	13	622	1229	1210
		Wgt N	3001	46	67	81	12	700	1148	106	91	337	405	9	1447	1541	13	822	1027	1152
	Very significant	%	14.1	15.3	12.6	12.0	16.1	11.6	17.0	16.7	11.7	14.1	10.7	18.7	16.2	12.1		15.0	15.7	12.1
	Somewhat significant	%	25.2	36.7	22.0	25.8	28.2	24.6	24.0	25.6	23.9	22.6	31.3	24.2	27.1	23.7		26.1	26.8	23.1
	Somewhat not significant	%	20.8	17.6	26.1	17.4	18.4	23.5	19.5	17.1	20.8	21.0	20.9	21.4	22.0	19.8		24.3	19.9	19.1
	Not significant	%	35.0	26.7	32.3	40.7	32.5	36.6	33.9	36.5	39.7	37.0	32.4	34.5	29.0	40.3		29.2	32.0	41.7
Don't know	%	4.9	3.7	7.0	4.0	4.8	3.8	5.7	4.1	4.0	5.4	4.7	1.2	5.7	4.1		5.3	5.6	4.0	

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size



2020-1710B – Canadian Psychological Association – Access to Mental Health Services – STAT SHEET

			Region											Gender			Age			
			Canada 2020-10	Newfoundland and Labrador	New Brunswick	Nova Scotia	Prince Edward Island	Quebec	Ontario	Manitoba	Saskatchewan	Alberta	British Columbia	Territories	Male	Female	Other	18 to 34	35 to 54	55 plus
Question 34 - Are psychologists working collaboratively with other health professionals, such as family physicians in primary care teams a very good idea, good idea, average idea, poor idea, very poor idea or a very poor idea?	Total	Unwgt N	3067	204	203	203	155	454	657	211	202	206	416	156	1511	1543	13	621	1230	1216
		Wgt N	3006	46	67	81	12	700	1153	106	91	336	406	9	1449	1544	13	820	1029	1157
	Very good idea	%	49.5	48.3	52.1	56.0	61.9	49.8	47.1	41.3	56.8	53.2	50.5	67.0	42.5	56.1	13	44.7	47.7	54.4
	Good idea	%	32.9	36.1	27.8	28.4	15.2	36.4	33.0	37.4	28.4	30.7	30.7	25.8	36.5	29.5	13	35.0	33.3	31.2
	Average idea	%	9.6	7.8	7.0	9.5	10.2	8.7	10.8	12.0	9.4	8.7	8.9	4.3	11.7	7.8	13	11.5	9.6	8.4
	Poor idea	%	1.1	1.3	1.9	1.9	4.3	0.8	0.9	1.3	0.4	1.3	1.9	0.4	1.6	0.7	13	1.4	1.4	0.7
	Very poor idea	%	0.9	0.3	2.1	0.3	1.1	1.4	0.4	0.3	0.0	2.4	0.4	0.0	1.4	0.4	13	1.2	1.2	0.4
	Don't know	%	6.0	6.2	9.1	4.0	7.4	2.9	7.8	7.7	5.1	3.7	7.6	2.6	6.4	5.5	13	6.3	6.9	5.0

Nanos conducted a representative online survey of 3,070 Canadians, drawn from a non-probability panel between September 25th and October 2nd, 2020. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada. *Note: Some results have been shaded due to small sample size