

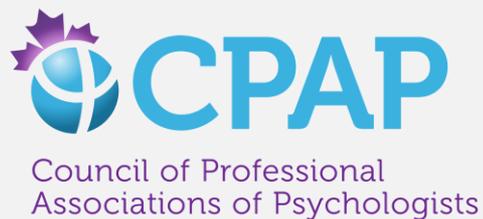
Strong majority want improved access to psychologists: Manitoba

Provincial Survey | Summary

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



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 Manitobans on issues related to mental health and the profession. This is report two (2) of two (2).

Role of psychologists

One in five respondents say they have the most confidence in psychologists when it comes to helping people with mental health problems

- **Respondents most frequently report having the most confidence in psychologists and psychiatrists when it comes to helping people with mental health problems** – One in five respondents say they have the most confidence in psychologists (20%, 23% in 2011) and psychiatrists (20%, 32% in 2011) when it comes to helping people with mental health problems, followed by doctor (19%, 23% in 2011) and a therapist (eight per cent). Six per cent each say they have no confidence or are unsure.
- **More than three quarters of respondents think psychologists do something different than psychiatrists** – Three in four (77%) think a psychologist does something different than a psychiatrist, while under two in ten (19%) think they do the same thing. Five per cent are unsure.
- **Three in four think psychologists do something different than a counsellor** – Three in four (74%) think a psychologist does something different than a counsellor, while two in ten (22%) think they do the same thing. Five per cent are unsure.
- **Two thirds think psychologists do something different than psychotherapists** – Two in three (66%) think a psychologist does something different than a psychotherapist, while one in four (25%) think they do the same thing. Ten per cent are unsure.

Profession best able to care for mental health problems

- **Respondents are more likely to think a psychiatrist is best able to care for people with depression** – Asked which profession they think is best able to care for people living with depression, four in ten (40%) say a psychiatrist, followed by a psychologist (30%). Seventeen per cent say a counsellor, and one in ten say a psychotherapist (10%).

SUMMARY

One in three say a psychologist is best able to care for people with anxiety than other professionals

- **Respondents 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, one in three (33%) say a psychologist, followed by nearly three in ten (29%) who say a psychiatrist, one in four (24%) who say a counsellor, and one in ten (nine per cent) who say a psychotherapist.
- **Respondents 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, respondents most frequently say a counsellor (50%), followed by a psychologist (19%), a psychiatrist (14%) and a psychotherapist (12%).
- **Respondents 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, almost three in ten say a psychiatrist (28%), followed by a psychologist (21%), a psychotherapist (18%) and a counsellor (18%).
- **Respondents are 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, one in three say a psychologist (33%), followed by just over one in four (26%) who say a counsellor, two in ten (19%) who say a psychotherapist and under two in ten who say a psychiatrist (16%).
- **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 one in two say a counsellor (47%), followed by a psychologist (23%), a psychiatrist (12%), a psychotherapist (nine per cent), and a doctor/nurse (five per cent).

One in two say psychologists are very effective (21%) or effective (28%) at helping people who are living with depression

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

- **Respondents most frequently say psychologists are somewhat effective at helping people who are living with depression** – More than three in ten (32%) say psychologists are somewhat effective at helping people with depression, while under three in ten each say they are effective (28%) or very effective (21%). Three per cent say they are not effective at all and ten per cent don't know.
- **One in three say psychologists are effective at helping people who are living with anxiety** – One in three each say psychologists are effective (34%) or somewhat effective (32%) at helping people with anxiety, while one in five say they are very effective (20%). Three per cent say they are not effective at all and eleven per cent don't know.
- **Opinions on the effectiveness of psychologists in helping people who are living with addictions remain comparable with 2011** – Close to four in ten say psychologists are somewhat effective (37%) or effective (30%), respectively, in helping people who are living with addictions, while one in five (19%) say they are very effective and nine per cent say they are not effective at all. Four per cent don't know. These results are comparable with tracking from 2011.
- **Psychologists are most frequently seen as somewhat effective at helping people living with dementia** – More than one third (36%) say psychologists are somewhat effective in helping people living with dementia, while one in five (21%) say they are effective and one in four say they are not effective at all (24%). Ten per cent say they are very effective and 10 per cent don't know. These results are comparable with tracking from 2011.
- **Respondents most frequently say psychologists are somewhat effective in helping people who are living with learning disabilities** – Close to four in ten say psychologists are somewhat effective (38%) or effective (34%), respectively, in helping people who are living with learning disabilities/ADHD, while more than one in ten (13%) say they are very effective and 8 per cent say they are not effective at all. Eight per cent don't know. These results are comparable with tracking from 2011.

Close to six in ten say psychologists are very effective (20%) or effective (38%) at diagnosing people living with anxiety

- **Psychologists are most frequently seen as somewhat effective or effective in helping people living with the stress of being diagnosed with a disease like cancer** – Over one in three each say they think psychologists are somewhat effective (35%) or effective (34%) in helping people living with the stress of being diagnosed with a disease like cancer, while one in five (21%) say they are very effective. Six per cent say they are not effective at all. Five per cent don't know. These results are comparable with tracking from 2011.

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

- **Respondents most frequently say they think psychologists are effective in diagnosing people living with depression** – Over four in ten (42%) say they think psychologists are effective in diagnosing people living with depression, while under one in three each say they are somewhat effective (27%) or very effective (21%). Three per cent say they are not effective at all and eight per cent don't know.
- **Respondents most frequently say they think psychologists are effective in diagnosing people living with anxiety** – Close to four in ten (38%) say they think psychologists are effective in diagnosing people living with anxiety, while more than one in four say they are somewhat effective (27%) and one in five say they are very effective (20%). Four per cent say they are not effective at all and ten per cent don't know.
- **One in three respondents say psychologists are somewhat effective in diagnosing people living with addictions** – One in three (33%) say they think psychologists are somewhat effective in diagnosing people living with addictions, while three in ten say they are effective (30%) and one in five say they are very effective (21%). Nine per cent say they are not effective at all and eight per cent don't know.
- **Respondents most frequently say psychologists are effective in diagnosing people living with dementia** – One in three (33%) say psychologists are effective in diagnosing people living with dementia, while just under one in three (31%) say they are somewhat effective. Thirteen per cent say they are very effective, while sixteen per cent say they are not effective at all. Eight per cent don't know.

SUMMARY

86 per cent support (54%) or somewhat support (32%) improving access to psychologists through the publicly-funded health care system

- **Respondents most frequently say psychologists are effective or somewhat effective in diagnosing people living with learning disabilities/ADHD** – One in three each say psychologists are effective (33%) or somewhat effective (33%) in diagnosing people living with learning disabilities/ADHD. Under two in ten say they are very effective (17%) and ten per cent say they are not effective at all. Seven per cent don't know.
- **Respondents most frequently say they are confident in the care psychologists provide** – Just under four in ten (38%) say they are confident in psychologists and the care they provide when it comes to mental health, while one in three (34%) say they are somewhat confident and more than one in ten (12%) say they are very confident. Seven per cent say they are not confident at all and ten per cent are unsure. These results are comparable with tracking from 2011.
- **Respondents 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** – One in two respondents 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 (24%) or unreasonable (26%) period of time. Three in ten say services are accessible within a reasonable (nine per cent) or somewhat reasonable (20%) period of time, and 22 per cent are unsure.
- **A strong majority support or somewhat support improving access to psychologists through the publicly-funded health care system** – Nearly nine in ten support (54%) or somewhat support (32%) improving access to psychologists through the publicly-funded health care system, while six per cent somewhat oppose or oppose this (each three per cent). Eight per cent are unsure.

SUMMARY

76 per cent say it is a very good (41%) or good (35%) idea to provide greater access to psychologists through employer health benefit plans

- **Respondents 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, one in two say yes, definitely (16%) or yes, I think so (34%). Sixteen per cent say no, while 19 per cent report they are not employed, and 15 per cent are unsure.
- **Over three in four say providing greater access to psychologists through employer health benefit plans is a very good or good idea** – A majority of respondents say it is a very good idea (41%) or good idea (35%) to provide greater access to psychologists through employer health benefit plans (e.g. more sessions, higher financial caps), while 13 per cent say it is an average idea. Three per cent say this is a poor idea (2%) or a very poor idea (1%), and eight per cent are unsure.

Barriers to access

- **A strong majority of respondents 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** – Eight in ten say psychological services costing too much for them to pay themselves is a very significant (56%) or somewhat significant (23%) 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 (six per cent) or not significant (seven per cent) barrier, and nine per cent are unsure.
- **Three in four respondents 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 say psychologists not being covered by their provincial/ territorial health plan is a very significant (44%) or somewhat significant (32%) barrier to them deciding whether or not they should access a psychologist. More than two in ten say this is a somewhat not significant (five per cent) or not significant (eight per cent) barrier, and 10 per cent are unsure.

SUMMARY

73 per cent say the length of wait times being too long to see a psychologist is a very significant (41%) or significant (32%) barrier to access care

- **Seven in ten 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 Manitobans say psychological services not being covered by their employer's health benefit plan is a very significant (41%) or somewhat significant (30%) barrier to them deciding whether or not they should access a psychologist, consistent with the previous wave. Under two in ten say this is a somewhat not significant (six per cent) or not significant (12%) barrier, and 12 per cent are unsure.
- **A majority of respondents 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, more than seven in ten respondents say the wait times to see a psychologist being too long is a very significant (41%) or somewhat significant (32%) barrier to them deciding whether or not they should access a psychologist. Under two in ten say this is a somewhat not significant (11%) or not significant (five per cent) barrier, and 13 per cent are unsure.
- **Respondents 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 respondents say preferring to deal with these problems/disorders on their own is a very significant (17%) or somewhat significant (30%) barrier to them deciding whether or not they should access a psychologist, while close to the same proportion say this is a somewhat not significant (24%) or not significant (26%) barrier. Four per cent are unsure. This is consistent with the previous wave of research.
- **Over one in two 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** – Respondents more often say not wanting others to know they are seeing a psychologist is not significant (37%) or somewhat not significant (17%) as a barrier to them deciding whether or not they should access a psychologist, consistent with the previous wave. Four in ten say this is a very significant (17%) or somewhat significant (26%) barrier, and four per cent are unsure.

Collaboration with health professionals

- **A strong majority say psychologists working collaboratively with other health professionals in primary care teams is a very good or good idea** – Eight in ten say it is a very good idea (41%) or good idea (38%) for psychologists to work collaboratively with other health professionals, such as family physicians in primary care teams. Twelve per cent say this is an average idea, while less than two per cent think this is a poor idea (1%) or very poor idea (under one per cent). Eight per cent are unsure.

Nanos conducted an online survey of 212 residents of Manitoba between September 25th, 2020 and October 2nd, 2020. This was part of a larger national study of 3,070 Canadians 18 years of age or older, between September 25th, 2020 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 the population.

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

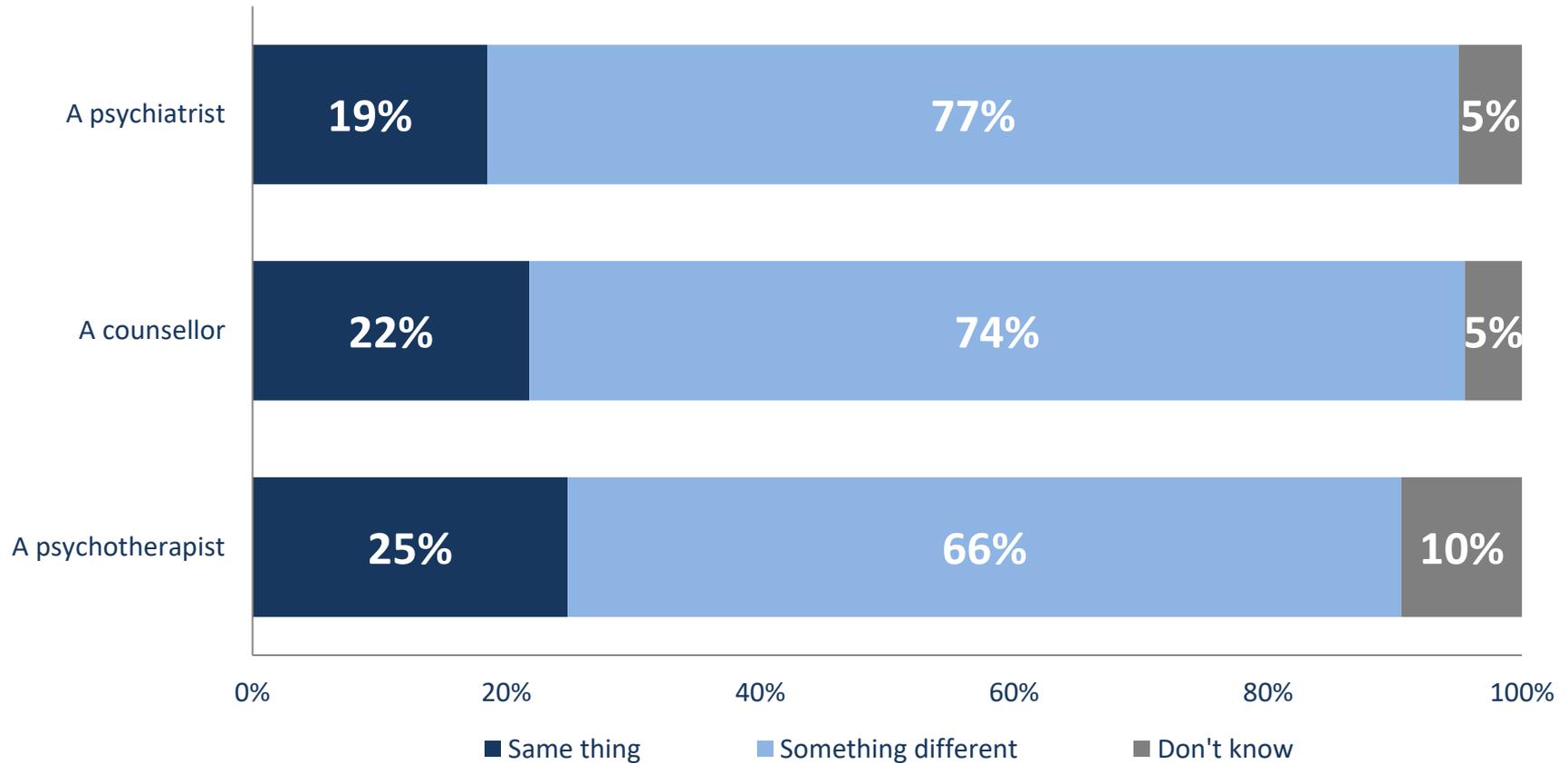
79 per cent say psychologists working collaboratively with other health professionals in primary care teams is a very good (41%) or good (37%) idea

Confidence in health professionals

Top mentions	2020 (n=200)	2011 (n=244)
Psychologist	20%	23%
Psychiatrist	20%	32%
Doctor	19%	23%
Therapist	8%	N/A
None	6%	1%
Unsure	6%	1%
Counsellor	5%	13%

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]

Professional best able to care for people living with depression



Top Mentions	Manitoba (n=210)
Psychiatrist	40%
Psychologist	30%
Counsellor	17%
Psychotherapist	10%
Doctor/nurse	3%
Alternative medicine/practitioner	1%

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

Top Mentions	Manitoba (n=210)
Psychologist	33%
Psychiatrist	29%
Counsellor	24%
Psychotherapist	9%
Doctor/nurse	2%
Alternative medicine/practitioners	1%

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

Top Mentions	Manitoba (n=210)
Counsellor	50%
Psychologist	19%
Psychiatrist	14%
Psychotherapist	12%
Specialists	2%
Team of specialists/doctors	2%

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

Addictions

Professional best able to care for people living with dementia

Top Mentions

Manitoba
(n=207)

Psychiatrist	28%
Psychologist	21%
Psychotherapist	18%
Counsellor	18%
Doctor/nurse	8%
Specialists	4%

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

Top Mentions	Manitoba (n=207)
Psychologist	33%
Counsellor	26%
Psychotherapist	19%
Psychiatrist	16%
Specialist	3%
Doctor/nurse	2%

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

Learning disabilities/ADHD

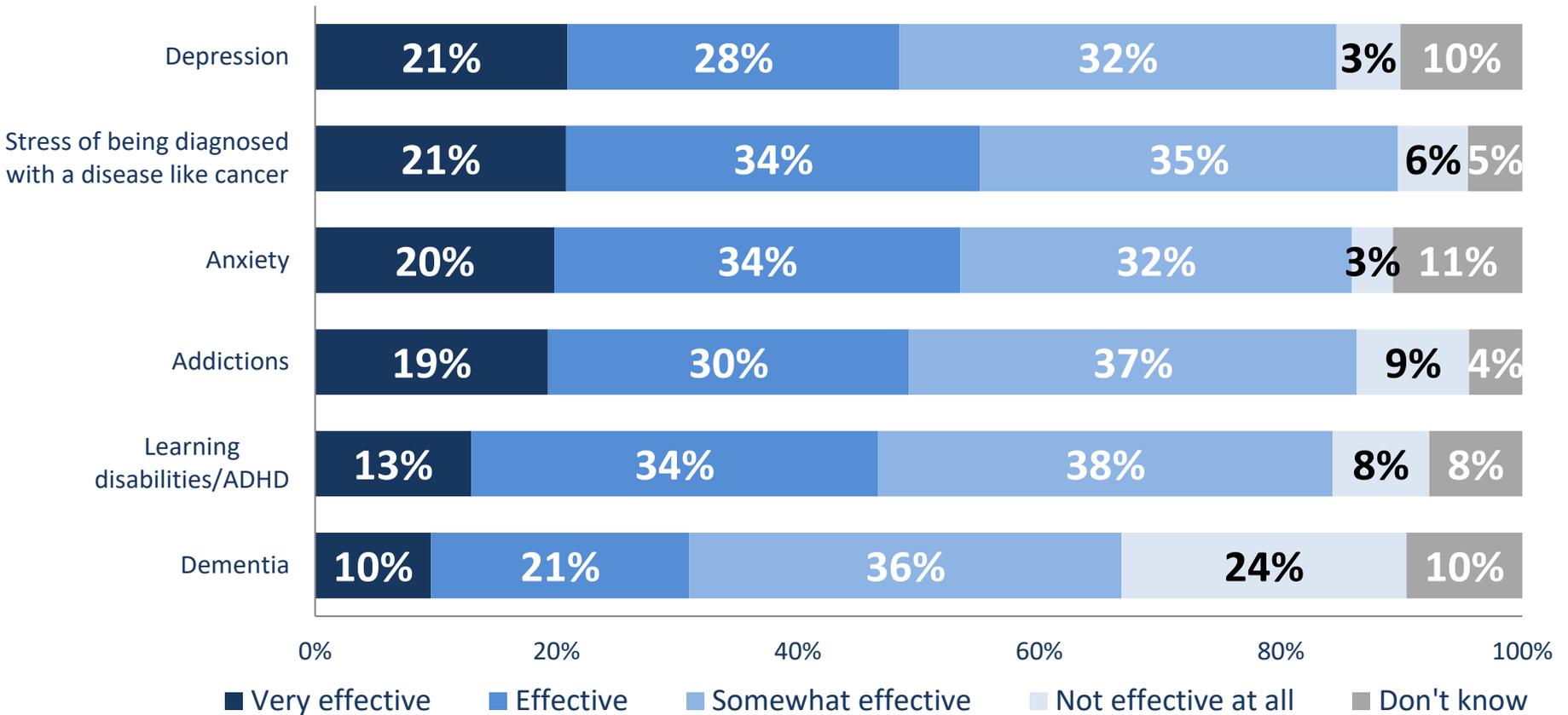
Professional best able to care for people living with stress of being diagnosed with a disease

Top Mentions	Manitoba (n=210)
Counsellor	47%
Psychologist	23%
Psychiatrist	12%
Psychotherapist	9%
Doctor/nurse	5%
Specialist	3%

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

Stress of being diagnosed with a disease like cancer

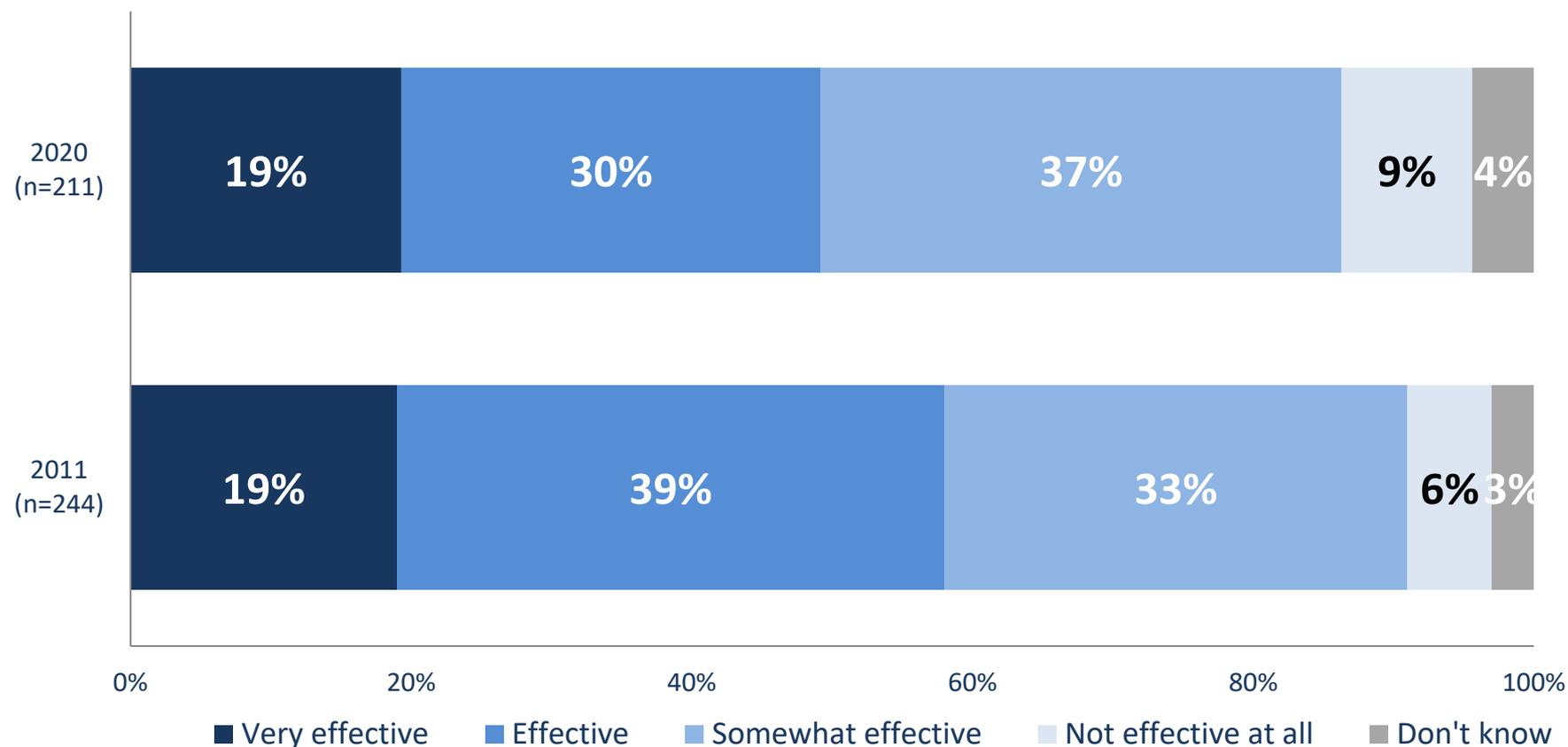
Effectiveness of psychologists in helping people



*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 coping with addictions - Tracking

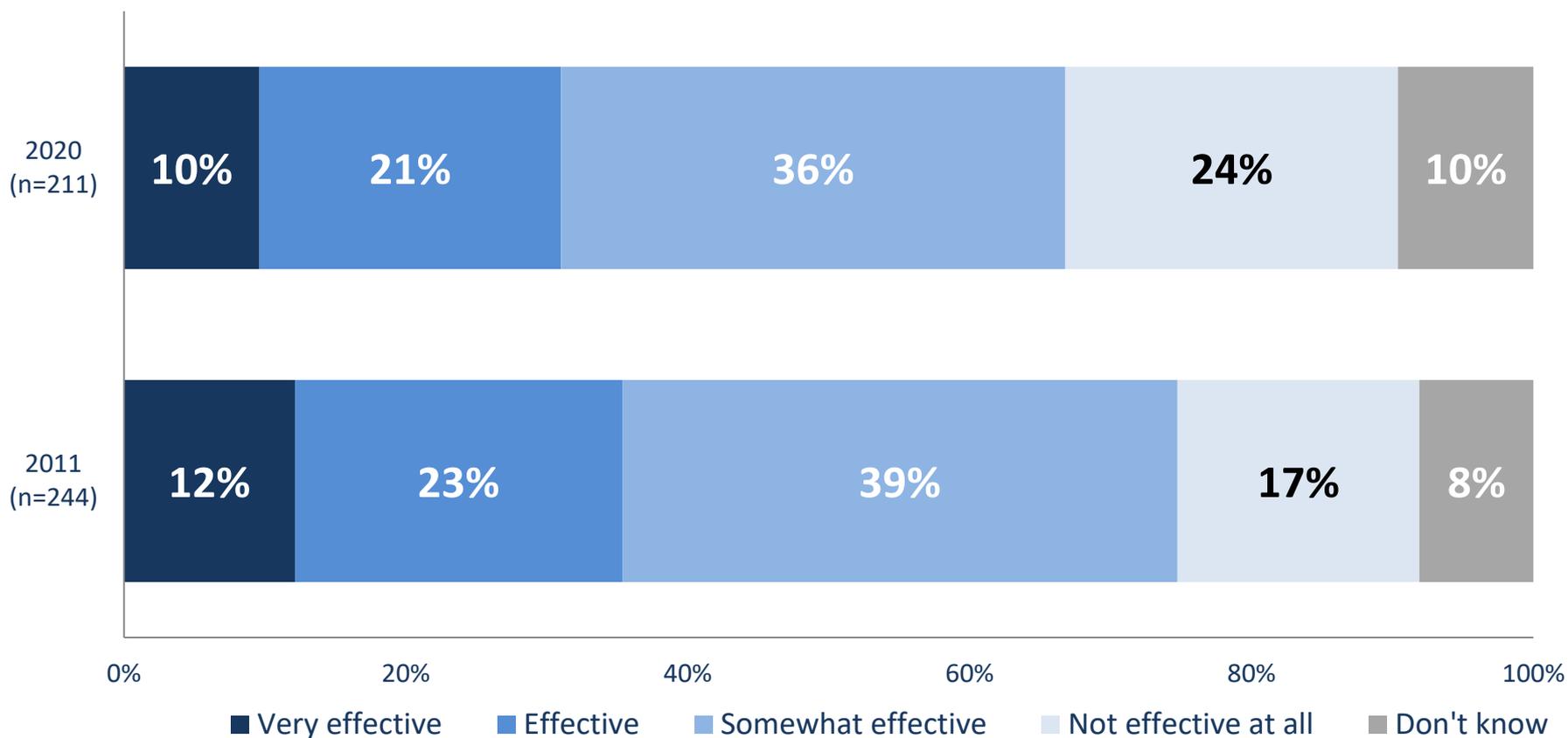


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QUESTION – How effective do you feel psychologists are in helping people who are living with the following mental health problems or disorders? [RANDOMIZE]

Addictions

Effectiveness of psychologists in helping people coping with dementia - Tracking

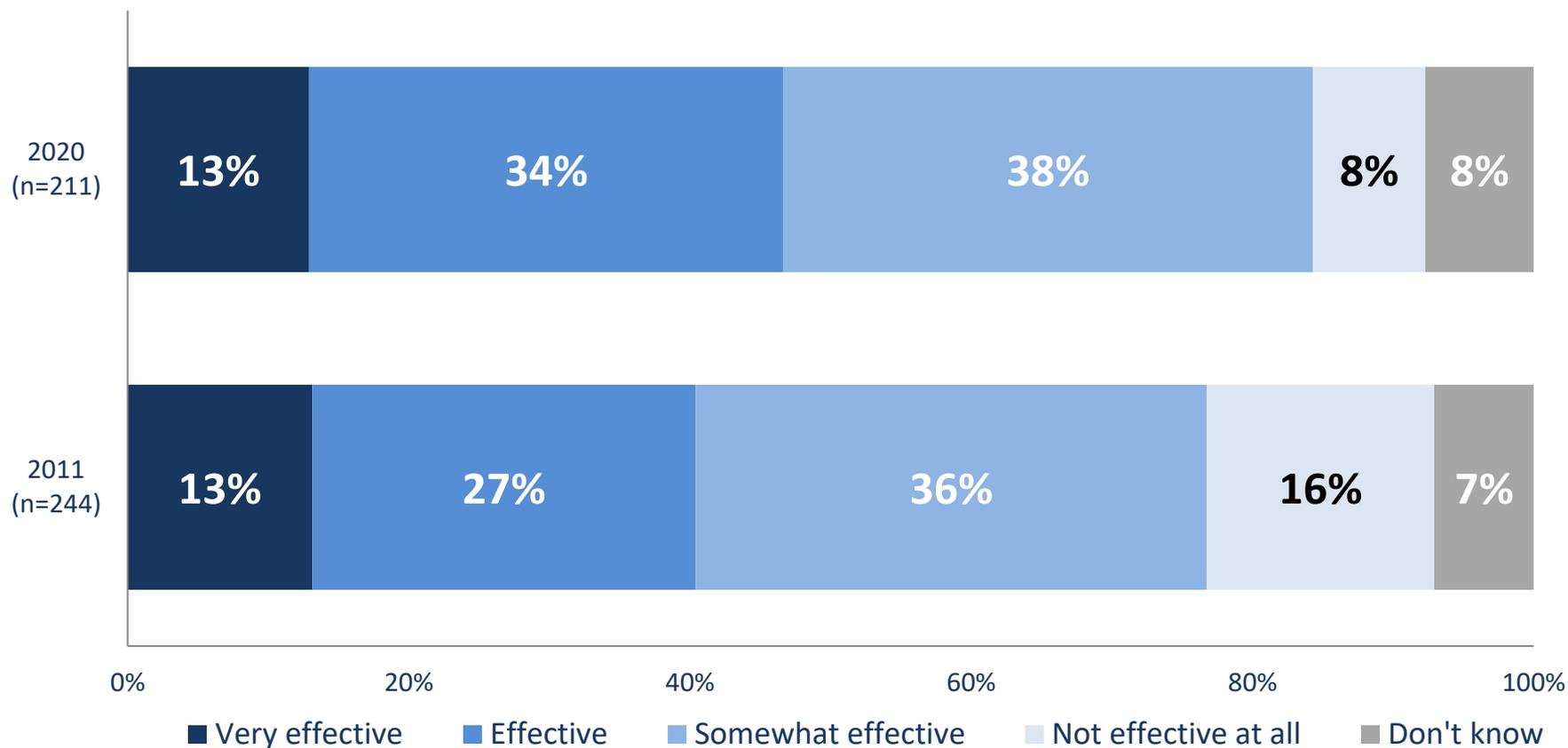


*Charts may not add up to 100 due to rounding

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 coping with learning disabilities - Tracking

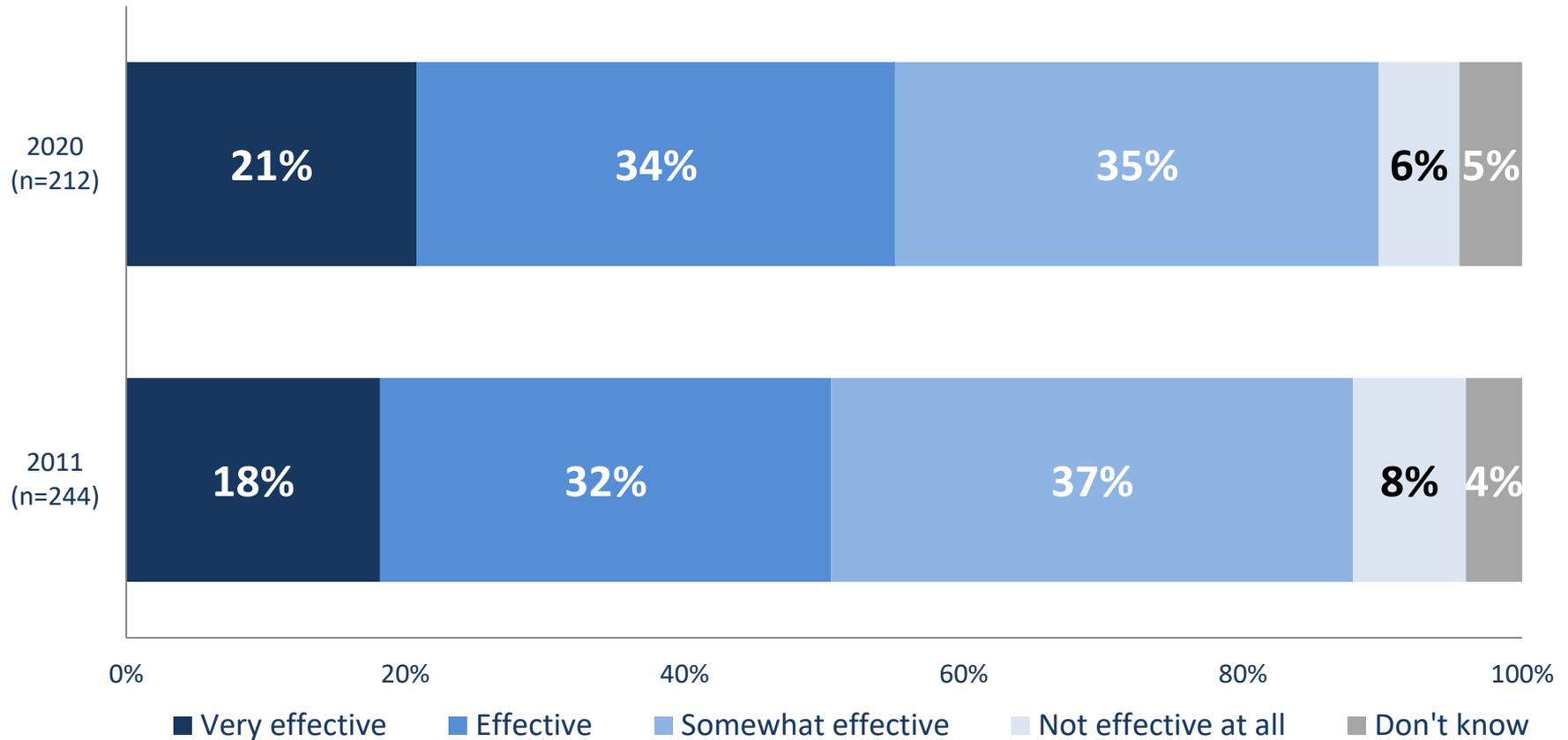


*Charts may not add up to 100 due to rounding

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 coping with the stress of being diagnosed with a disease - Tracking

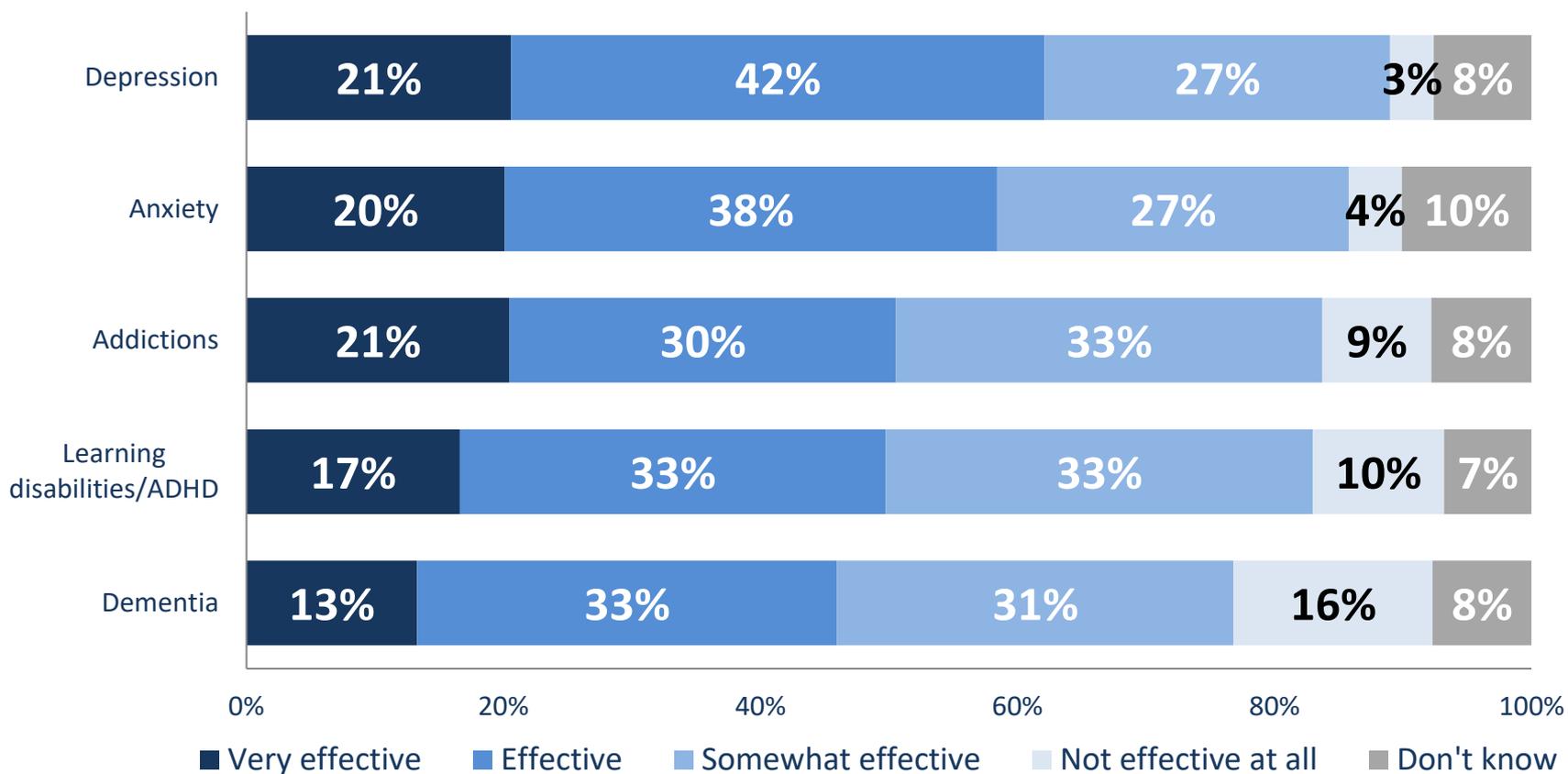


*Charts may not add up to 100 due to rounding

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

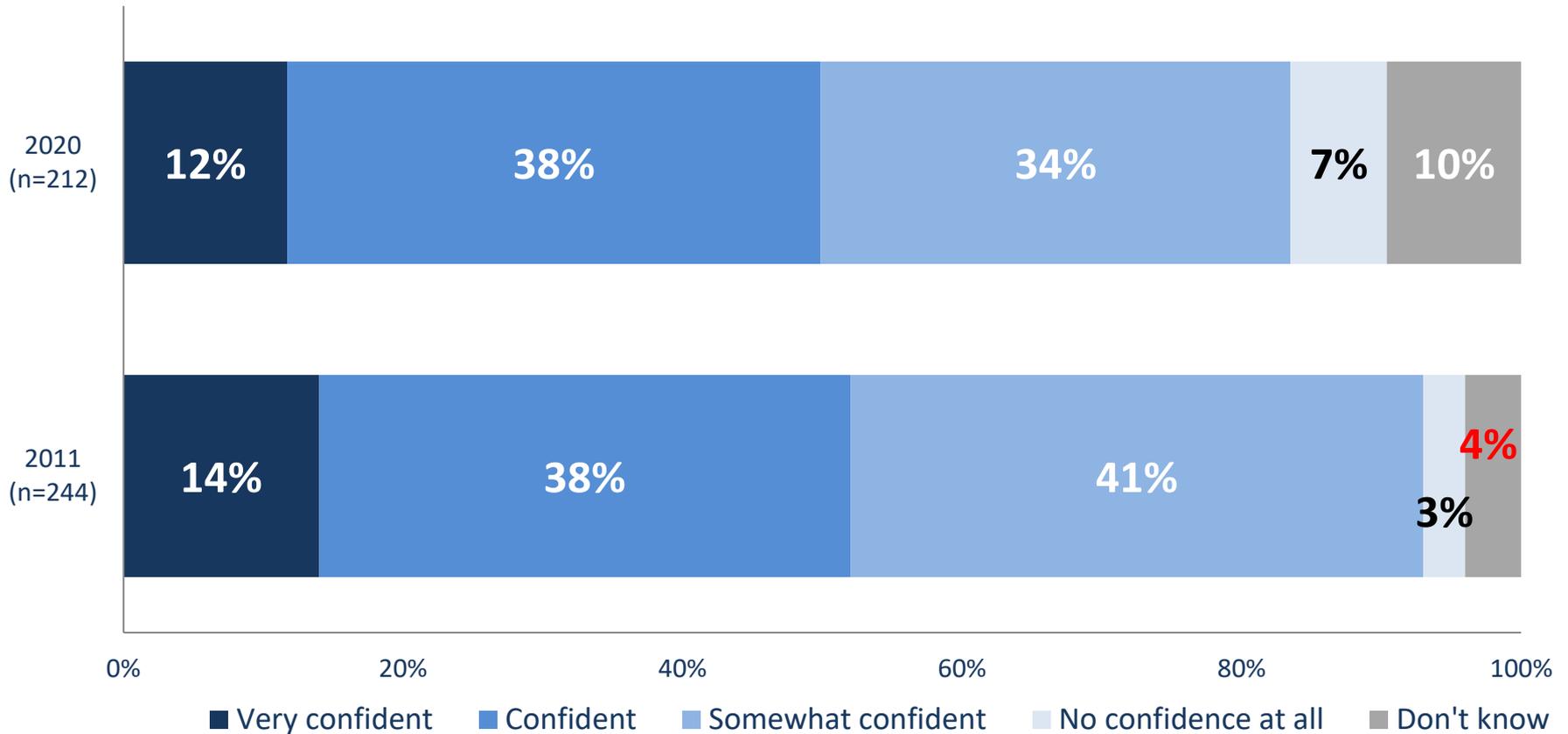
Effectiveness of psychologists in diagnosing people



*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]

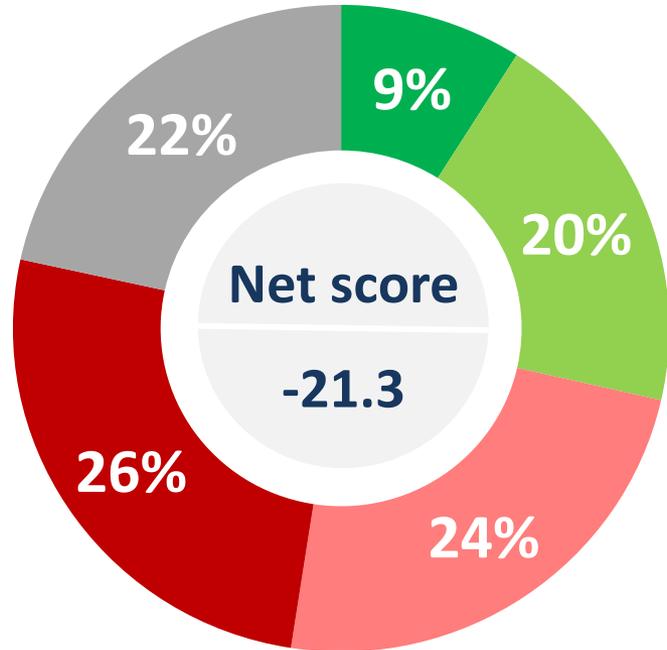
Confidence in psychologists and the care they provide



*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?

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

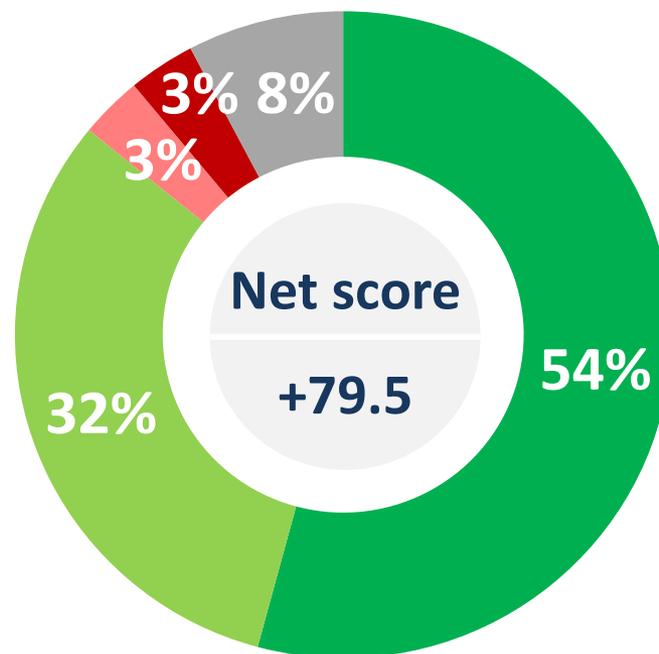


- Reasonable
- Somewhat reasonable
- Somewhat unreasonable
- Unreasonable
- Don't know

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

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

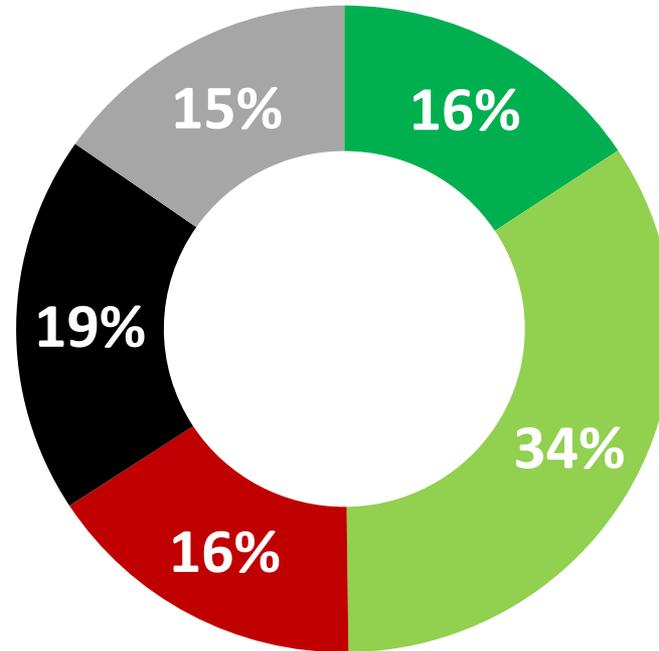


- Support
- Somewhat support
- Somewhat oppose
- Oppose
- Unsure

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

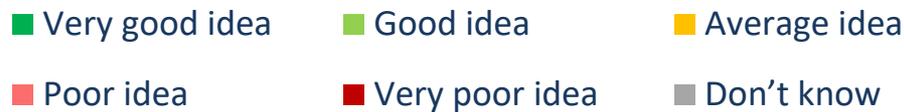
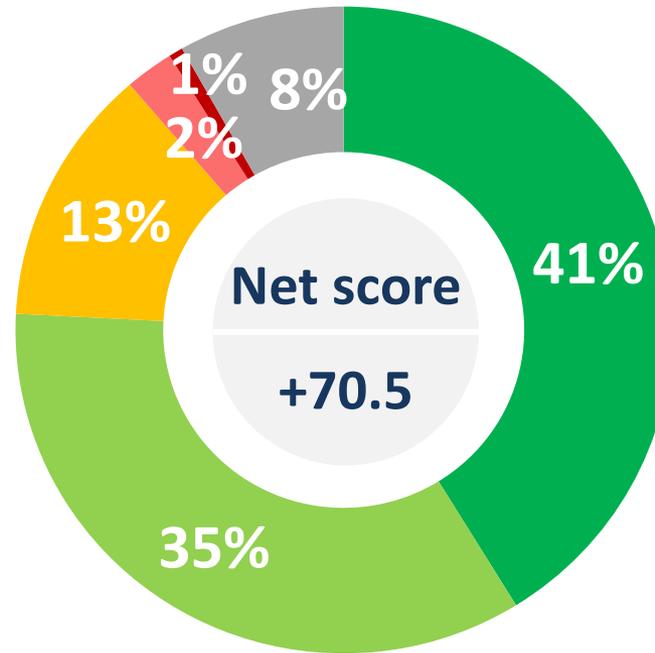


- Yes, definitely
- Yes, I think so
- No
- I am not employed
- Don't know

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.

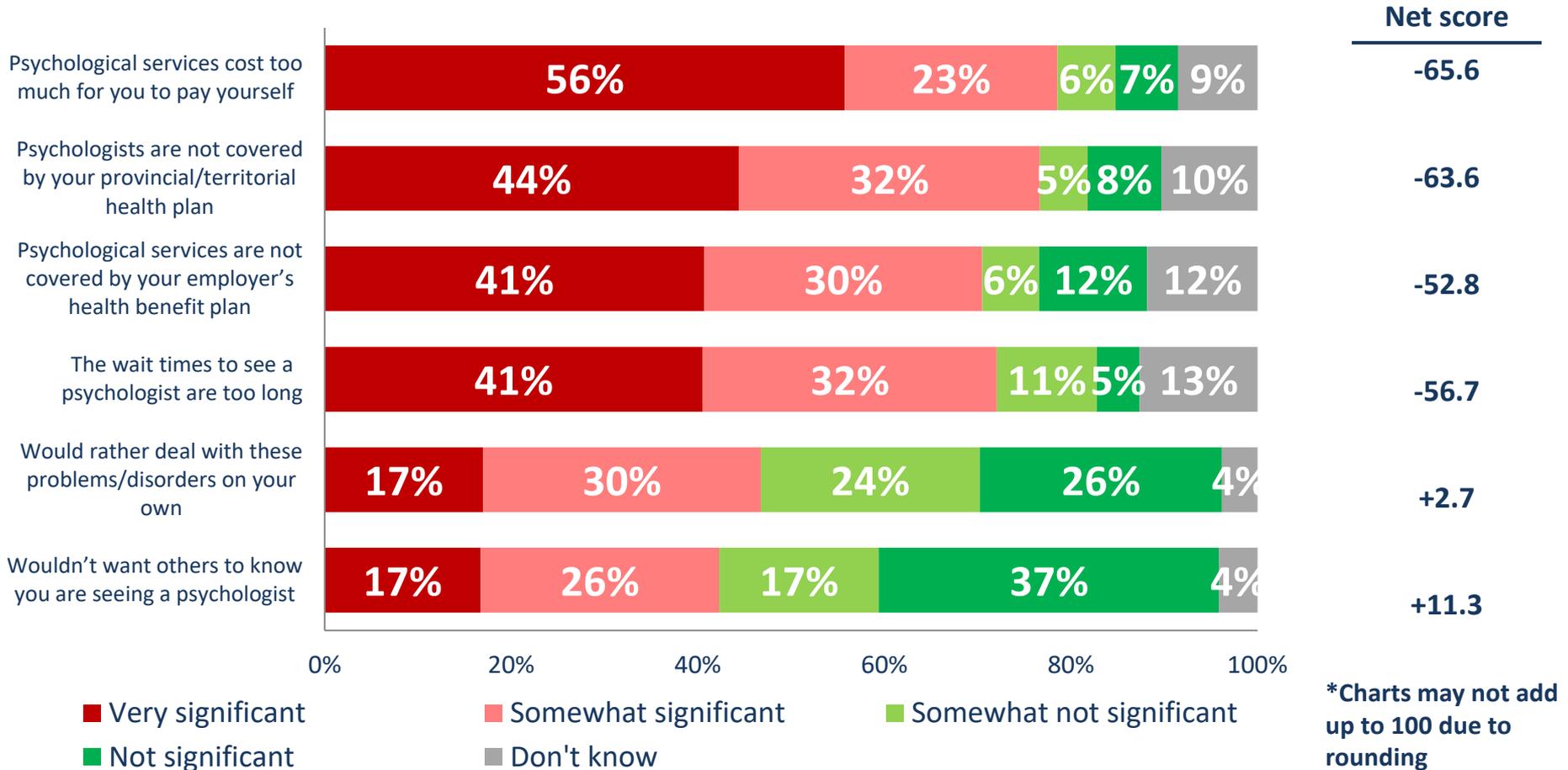
Providing greater access to psychologists through employer health benefit plans



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?

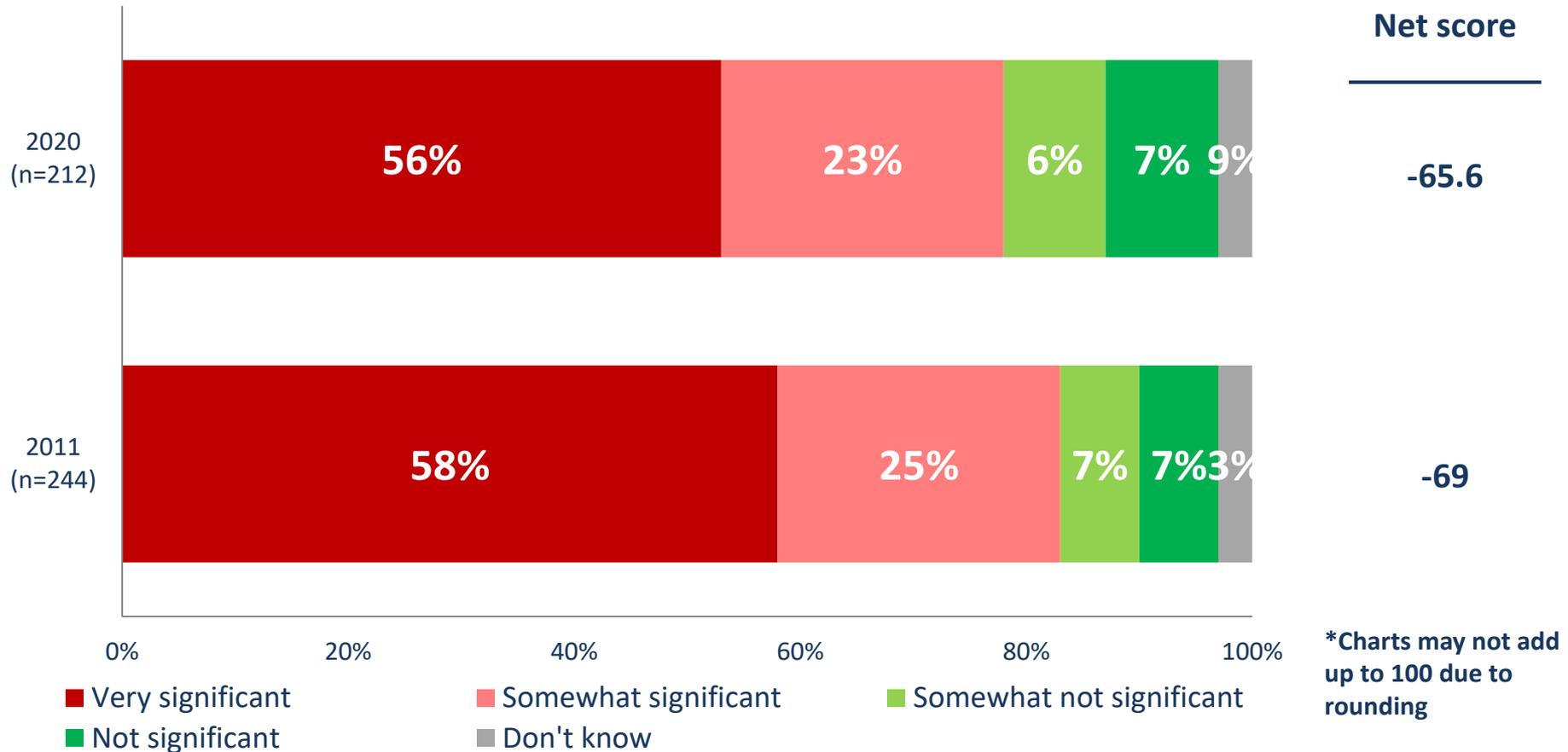
*Weighted to the true population proportion.
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Significance of barriers in deciding to access a psychologist



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]

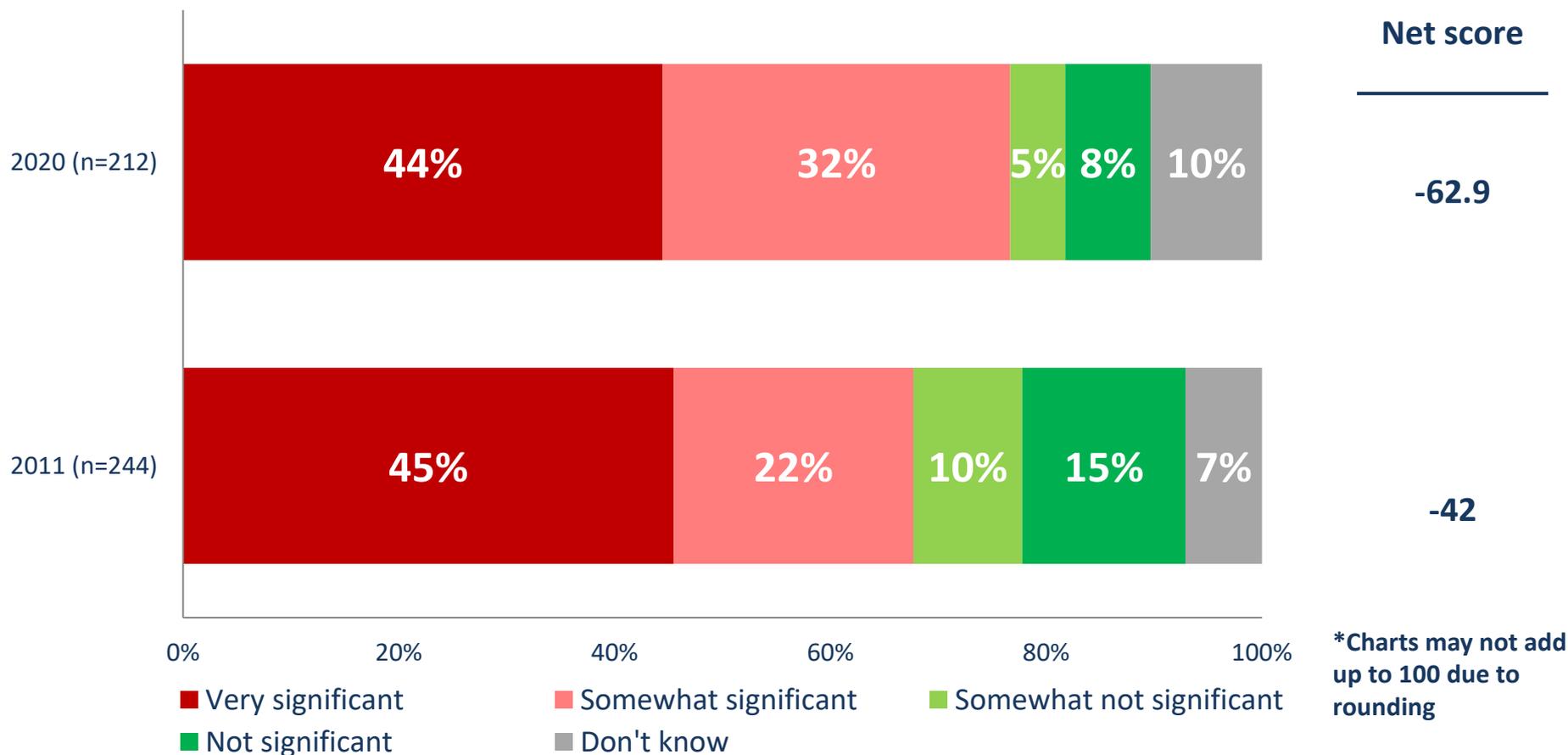
Significance of cost barriers in deciding to access a psychologist



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

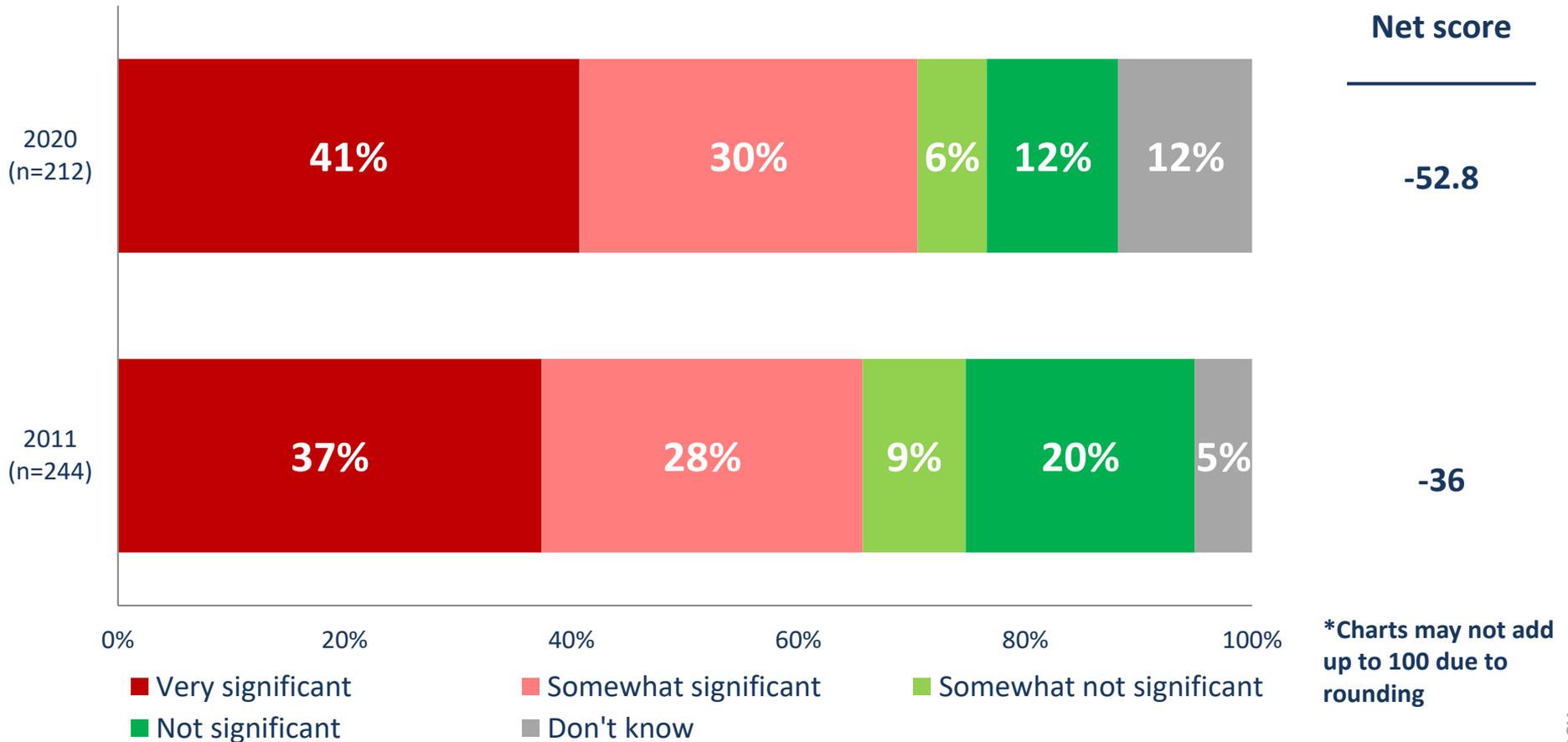
Significance of health plan coverage barriers in deciding to access a psychologist



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

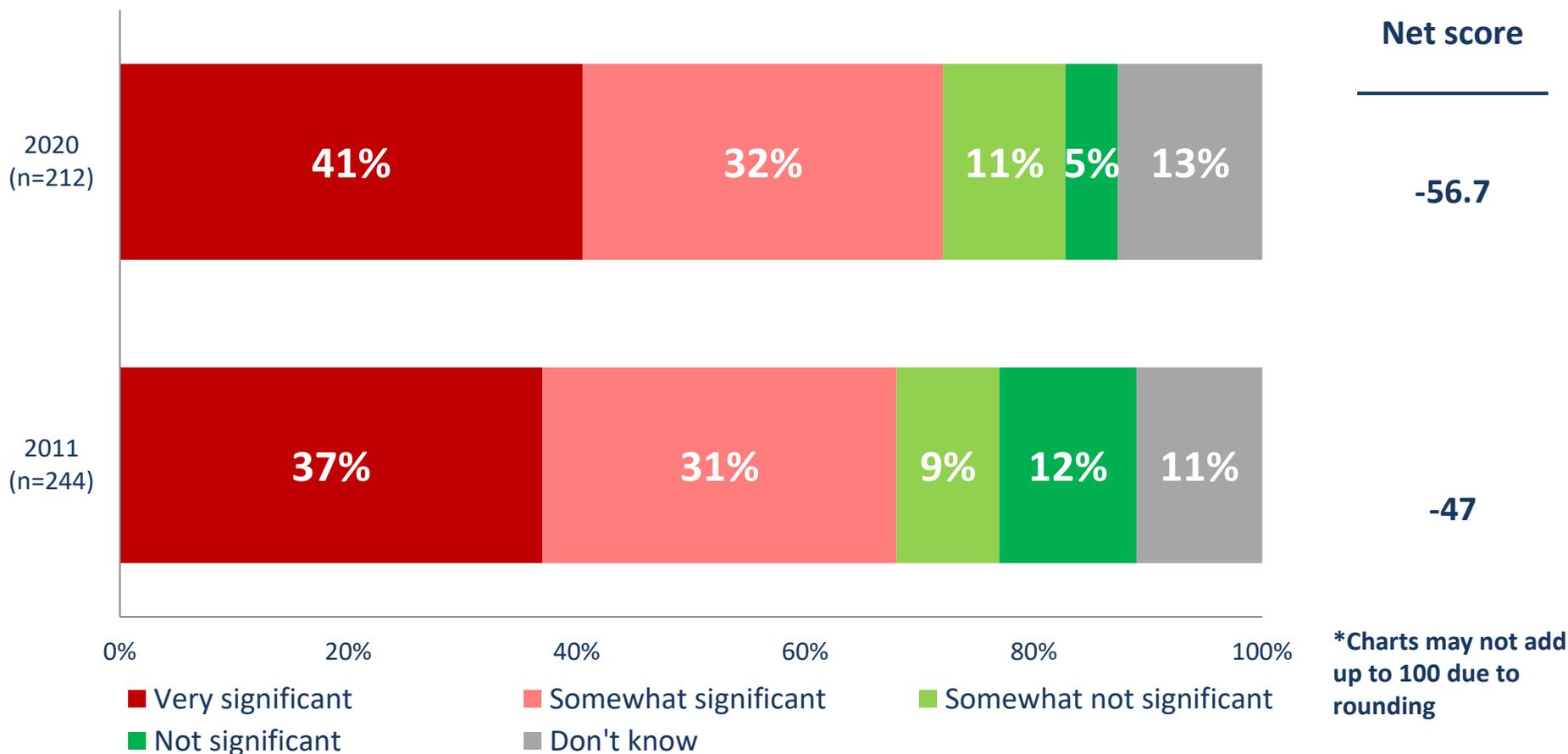
Significance of employer health benefit plan coverage barriers in deciding to access a psychologist



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

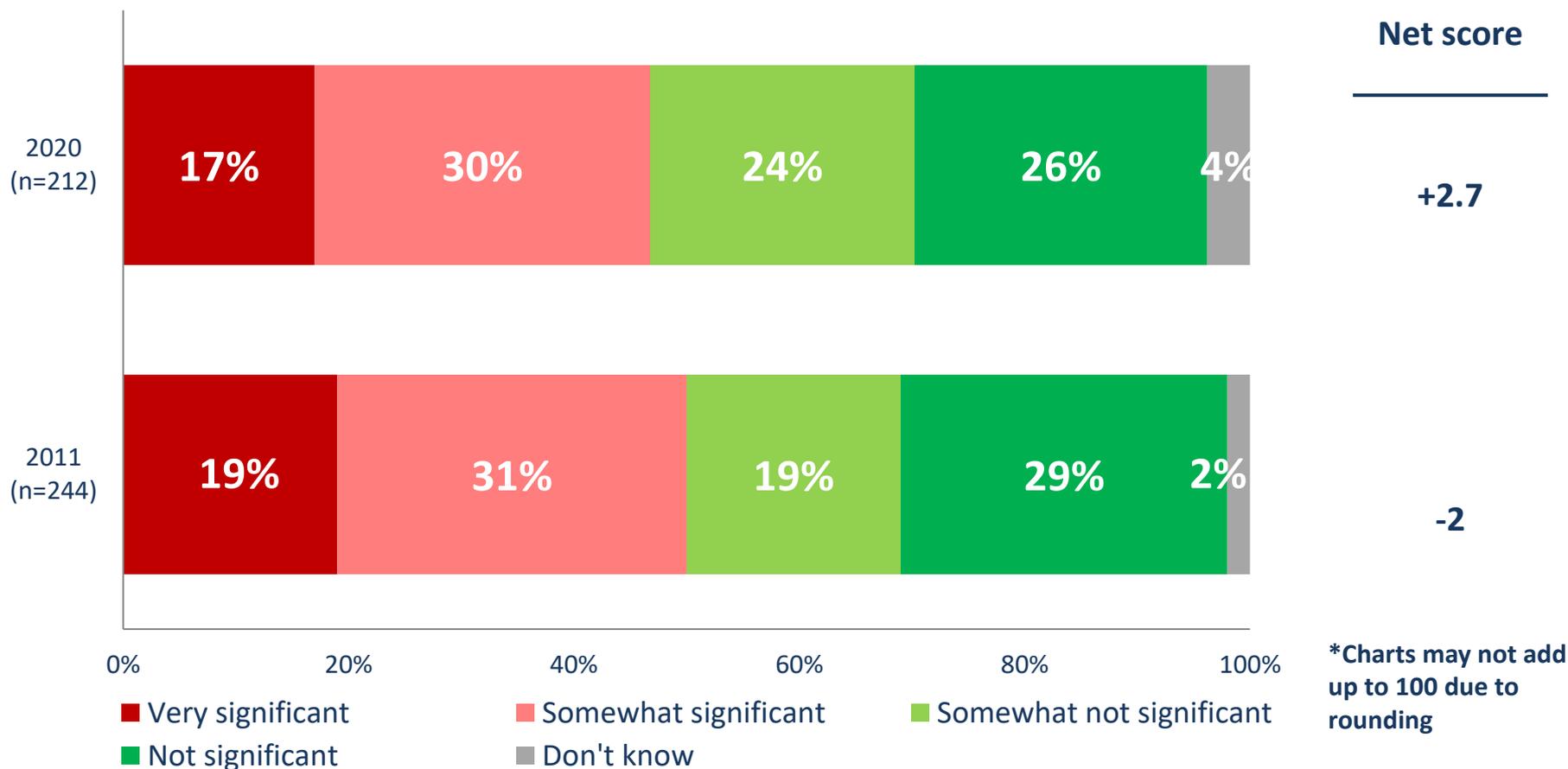
Significance of long wait times in deciding to access a psychologist



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

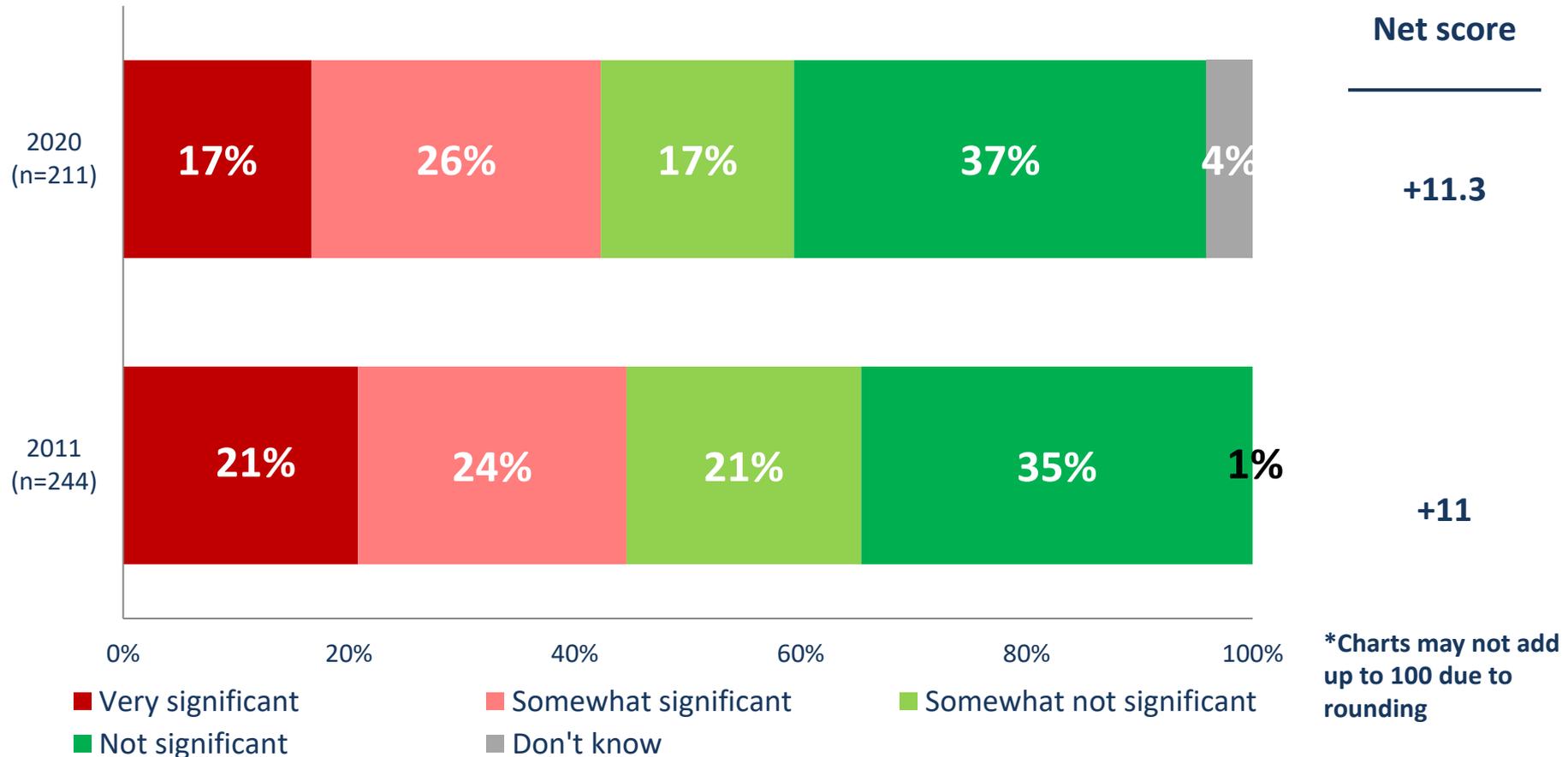
Significance of dealing with problems/disorders themselves in deciding to access a psychologist



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

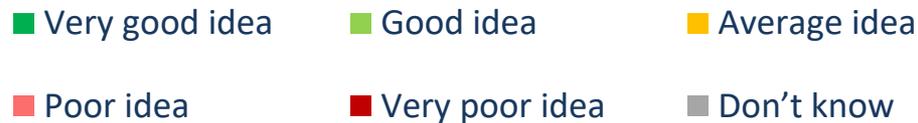
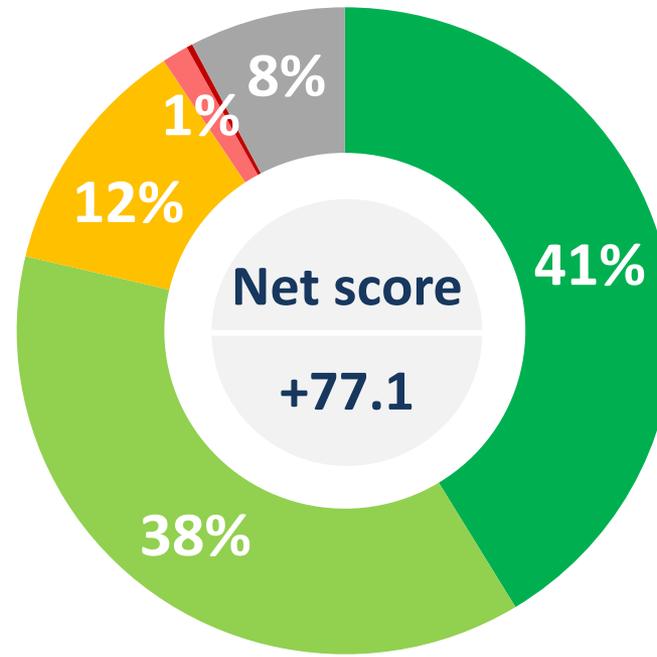
Significance of not wanting others to know they are seeing a psychologist in deciding to access a psychologist



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

Support for psychologists working collaboratively with health professionals



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 an online survey of 212 residents of Manitoba between September 25th, 2020 and October 2nd, 2020. This was part of a larger national study of 3,070 Canadians 18 years of age or older, between September 25th, 2020 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 the population.

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).

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The complete tabulations are appended to the national reports one and two. To view the national reports, please visit www.nanos.co.

TECHNICAL NOTE



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Element	Description
Research sponsor	Canadian Psychological Association and the Council of Professional Associations of Psychologists
Population and Final Sample Size	212 residents of Manitoba as part of a larger national study of 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)	Manitobans; 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). 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 the population.
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



Survey of 244 residents of Manitoba as part of a larger national survey of 2,832 Canadians conducted by EKOS in 2011 for the Canadian Psychological Association.



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