

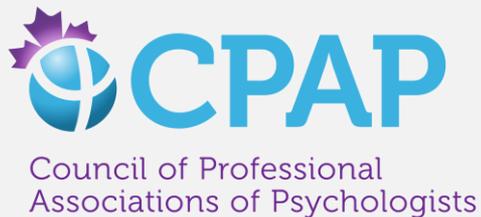
Strong majority want improved access to psychologists: Newfoundland and Labrador

Provincial Survey | Summary

Conducted by Nanos for 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 Newfoundland and Labrador residents on issues related to mental health and the profession. This is Newfoundland and Labrador report two (2) of two (2). To follow are the key findings for Newfoundland and Labrador report two.

Role of psychologists

- **Respondents most frequently report having the most confidence in psychiatry when it comes to helping people with mental health problems** – Over one quarter of respondents (26%, 38% In 2011) say they have the most confidence in psychiatrists when it comes to helping people with mental health problems, followed by family doctor/physician (24%, up from 14% in 2011) and psychologists (21%, 27% in 2011). One in ten say they have the most confidence in counsellors or social workers, and six per cent each were unsure.
- **Four in five respondents think psychologists do something different than psychiatrists** – Four in five (79%) 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.
- **Two thirds of respondents think psychologists do something different than a counsellor** – Two in three (67%) think a psychologist does something different than a counsellor, while under almost three in ten (28%) think they do the same thing. Six per cent are unsure.
- **More than seven in ten think psychologists do something different than psychotherapists** – More than seven in ten (72%) think a psychologist does something different than a psychotherapist, while under one in five (18%) think they do the same thing. Eleven per cent are unsure.

Profession best able to care for mental health problems

- **Respondents think psychiatrists are best able to care for people with depression** – Asked which profession they think is best able to care for people living with depression, close to half (47%) say psychiatrists, followed by psychologists (31%). 14 per cent say a counsellor followed by a psychotherapist (7%).

One in five respondents from Newfoundland and Labrador say they have the most confidence in psychologists in helping people with mental health problems

SUMMARY

Respondents are more likely to think a psychologist is best able to care for people living with dementia than other professionals

- **Respondents are more likely to think a psychiatrist 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 Newfoundland and Labrador residents (39%) say a psychiatry, followed by under one in three (33%) who say a psychologist, and almost one in five (18%) who say a counsellor, and almost one in ten (9%) 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, Newfoundland and Labrador residents most frequently say a counsellor (48%), followed by a psychologist (22%), a psychiatrist (21%) and a psychotherapist (8%).
- **Respondents are more likely to think a psychologist 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, three in ten Newfoundland and Labrador residents say a psychologist (29%), followed by a psychiatrist (24%), a counsellor (18%) and a psychotherapist (16%).
- **Respondents are marginally more likely to say a counsellor 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, slightly more than three in ten Newfoundland and Labrador residents say a counsellor (33%), followed by a psychologist (31%), 15% say a psychiatrist or psychotherapist (14%).
- **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 Newfoundland and Labrador residents say a counsellor (47%), followed by a psychologist (32%), a psychiatrist (12%), and a psychotherapist (6%).

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

- **Respondents most frequently say psychologists are effective at helping people who are living with depression** – More than four in ten (42%) say psychologists are effective at helping people with depression, while under three in ten say they are somewhat effective (27%) or very effective (21%). Six per cent say they are not effective at all and five per cent don't know.
- **Four in ten say psychologists are effective at helping people who are living with anxiety** – Four in ten (40%) Canadians say psychologists are effective at helping people with anxiety, while three in ten (30%) say they are somewhat effective (28%) or very effective (21%). Four per cent say they are not effective at all and four per cent don't know.
- **Opinions on the effectiveness of psychologists in helping people who are living with addictions are comparable with 2011** – Four in ten say psychologists are effective (40%) or somewhat effective (29%), 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. Three 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** – Just under one in three (32%) say psychologists are effective or somewhat effective (32%) in helping people living with dementia, while one in ten (10%) say they are very effective and one in five say they are not effective (21%). Seven per cent don't know. These results are comparable with tracking from 2011.
- **Respondents most frequently say psychologists are effective in helping people who are living with learning disabilities** – Four in ten say psychologists are effective (40%) and just under four in ten say they are somewhat effective (37%) in helping people who are living with learning disabilities/ADHD, while under one in ten (9%) say they are very effective and 11 per cent say they are not effective at all. Five per cent don't know. These results are comparable with tracking from 2011.

Six in ten respondents say psychologists are very effective (21%) or effective (42%) at helping people who are living with depression

Two in three Newfoundland and Labrador residents say that psychologists are very effective (19%) or effective (47%) in diagnosing people living with anxiety

- **Psychologists are most frequently seen as effective in helping people living with the stress of being diagnosed with a disease like cancer** – Four in ten (40%) say they think psychologists are effective in helping people living with the stress of being diagnosed with a disease like cancer, while three in ten (30%) say they are somewhat effective and under one in five (16%) say they are very effective. Eight per cent say they are not effective at all. Six 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 one in two (52%) say they think psychologists are effective in diagnosing people living with depression, while under one in four each say they are somewhat effective (22%) and less than one in five say they are very effective (15%). Five per cent say they are not effective at all and five per cent don't know.
- **Respondents most frequently say they think psychologists are effective in diagnosing people living with anxiety** – Close to one in two (47%) say they think psychologists are effective in diagnosing people living with anxiety, while one in four say they are somewhat effective (23%) and under one in five say they are very effective (19%). Five per cent say they are not effective at all and six per cent don't know.
- **Just over four in ten say psychologists are effective in diagnosing people living with addictions** – Just over four in ten Canadians (44%) say they think psychologists are effective in diagnosing people living with addictions, while three in ten say they are somewhat effective (30%) and under one in five say they are very effective (15%). Six per cent say they are not effective at all and six per cent don't know.
- **Respondents most frequently say psychologists are effective or somewhat effective in diagnosing people living with dementia** – Four in ten (40%) say psychologists are effective in diagnosing people living with dementia, while one in three (30%) say they are somewhat effective and more than one in ten say (13%) they are very effective. Eleven per cent say they are not effective at all, and seven per cent don't know.

SUMMARY

A strong majority of respondents from Newfoundland support (57%) or somewhat support (32%) improving access to psychologists through the publicly funded health system

- **Respondents most frequently say psychologists are effective or somewhat effective in diagnosing people living with learning disabilities/ADHD** – Close to one in two (46%) say psychologists are effective in diagnosing people living with dementia, while just under one in three (32%) say they are somewhat effective. Over one in ten say they are very effective (12%) and six per cent say they are not effective at all. Four per cent don't know.
- **Respondents most frequently say they are confident in the care psychologists provide** – Just over one in two (52%) say they are confident in psychologists and the care they provide when it comes to mental health, while almost one in three (31%) say they are somewhat confident and one in ten (10%) say they are very confident. Five per cent say they are not confident at all and four 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** – More than one in two (55%) 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 (29%) or unreasonable (26%) period of time. More than three in ten (35%) say services are accessible within a reasonable (seven per cent) or somewhat reasonable (28%) period of time, and 11 per cent are unsure.
- **A strong majority support or somewhat support improving access to psychologists through the publicly-funded health care system** – Just under nine in ten Canadians support (57%) or somewhat support (32%) improving access to psychologists through the publicly-funded health care system, while one in twenty somewhat oppose (five per cent) this. Six per cent are unsure.
- **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 ten say yes, definitely (11%) and just under four in ten say yes, I think so (37%). Ten per cent say no, while 24 per cent report they are not employed, and 18 per cent are unsure.

Over four in five say providing greater access to psychologists through employer health benefit plans is a very good (39%) or a good (44%) idea

- **Over four in five say providing greater access to psychologists through employer health benefit plans is a very good or good idea** – A majority say it is a very good idea (39%) or good idea (44%) to provide greater access to psychologists through employer health benefit plans (e.g. more sessions, higher financial caps), while 10 per cent say it is an average idea. One in ten (10%) say this is an average idea and one per cent say this is a poor idea. Seven per cent are unsure.

Barriers to access

- **A 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** – More than seven in ten (72%) say psychological services costing too much for them to pay themselves is a very significant (49%) 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 (eight per cent) or not significant (eight per cent) barrier, and twelve per cent are unsure. These results are comparable with tracking from 2011.
- **Close to 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** – A majority say psychologists not being covered by their provincial/ territorial health plan is a very significant (42%) or somewhat significant (30%) 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 12 per cent are unsure. These results are comparable with tracking from 2011.

SUMMARY

Three quarters of respondents say wait times are a very significant (40%) or significant (35%) barrier to access care from a psychologist

- **Just over seven in ten respondents 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 say psychological services not being covered by their employer's health benefit plan is a very significant (39%) or somewhat significant (32%) barrier to them deciding whether or not they should access a psychologist. Just over one in five say this is a somewhat not significant (six per cent) or not significant (15%) barrier, and 9 per cent are unsure. These results are comparable with tracking from 2011.
- **A majority of 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** – Three in four say the wait times to see a psychologist being too long is a very significant (40%) or somewhat significant (35%) barrier to them deciding whether or not they should access a psychologist. More than one in ten say this is a somewhat not significant (5%) or not significant (seven per cent) barrier, and 13 per cent are unsure. These results are comparable with tracking from 2011.
- **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 (45%) say preferring to deal with these problems/disorders on their own is a very significant (12%) or somewhat significant (33%) barrier to them deciding whether or not they should access a psychologist, while a similar proportion say this is a somewhat not significant (25%) or not significant (24%) barrier. Six per cent are unsure. These results are comparable with tracking from 2011.
- **Over half of respondents 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 (15%) or somewhat not significant (37%) as a barrier to them deciding whether or not they should access a psychologist. More than four in ten say this is a very significant (27%) or somewhat significant (18%) barrier, and four per cent are unsure. These results are comparable with tracking from 2011.

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** – Over eight in ten say it is a very good idea (48%) or good idea (36%) for psychologists to work collaboratively with other health professionals, such as family physicians in primary care teams. Eight per cent say this is an average idea, while one per cent each think this is a very poor/poor idea. Six per cent are unsure.

Nanos conducted an online survey of 203 residents of Newfoundland and Labrador 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 research was commissioned by the Canadian Psychological Association and the Council of Professional Associations of Psychologists was conducted by Nanos Research.

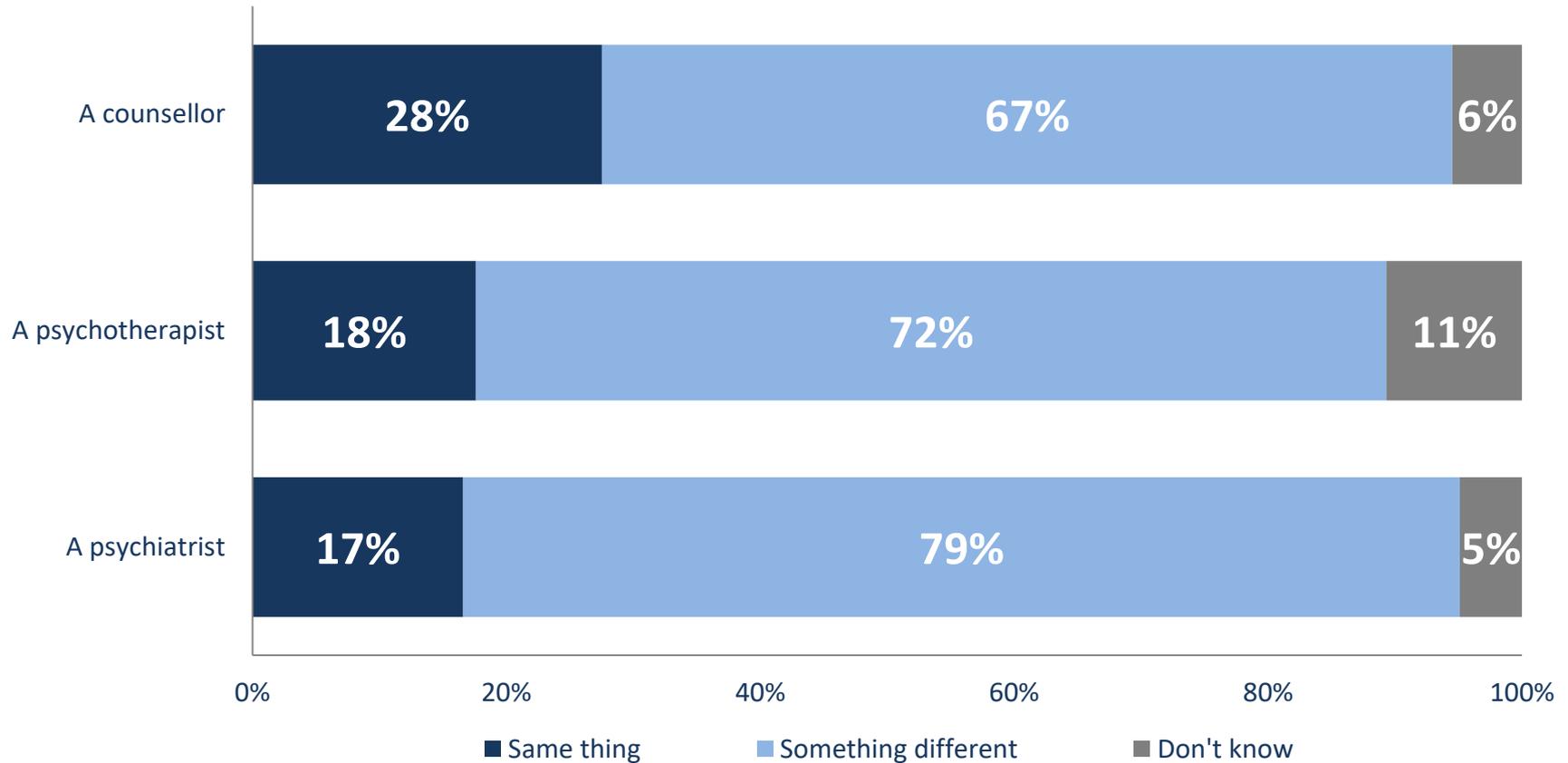
More than four in five respondents say psychologists working collaboratively with other primary care health professionals is a very good (50%) or good (36%) idea

Confidence in health professionals

Top mentions	2020 (n=195)	2011 (=121)
Psychiatrist	26%	38%
Family doctor/physician	24%	14%
Psychologist	21%	27%
Counsellor	6%	11%
Social worker	4%	5%
Mental health professionals/team of doctors	4%	NA
Unsure	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]

Professional best able to care for people living with depression

Top Mentions	Newfoundland and Labrador (n=202)
Psychiatrist	47%
Psychologist	31%
Counsellor	14%
Psychotherapist	7%
Doctor/nurse	1%
Alternative medicine/practitioners	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 anxiety

Top Mentions	Newfoundland and Labrador (n=200)
Psychiatrist	39%
Psychologist	33%
Counsellor	18%
Psychotherapist	9%
Doctor/nurse	1%
Social worker	0.4%

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	Newfoundland and Labrador (n=199)
Counsellor	48%
Psychologist	22%
Psychiatrist	21%
Psychotherapist	8%
Specialist	1%
Alternative medicine/practitioners	0.3%

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

Newfoundland and Labrador (n=198)

Psychologist	29%
Psychiatrist	24%
Counsellor	18%
Psychotherapist	16%
Doctor/nurse	10%
Specialists	2%

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	Newfoundland and Labrador (n=200)
Counsellor	33%
Psychologist	31%
Psychiatrist	15%
Psychotherapist	14%
Specialists	6%
Doctor/nurse	2%

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

Learning disabilities/ADHD

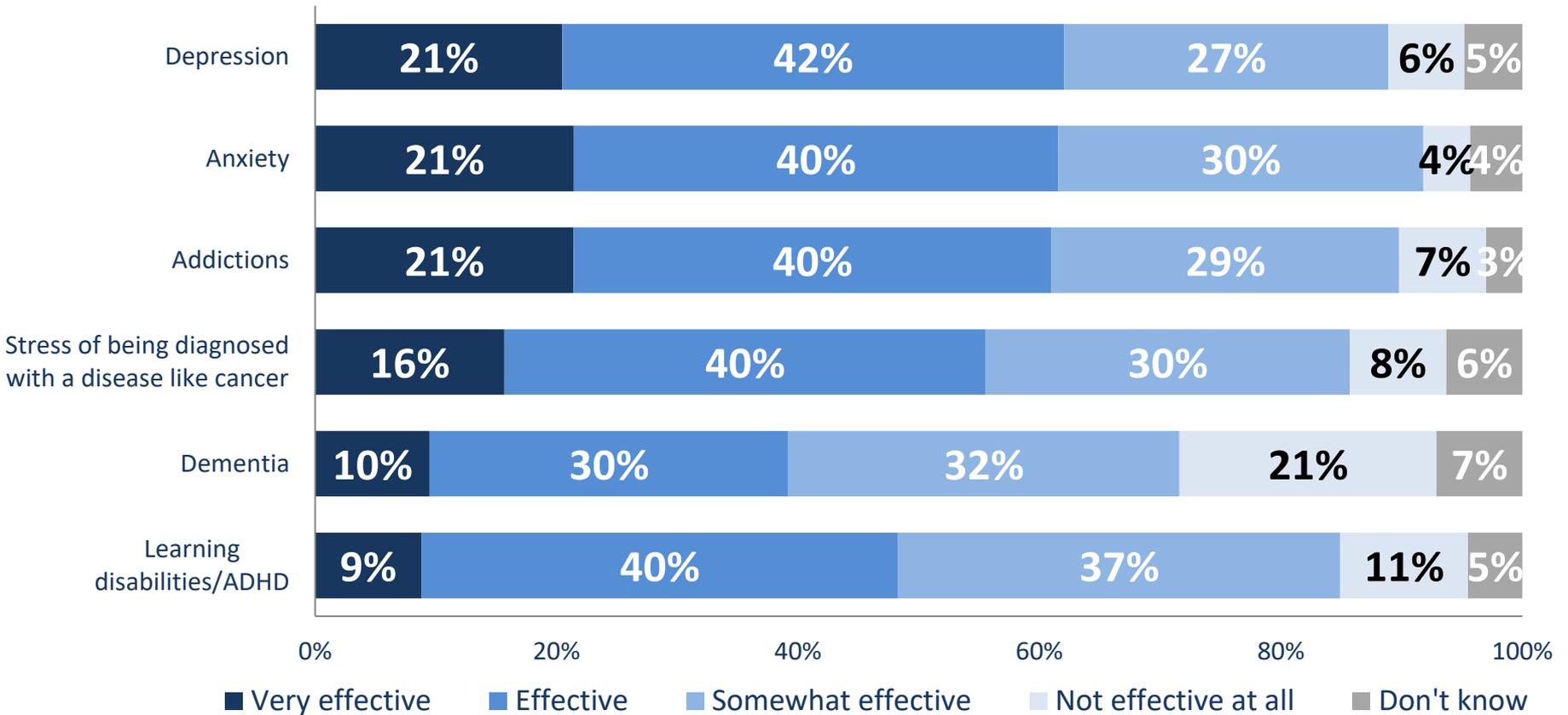
Professional best able to care for people living with stress of being diagnosed with a disease

Top Mentions	Newfoundland and Labrador (n=199)
Counsellor	47%
Psychologist	32%
Psychiatrist	12%
Psychotherapist	6%
Doctor/nurse	2%
Specialist	1%

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

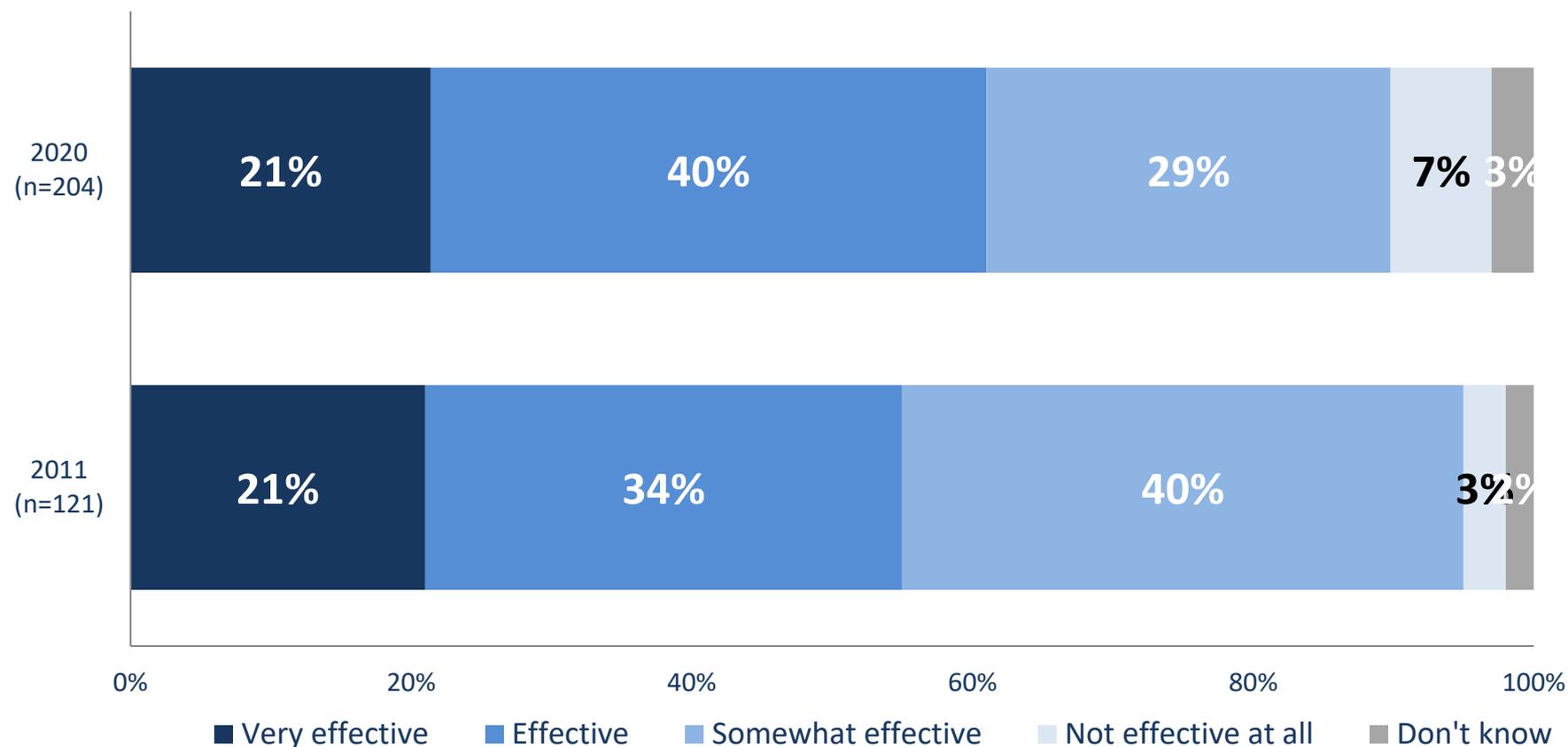
Effectiveness of psychologists in helping people



*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 coping with addictions - Tracking

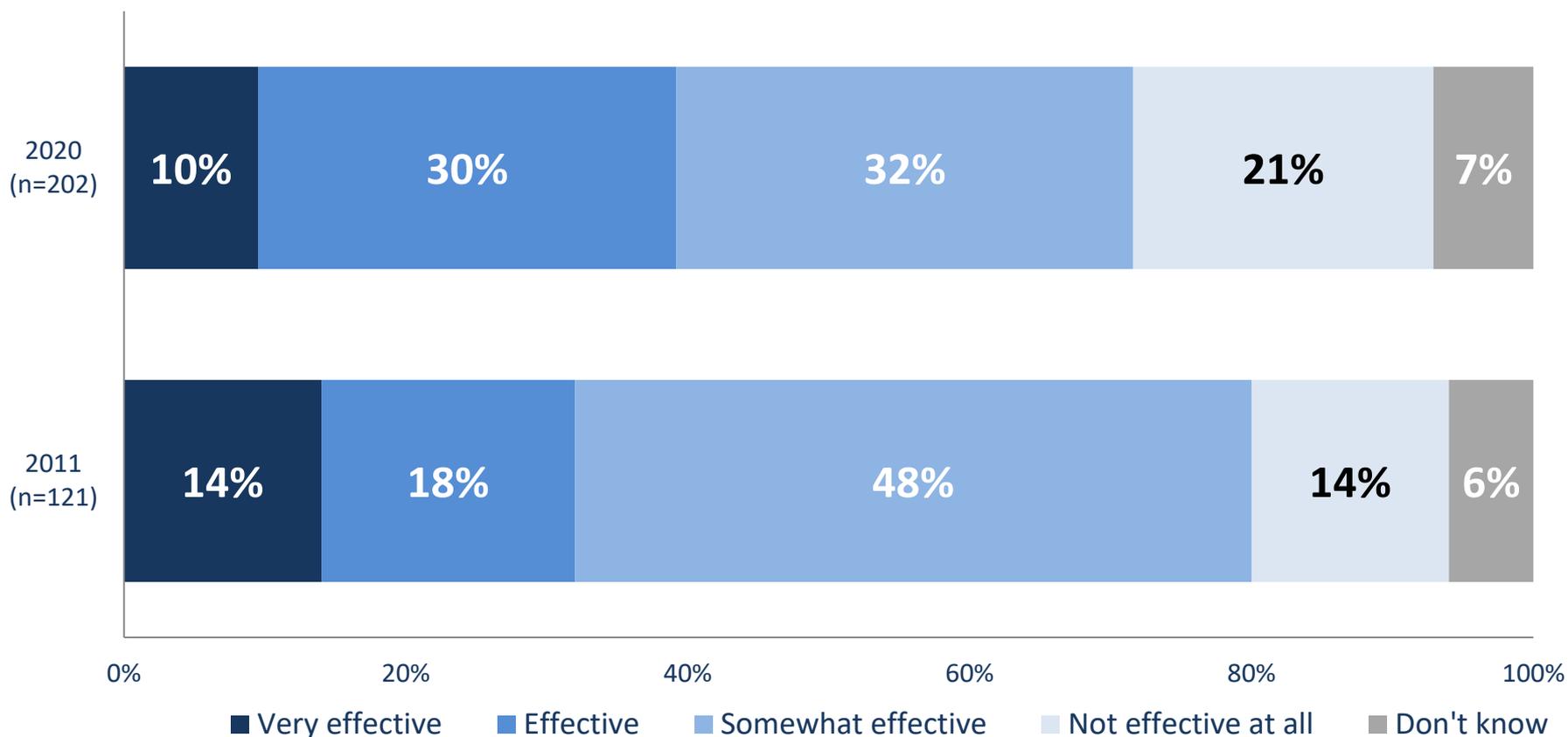


*Charts may not add up to 100 due to rounding

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 coping with dementia - Tracking

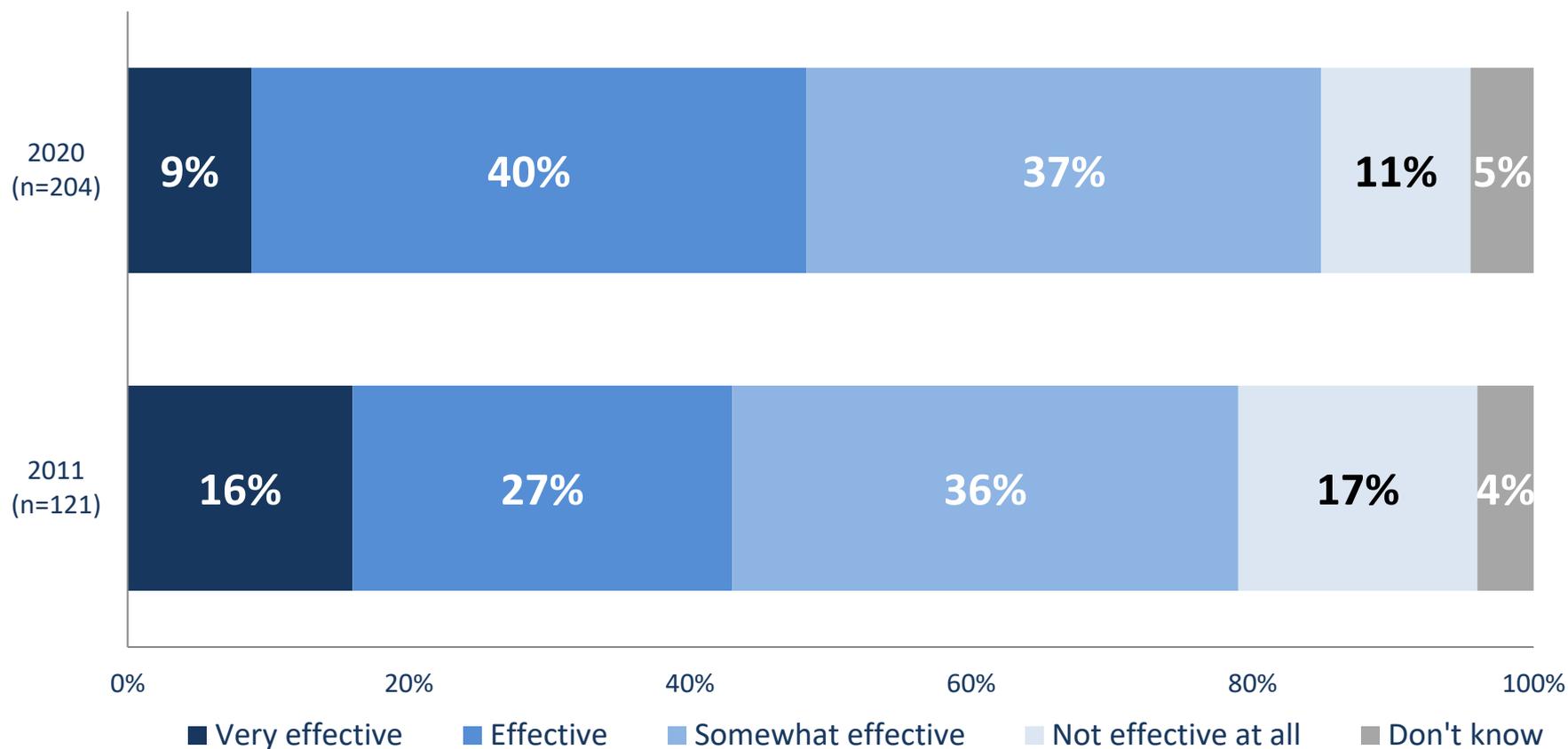


*Charts may not add up to 100 due to rounding

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

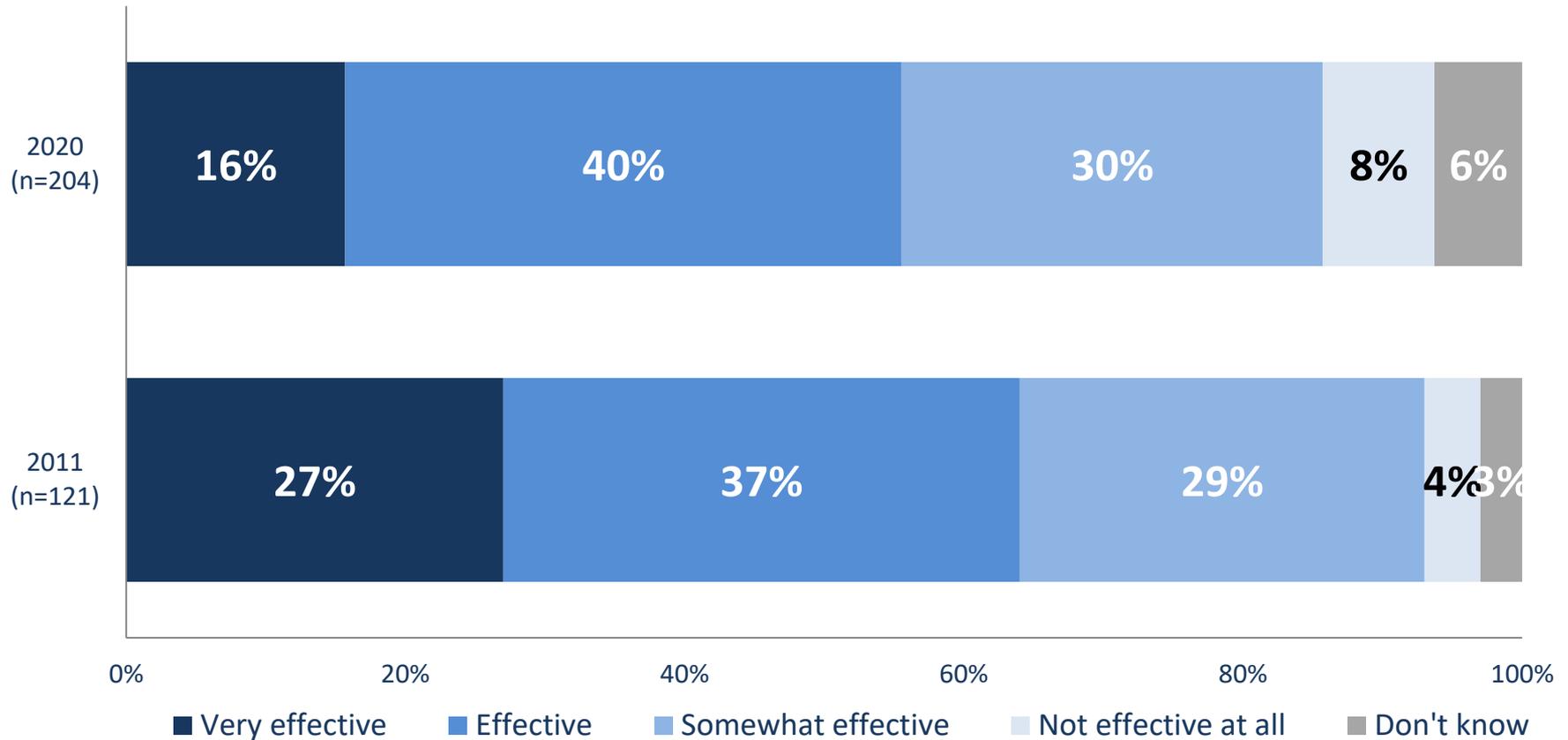


*Charts may not add up to 100 due to rounding

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

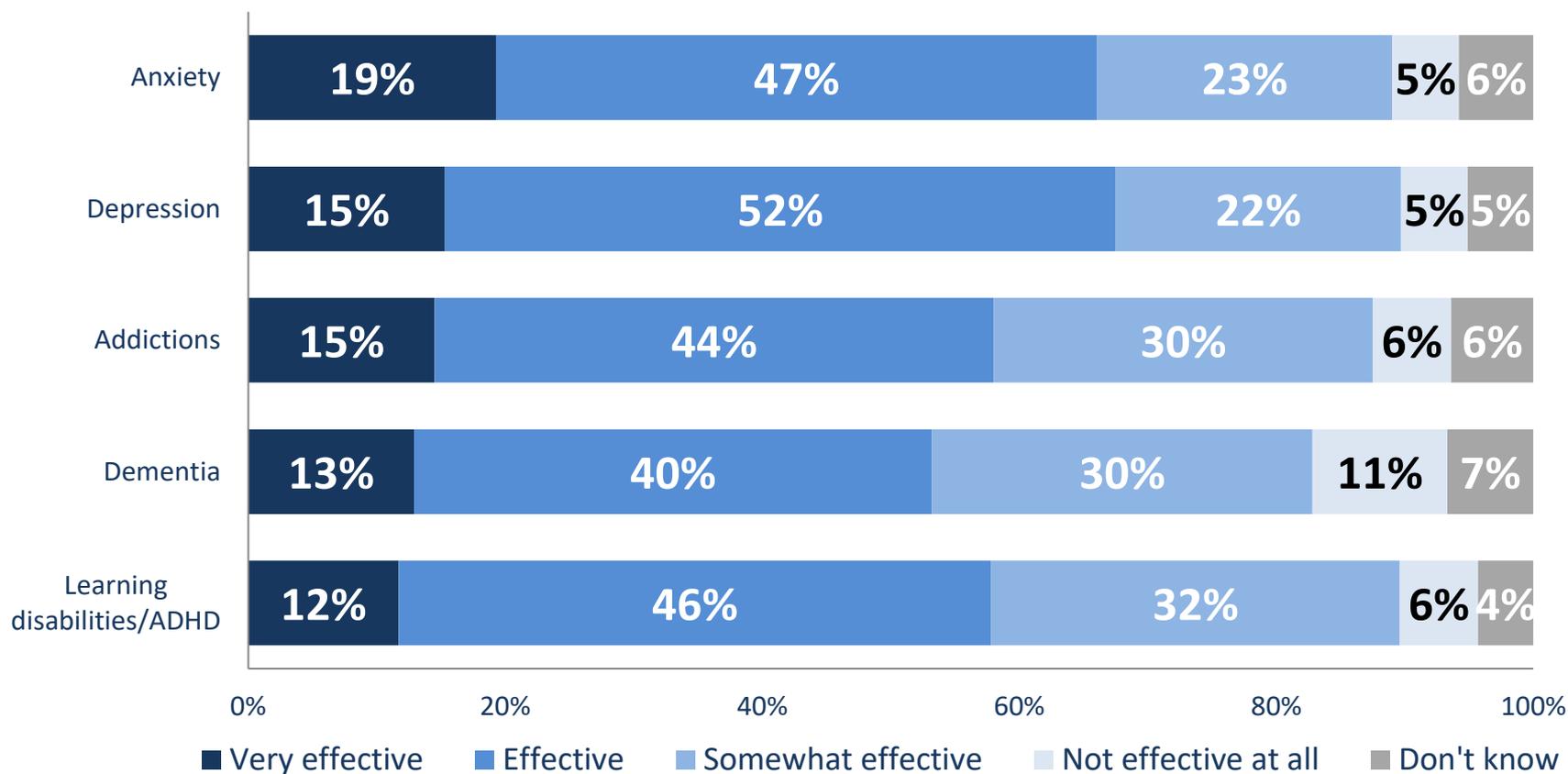


*Charts may not add up to 100 due to rounding

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

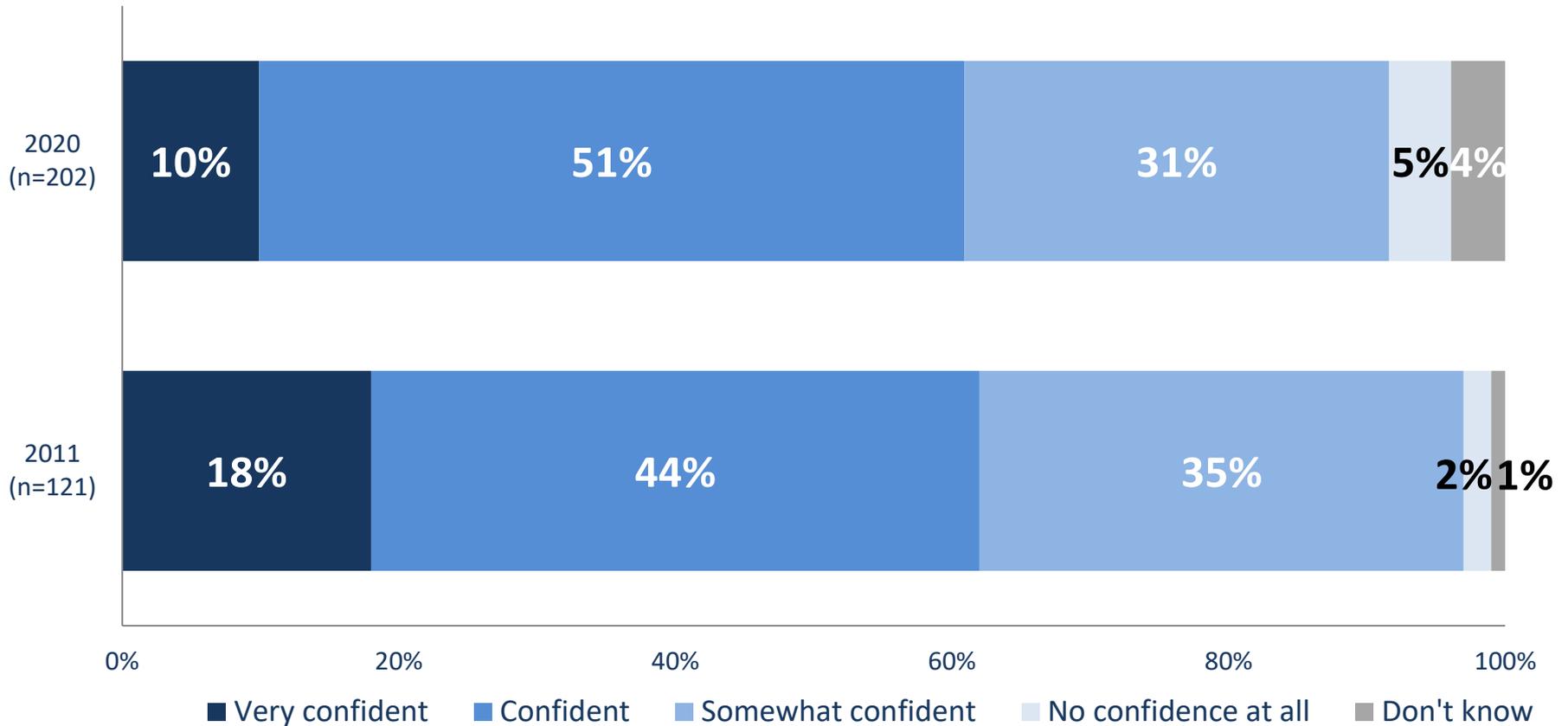
Effectiveness of psychologists in diagnosing people



*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]

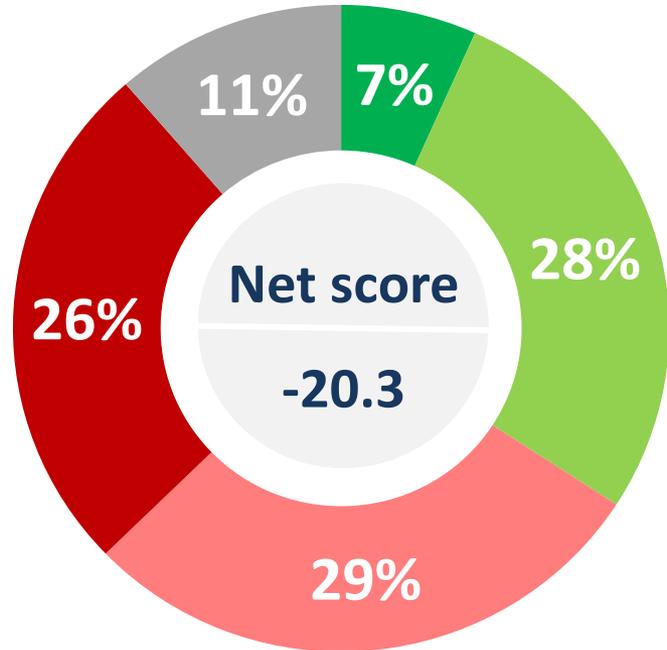
Confidence in psychologists and the care they provide



*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

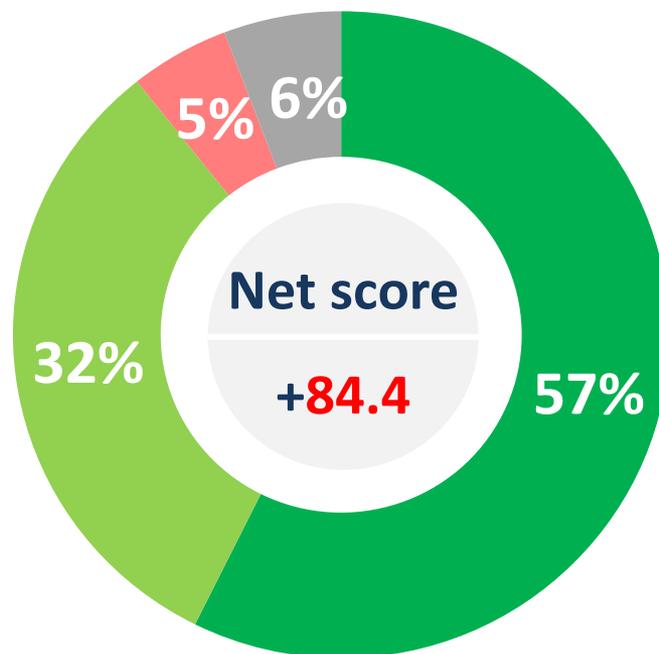


- Reasonable
- Somewhat reasonable
- Somewhat unreasonable
- Unreasonable
- Don't know

*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

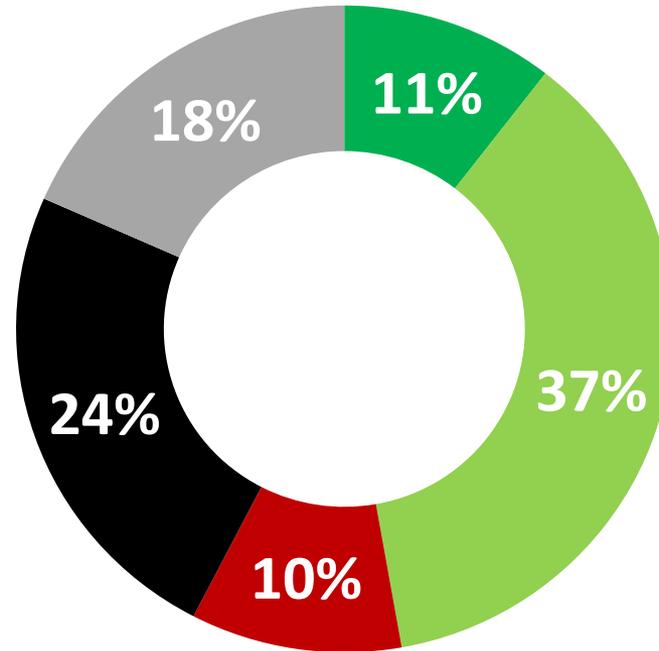


- Support
- Somewhat support
- Somewhat oppose
- Oppose
- Unsure

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

■ No

■ Don't know

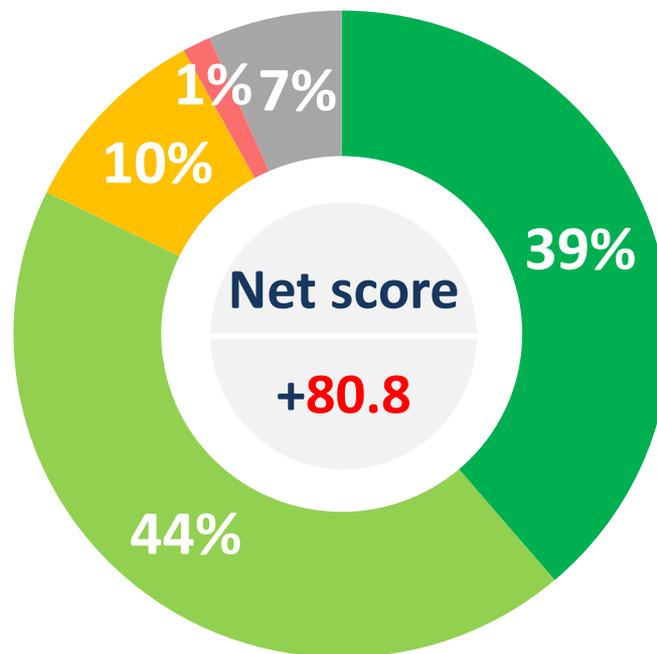
■ Yes, I think so

■ I am not employed

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

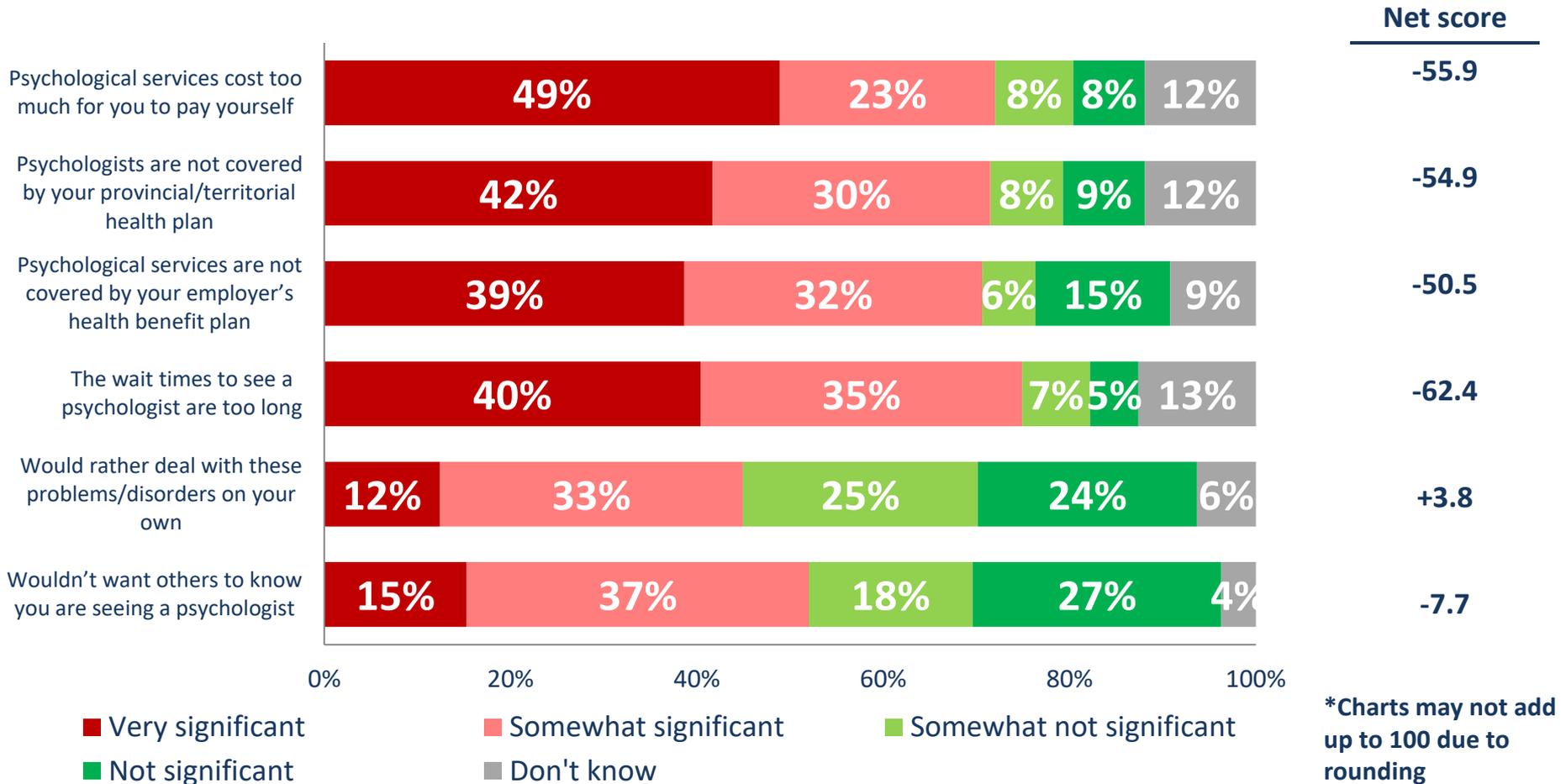


- Very good idea
- Good idea
- Average idea
- Poor idea
- Very poor idea
- Don't know

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?

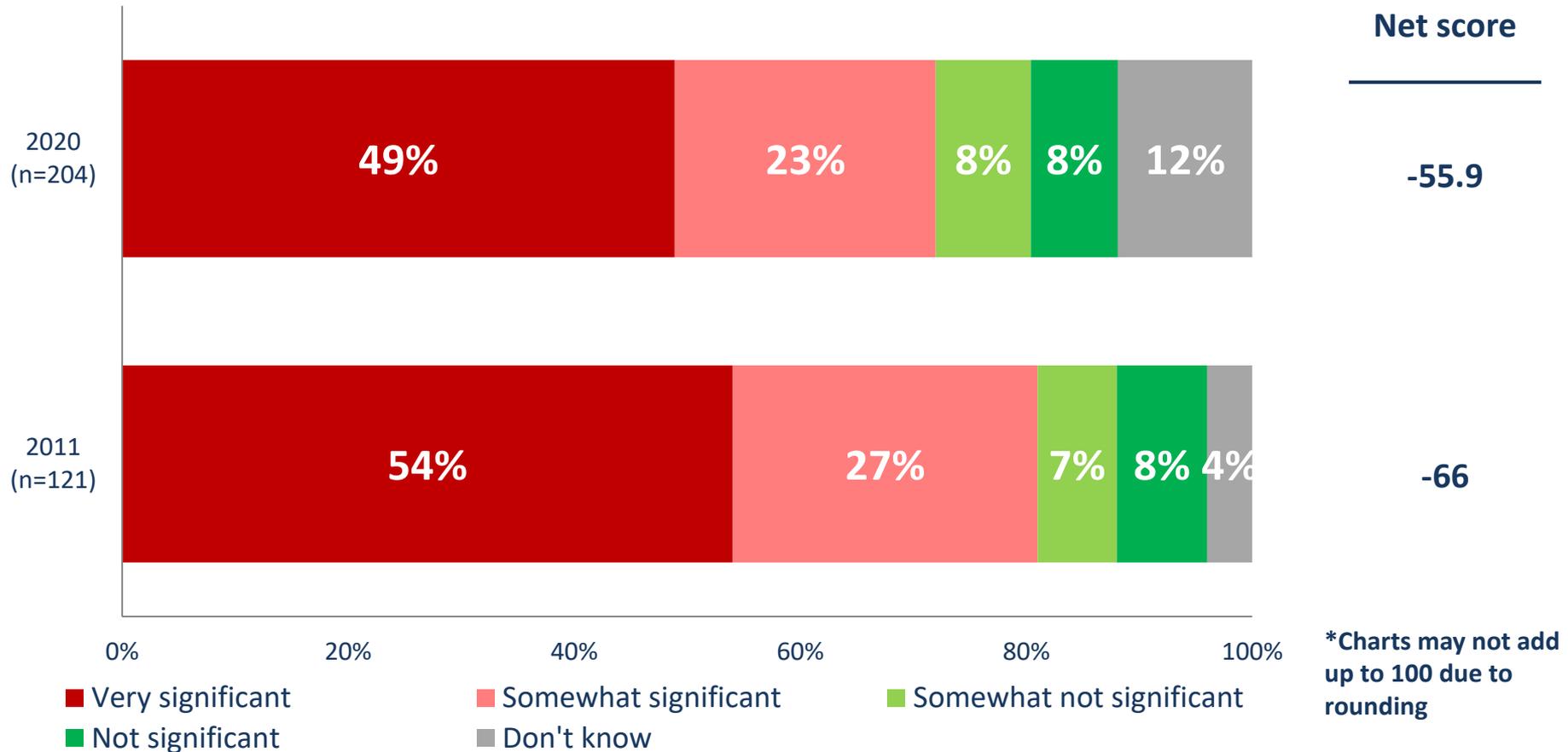
*Weighted to the true population proportion.
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Significance of barriers in deciding to access a psychologist



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]

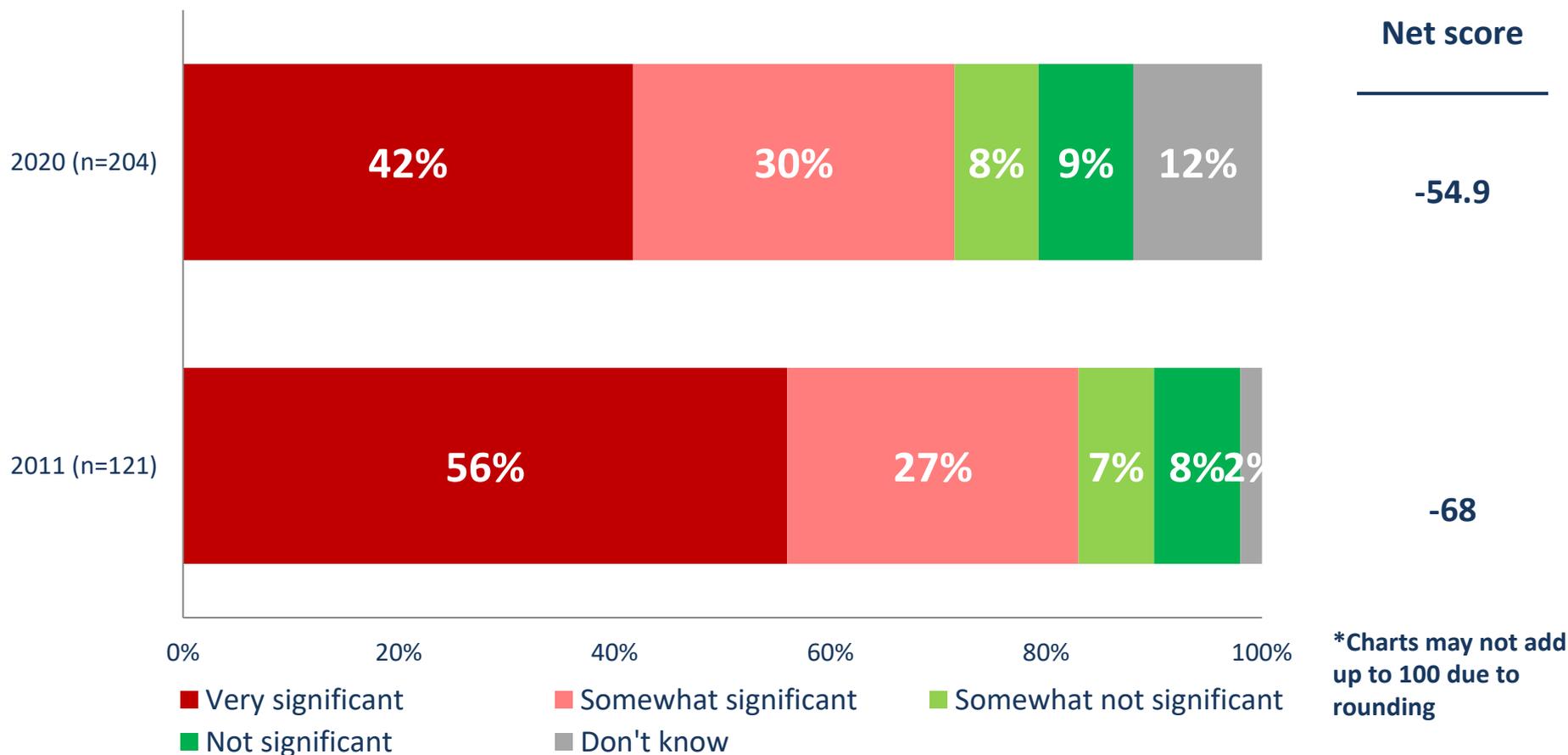
Significance of cost barriers in deciding to access a psychologist



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

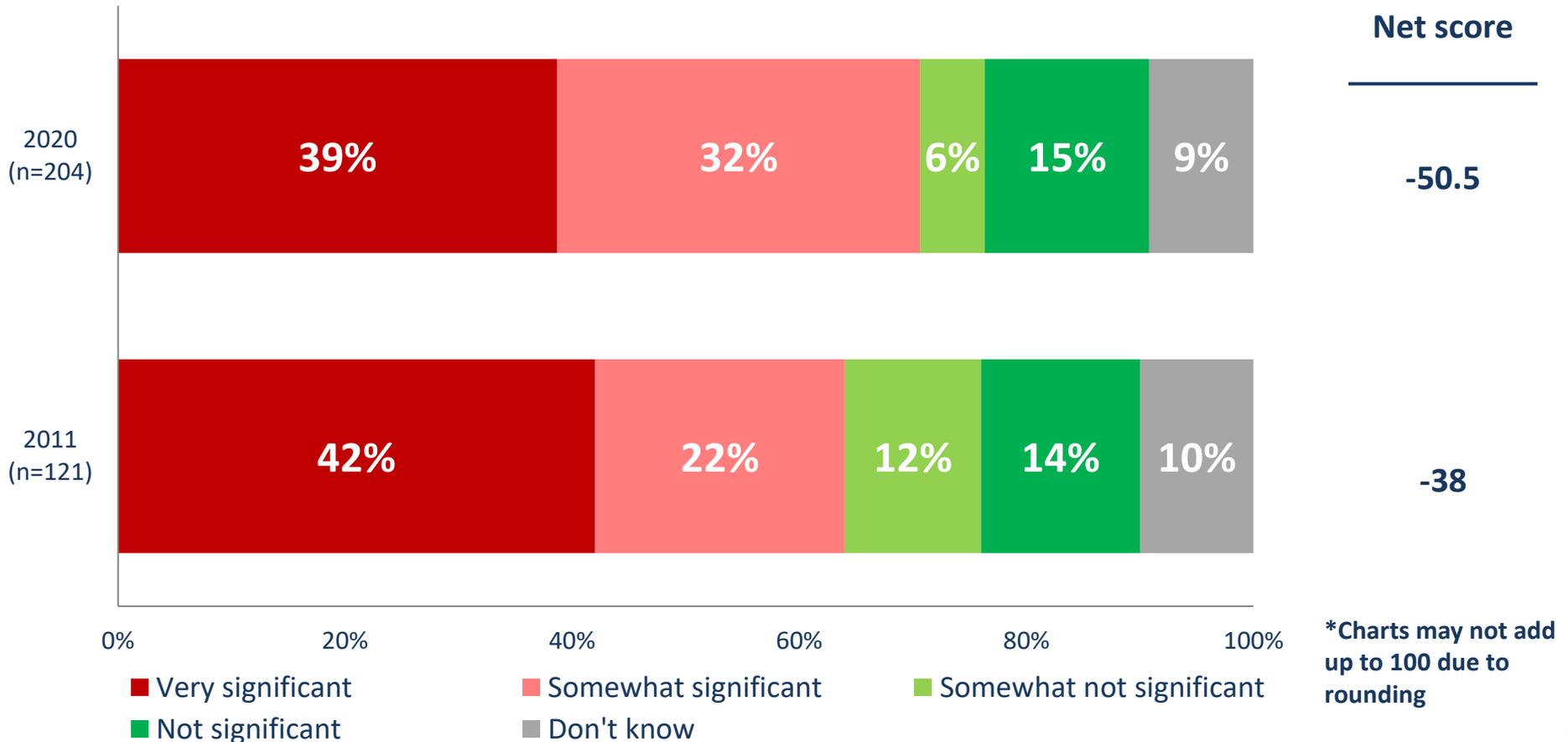
Significance of health plan coverage barriers in deciding to access a psychologist



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

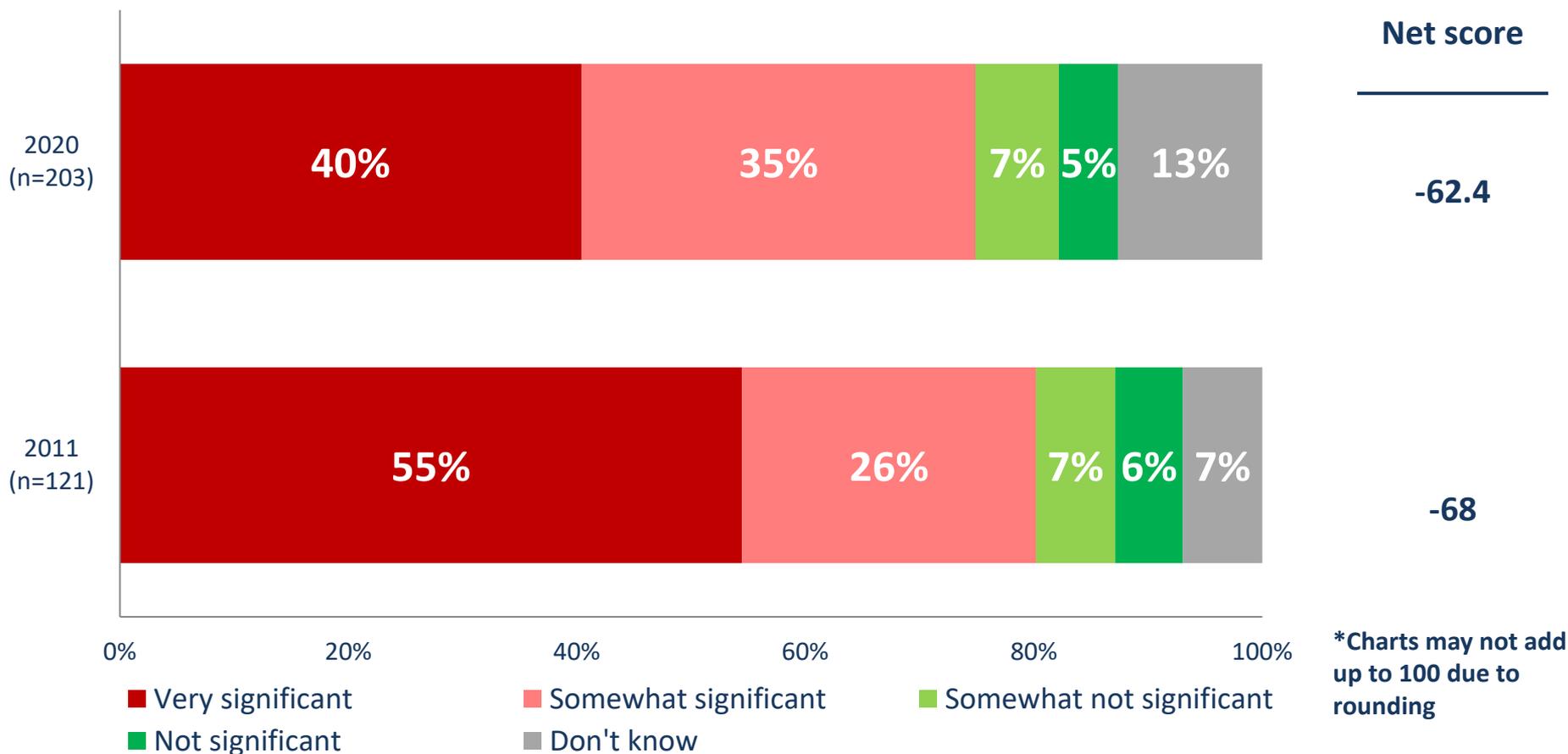
Significance of employer health benefit plan coverage barriers in deciding to access a psychologist



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

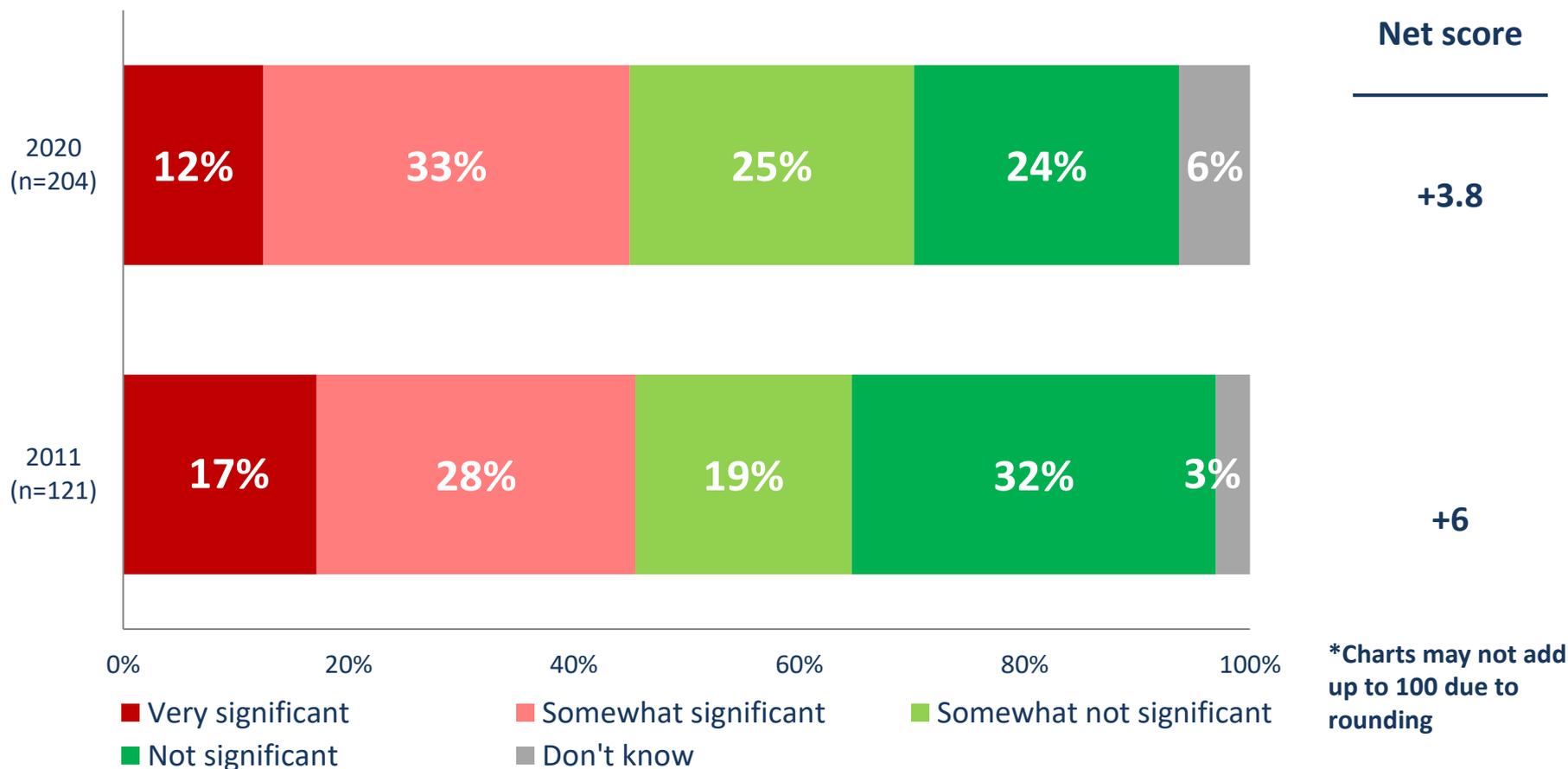
Significance of long wait times in deciding to access a psychologist



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

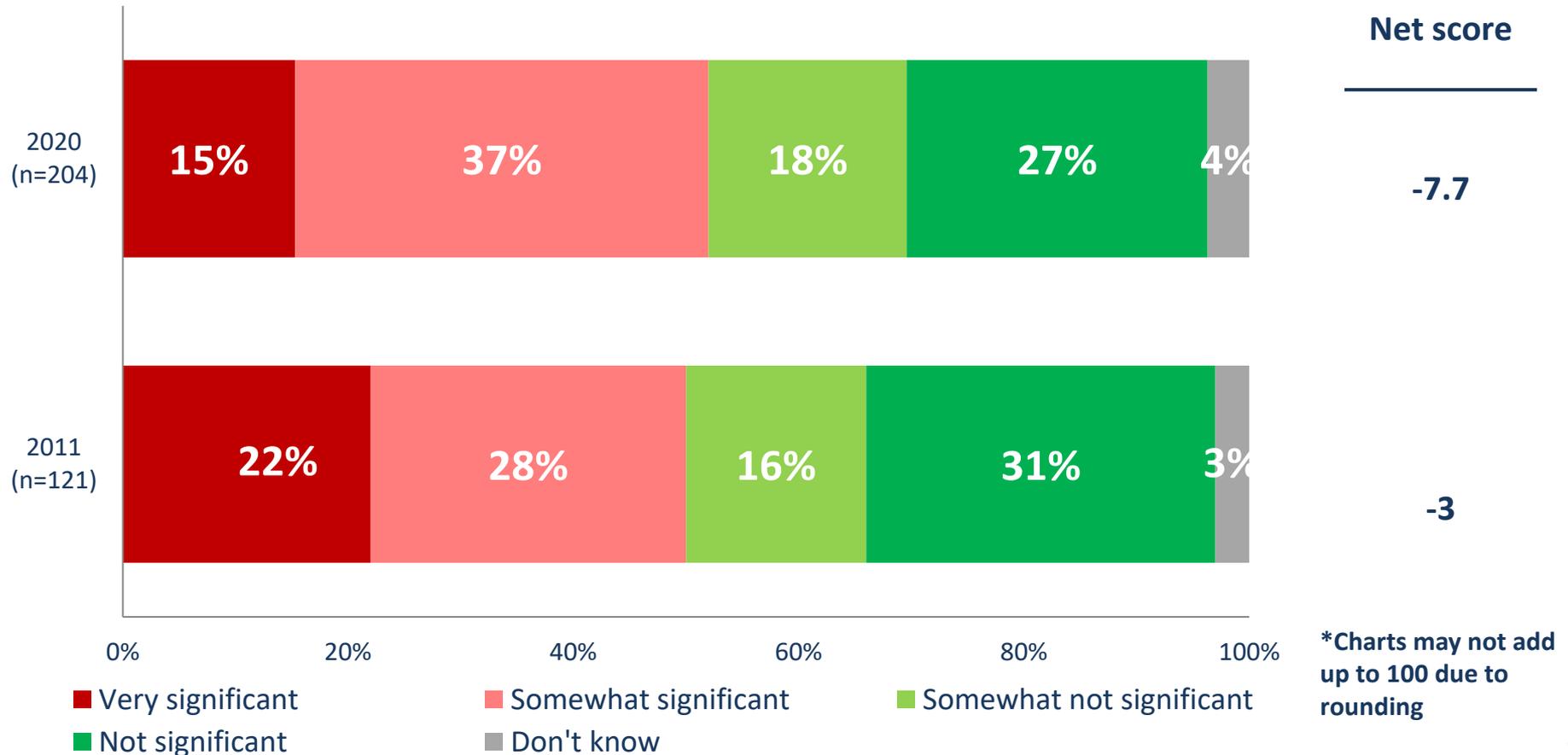
Significance of dealing with problems/disorders themselves in deciding to access a psychologist



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

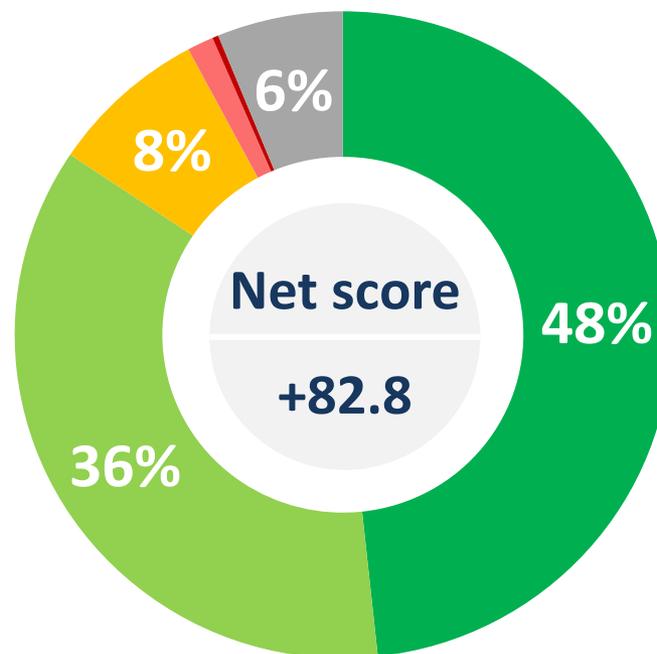
Significance of not wanting others to know they are seeing a psychologist in deciding to access a psychologist



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



- Very good idea
- Good idea
- Average idea
- Poor idea
- Very poor idea
- Don't know

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 203 residents of Newfoundland and Labrador 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 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).

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

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

Element	Description
Research sponsor	Canadian Psychological Association and Council of Professional Associations of Psychologists
Population and Final Sample Size	203 residents of Newfoundland and Labrador as a part of a larger national survey of 3,070 Canadians
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)	Newfoundland and Labrador residents; 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 the second (2) report 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



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Survey of 121 residents of Newfoundland and Labrador 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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