

# **Survey of Canadian Attitudes Toward Psychologists and Accessing Psychological Services**

**TERRITORIES**

**Survey Findings (n=104)**



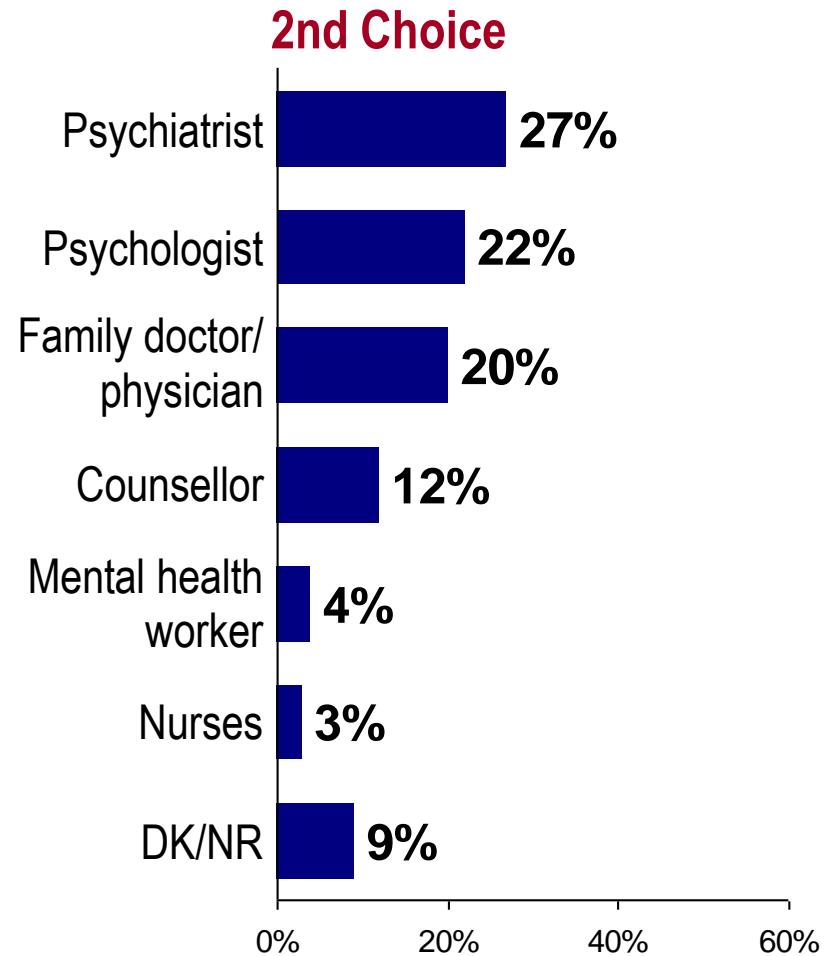
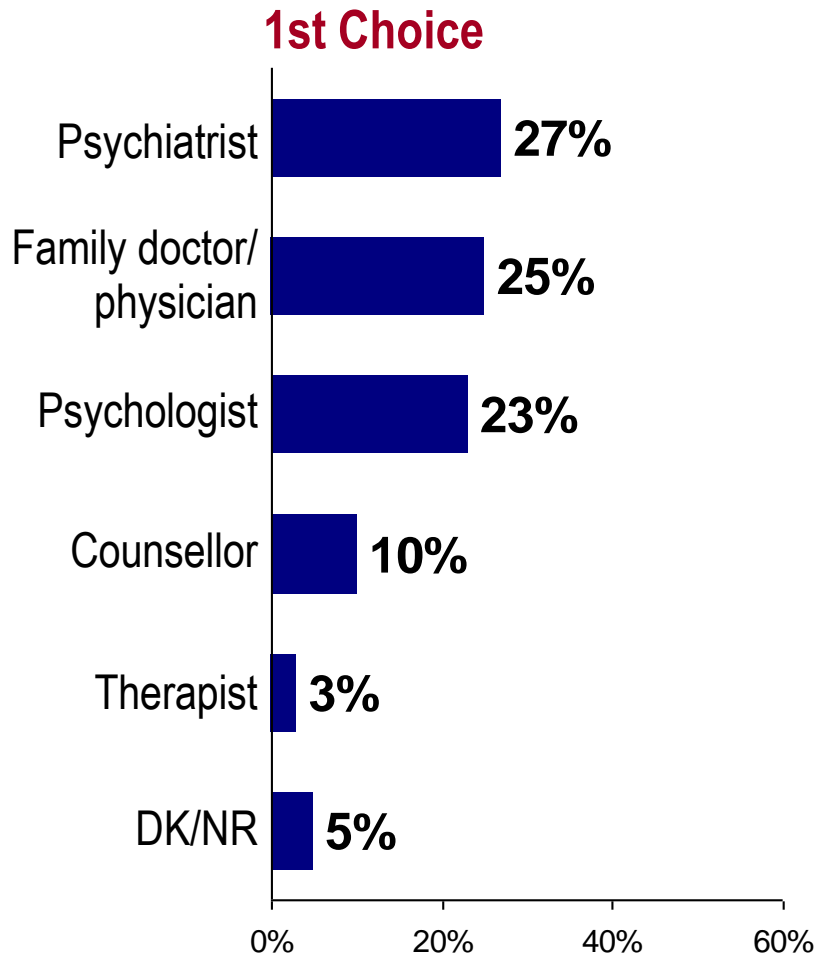
**EKOS**

July 2011

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# Perceptions of Health Professionals Best Able to Help with Mental Health Problems (1)

“Can you tell me what health professionals you think are best able to care for people living with DEPRESSION AND ANXIETY DISORDERS?” [Open]

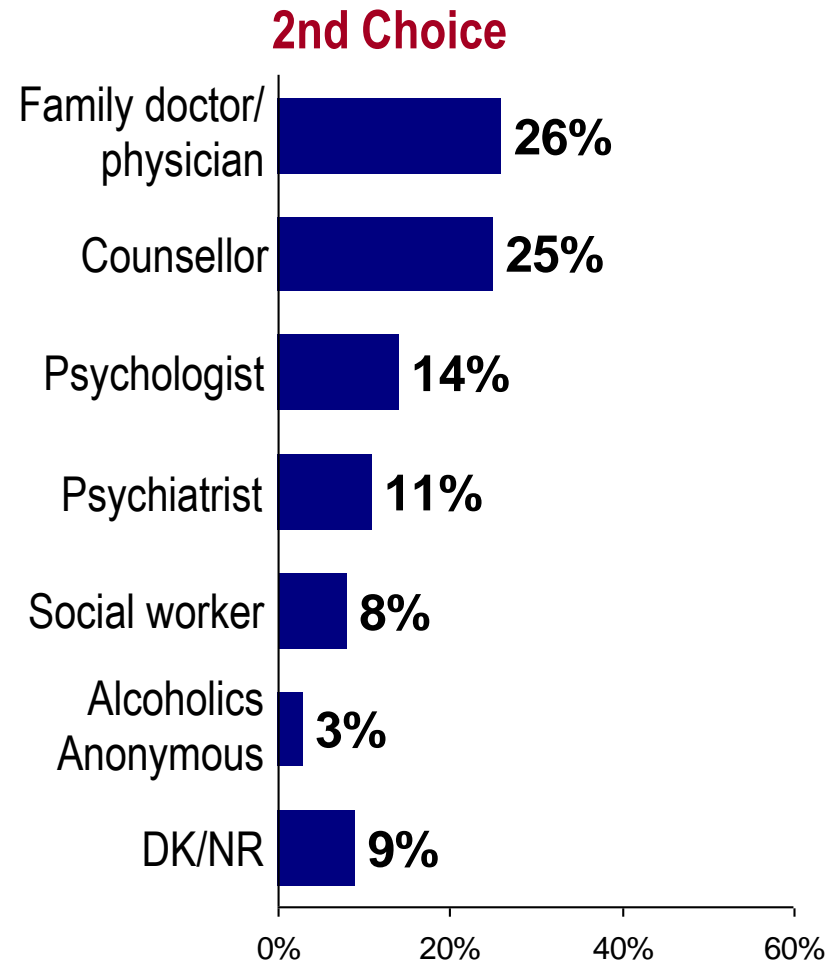


n=104

n=74

# Perceptions of Health Professionals Best Able to Help with Mental Health Problems (2)

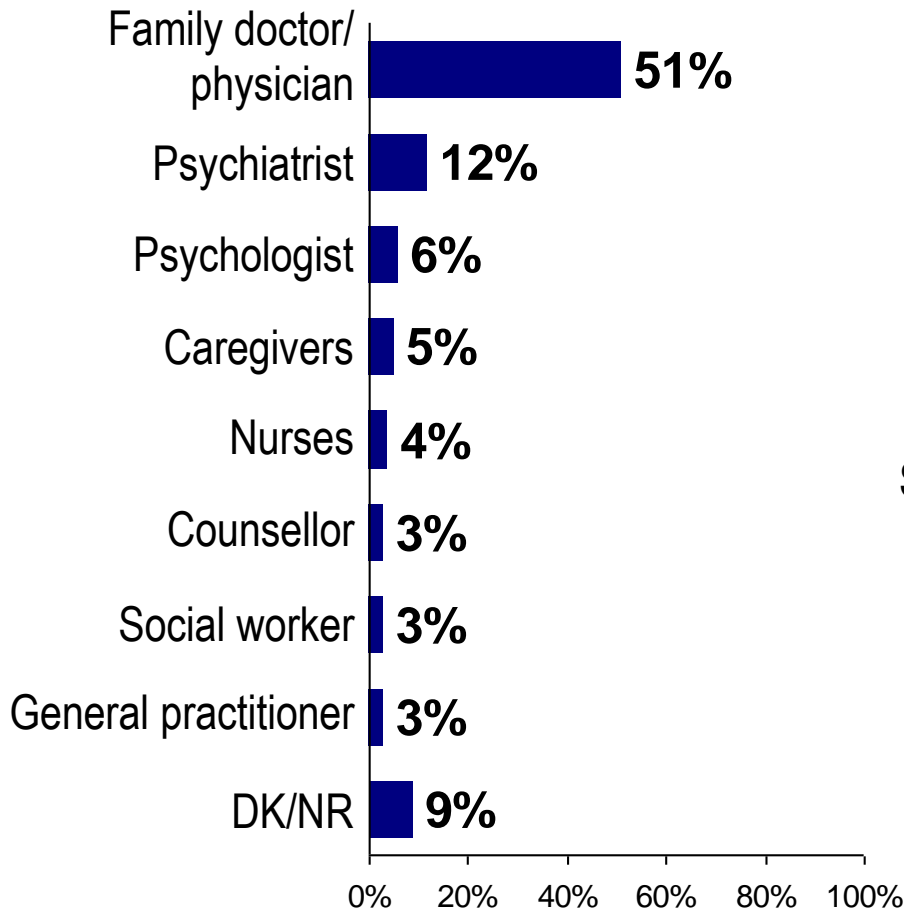
“Can you tell me what health professionals you think are best able to care for people living with ADDICTIONS?” [Open]



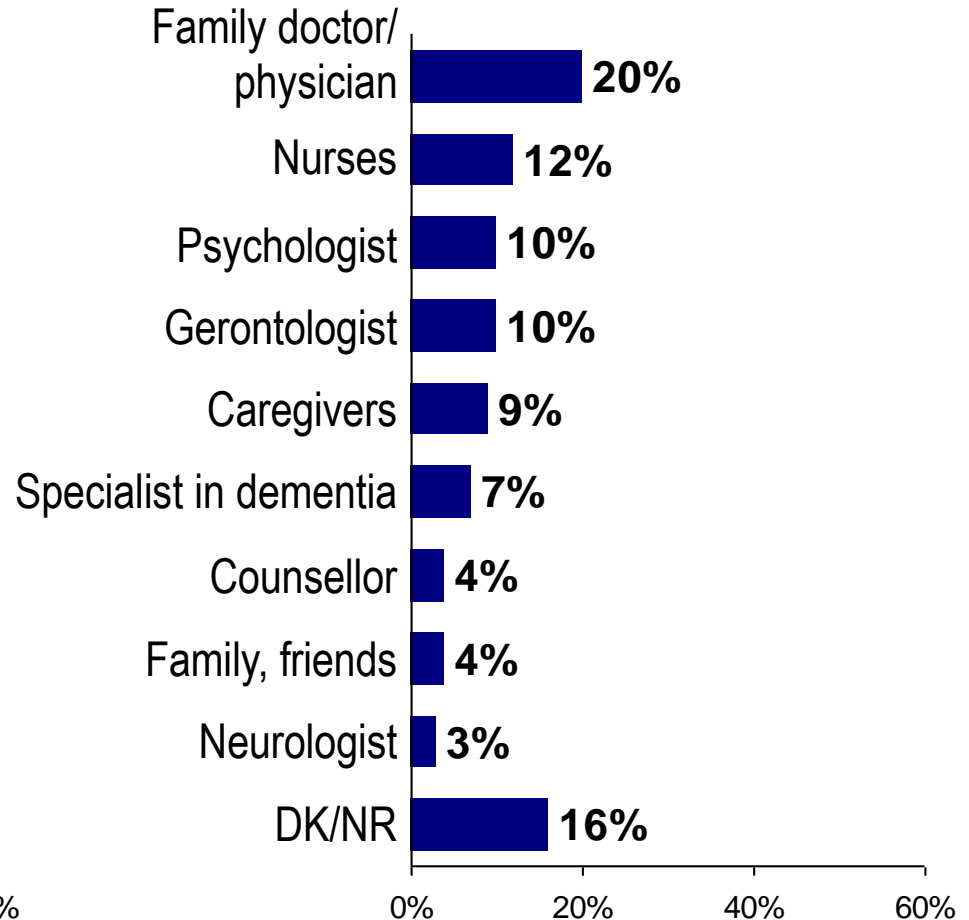
# Perceptions of Health Professionals Best Able to Help with Mental Health Problems (3)

“Can you tell me what health professionals you think are best able to care for people living with DEMENTIA?” [Open]

## 1st Choice



## 2nd Choice



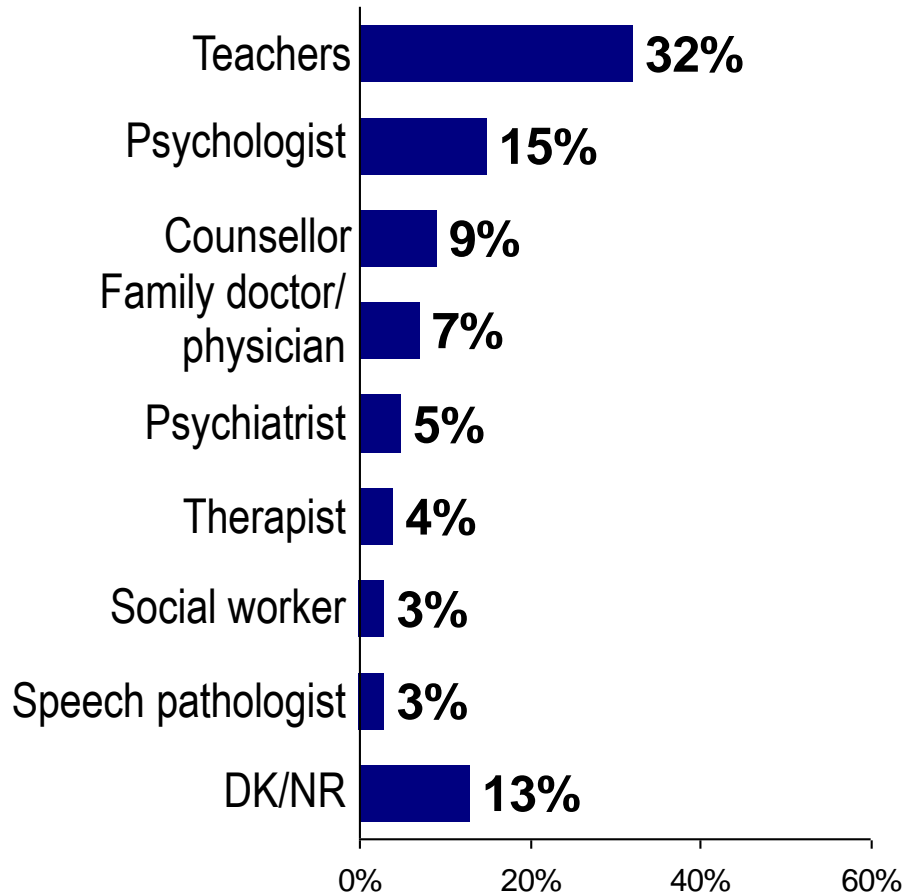
n=104

n=57

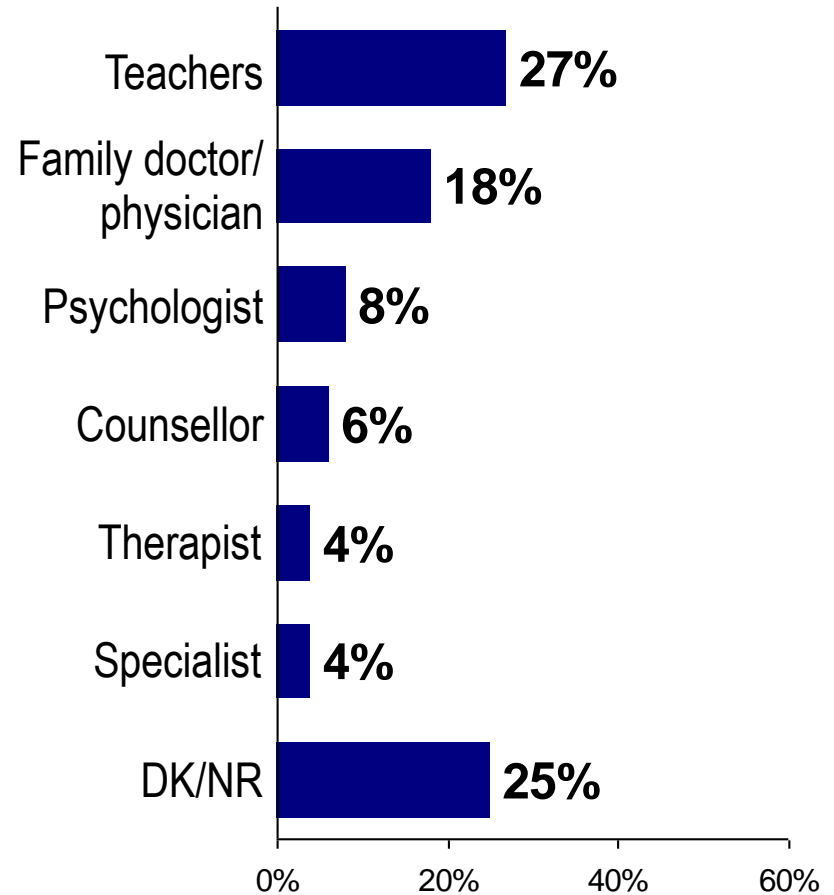
# Perceptions of Health Professionals Best Able to Help with Mental Health Problems (4)

“Can you tell me what health professionals you think are best able to care for people living with LEARNING DISABILITIES?” [Open]

## 1st Choice



## 2nd Choice



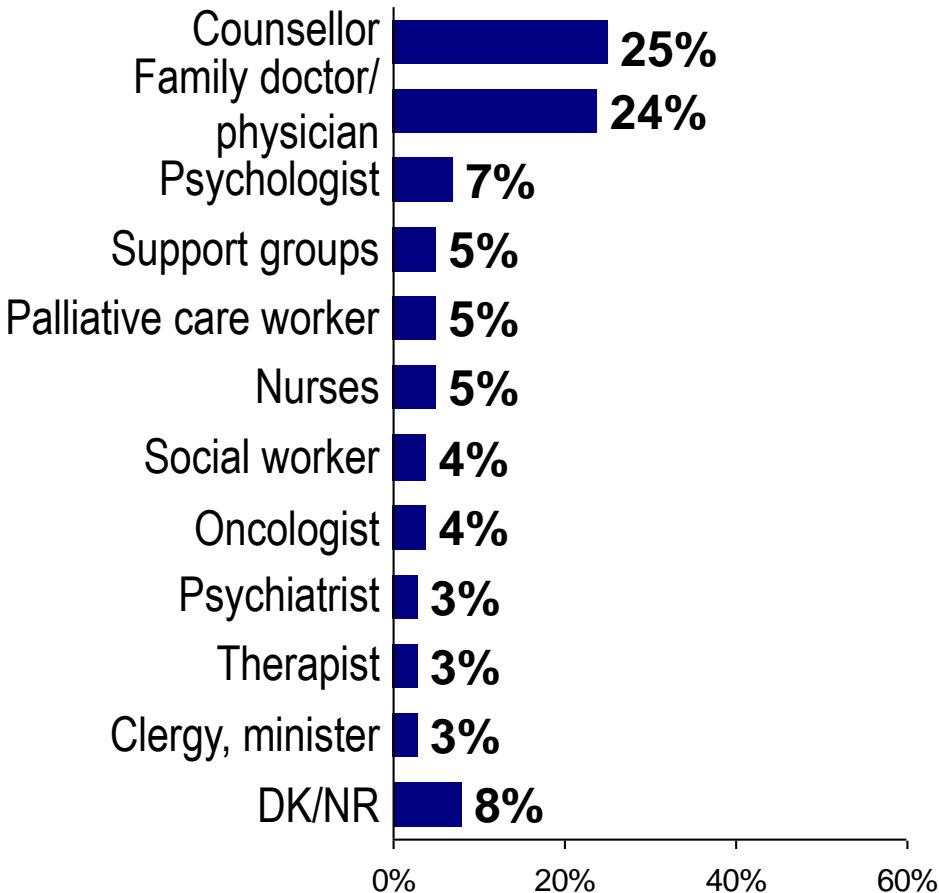
n=104

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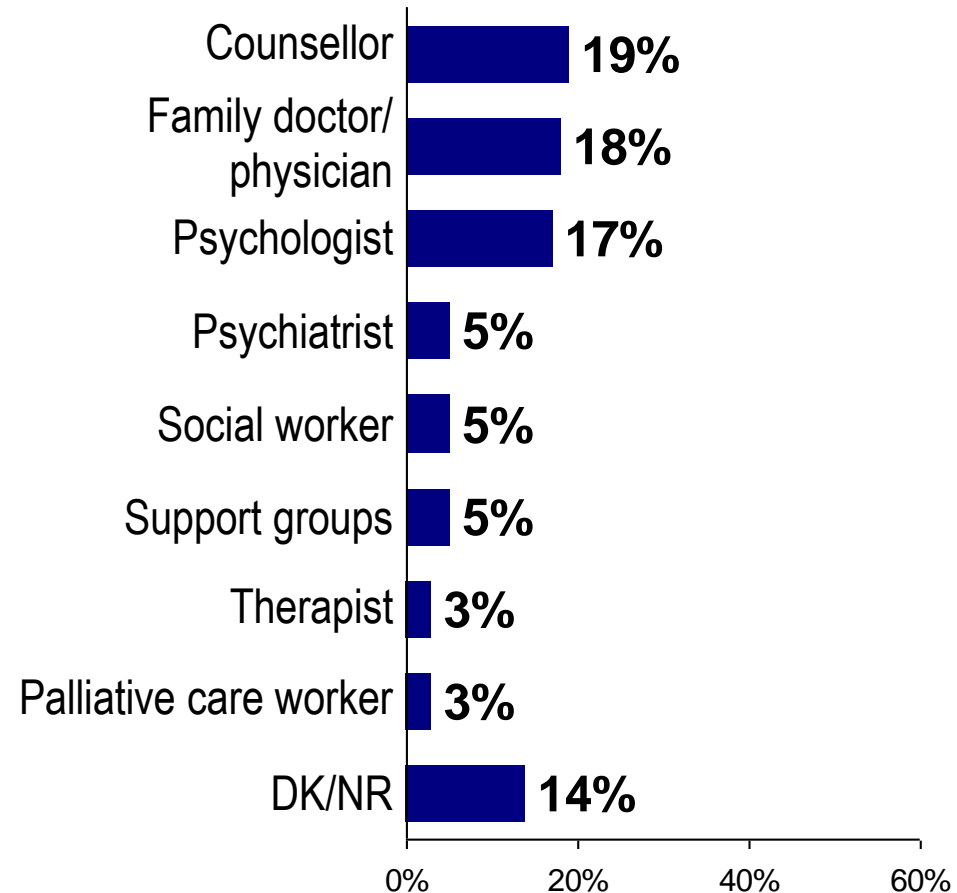
# Perceptions of Health Professionals Best Able to Help with Mental Health Problems (5)

“Can you tell me what health professionals you think are best able to care for people COPING WITH THE STRESS OF BEING DIAGNOSED WITH A DISEASE LIKE CANCER?” [Open]

## 1st Choice

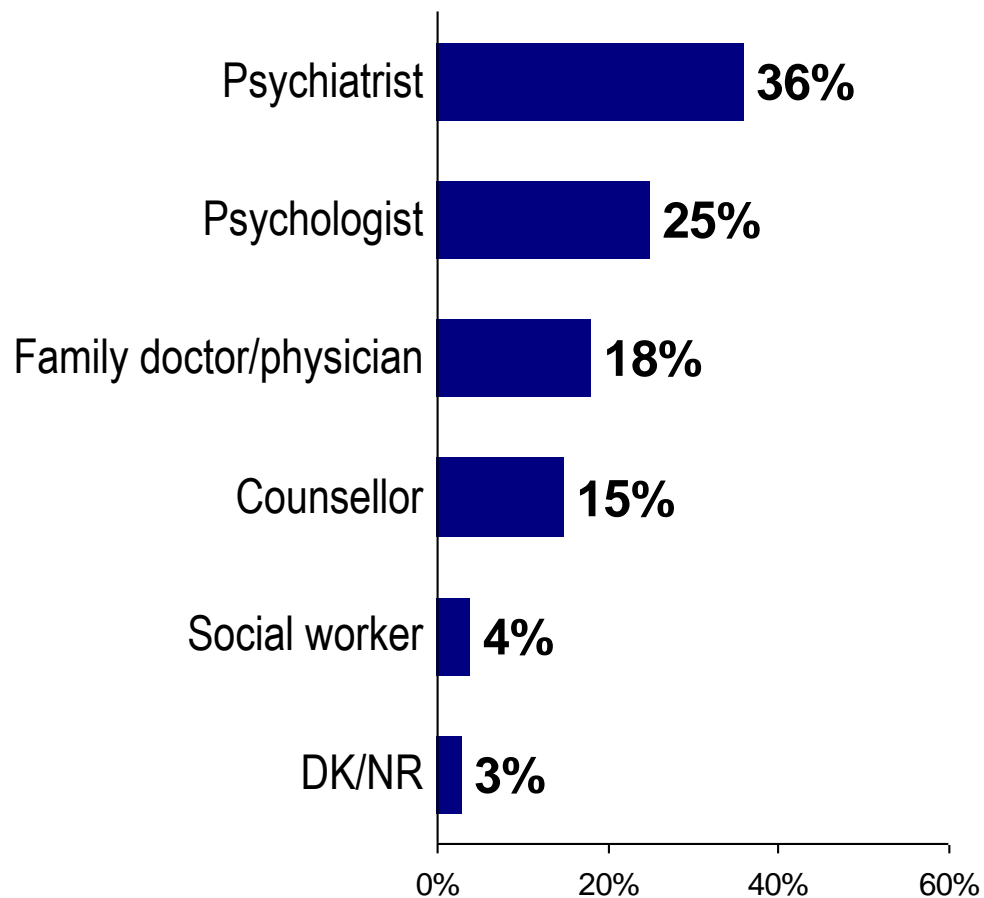


## 2nd Choice



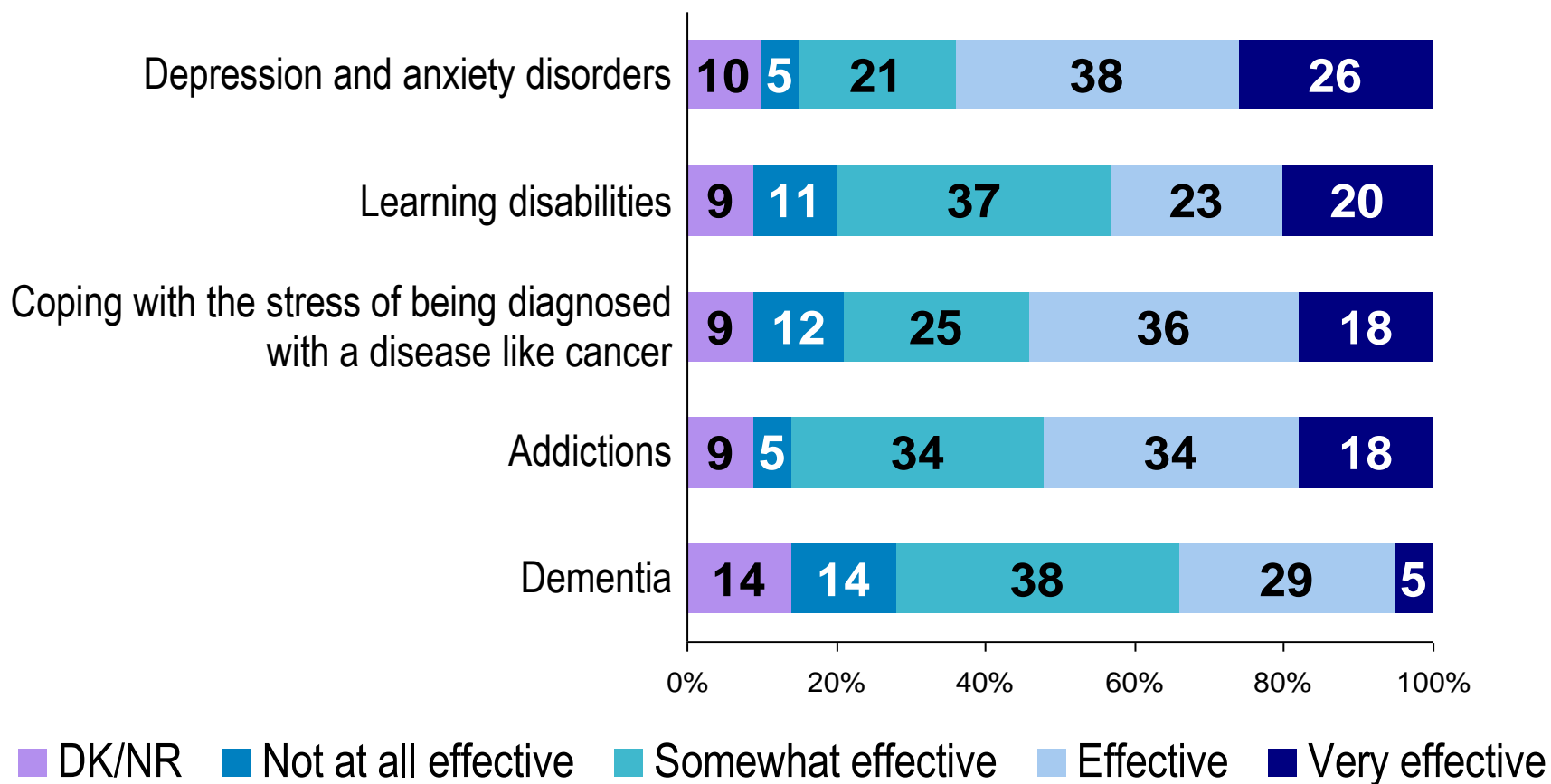
# Confidence in Various Health Professionals

“What health professional would you say you have the most confidence in overall when it comes to helping people with mental health problems?”



# Perceptions of Psychologists in Helping People with Mental Health Problems

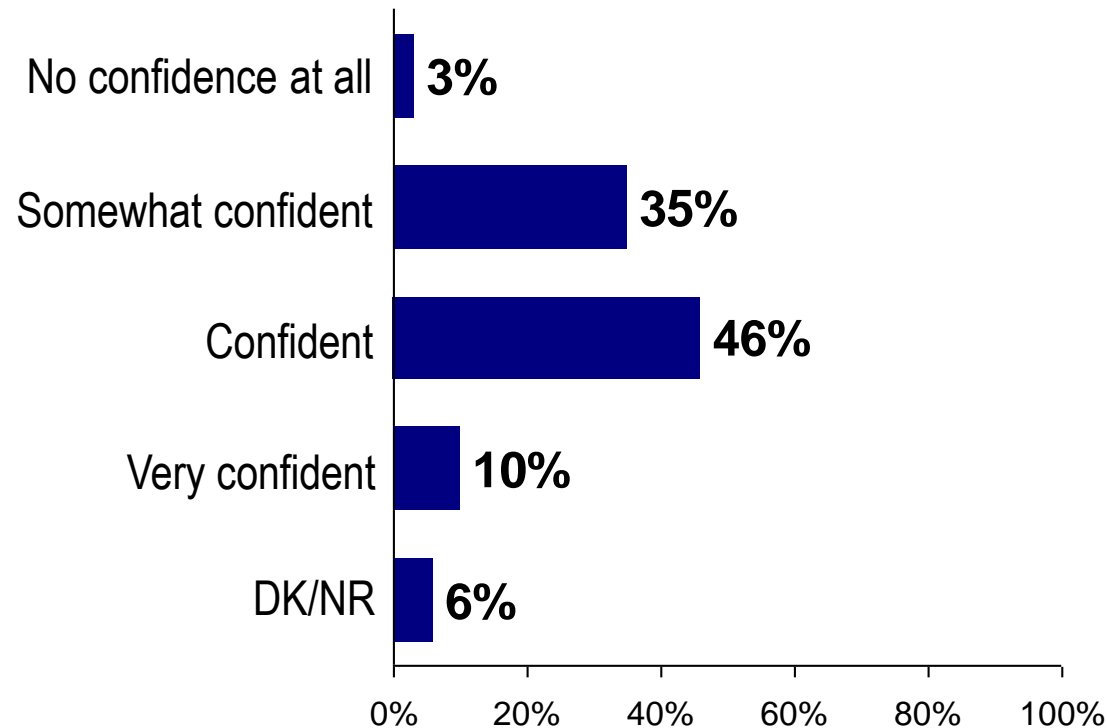
“I would now like to ask you some questions about psychologists in particular. How effective do you feel psychologists are in helping people who are living with these five mental health problems or disorders?”





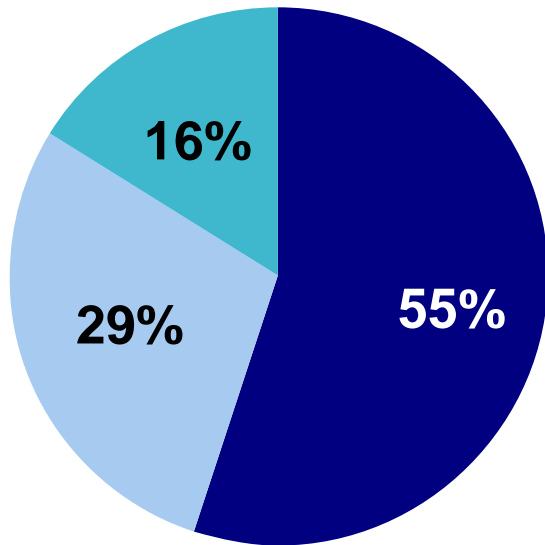
# Confidence in Psychologists

“Overall, how much confidence do you have in psychologists and the care they provide when it comes to mental health?”



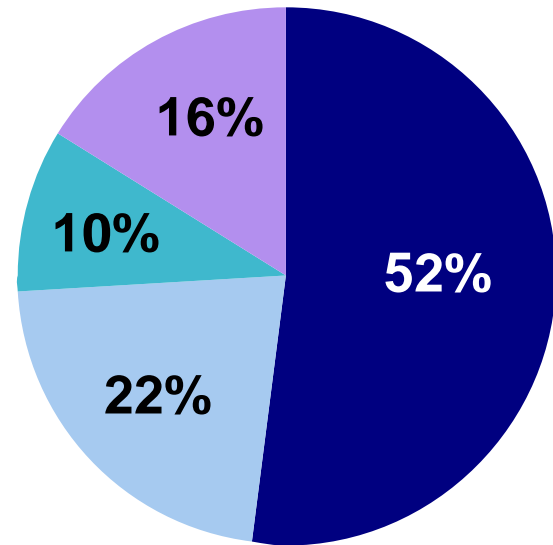
# Views on Access to Psychologists

**“To the best of your knowledge, are you able to access the services of a psychologist through publicly funded health care services?”**



- Yes
- No
- DK/NR

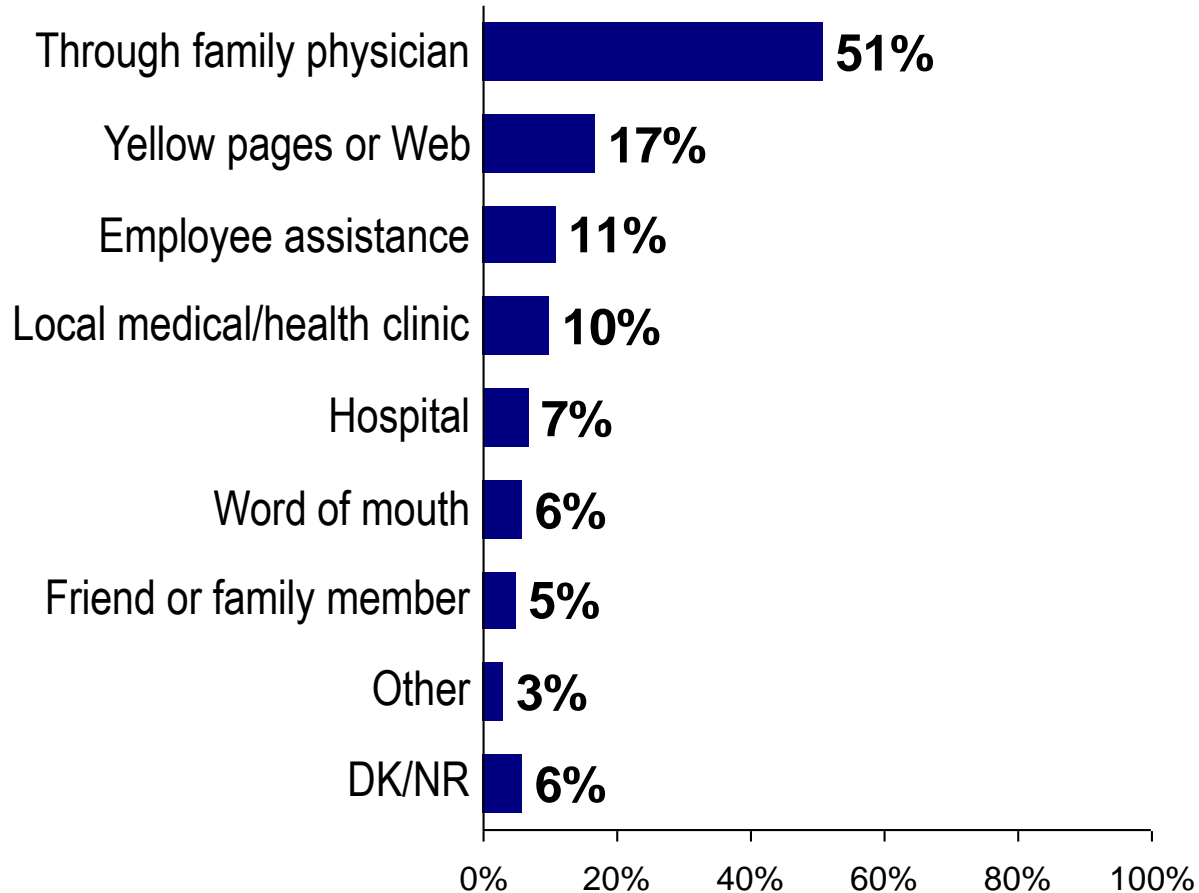
**“To the best of your knowledge, are you able to access the services of a psychologist through your employer’s extended health care benefits plan?”**



- Yes
- No
- Unemployed
- DK/NR

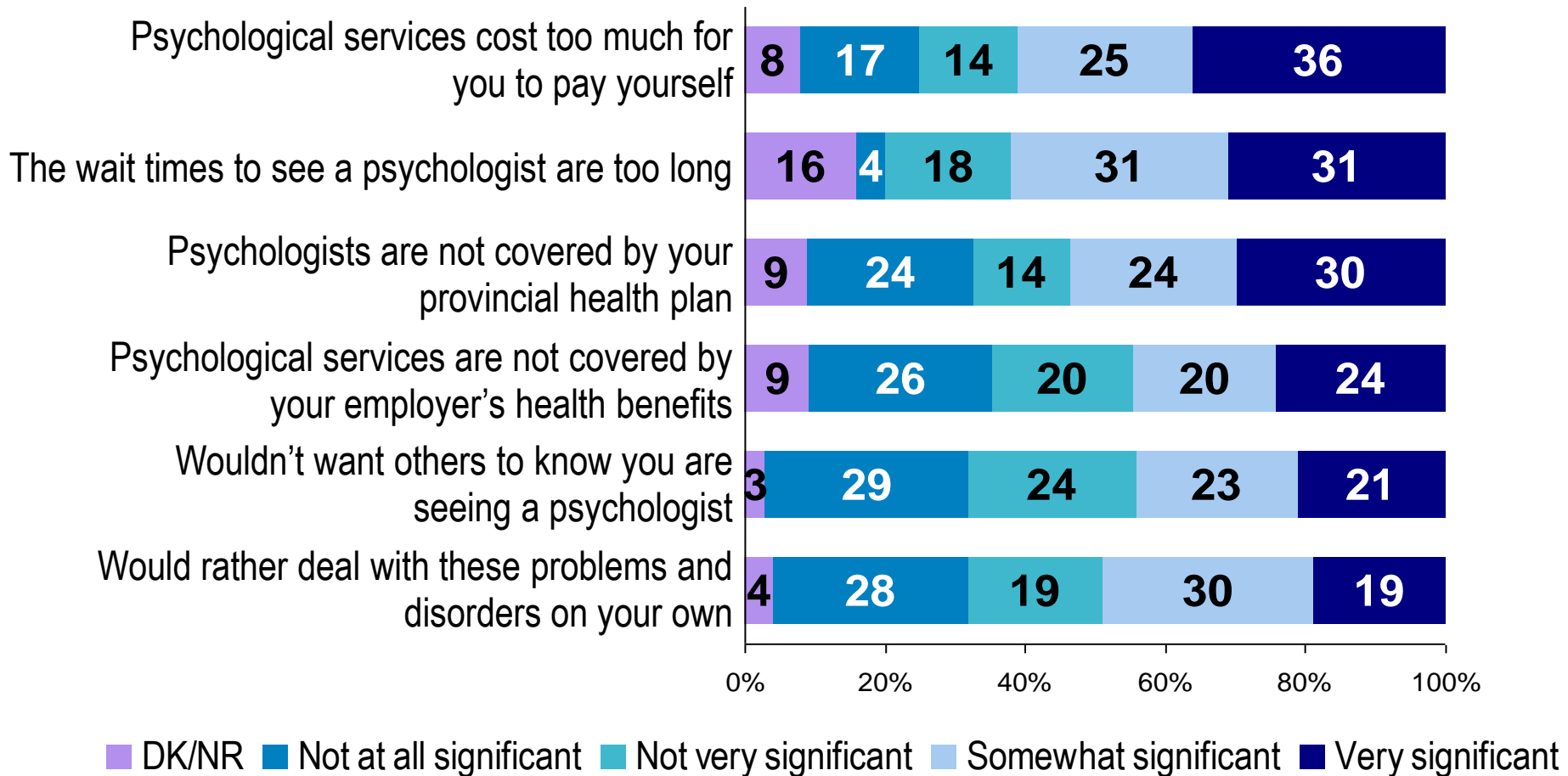
# Source of Information About Psychologists

**“Generally speaking, if you decided to access the services of a psychologist for yourself or a loved one, how would you go about finding a psychologist and securing an appointment?” [Open]**



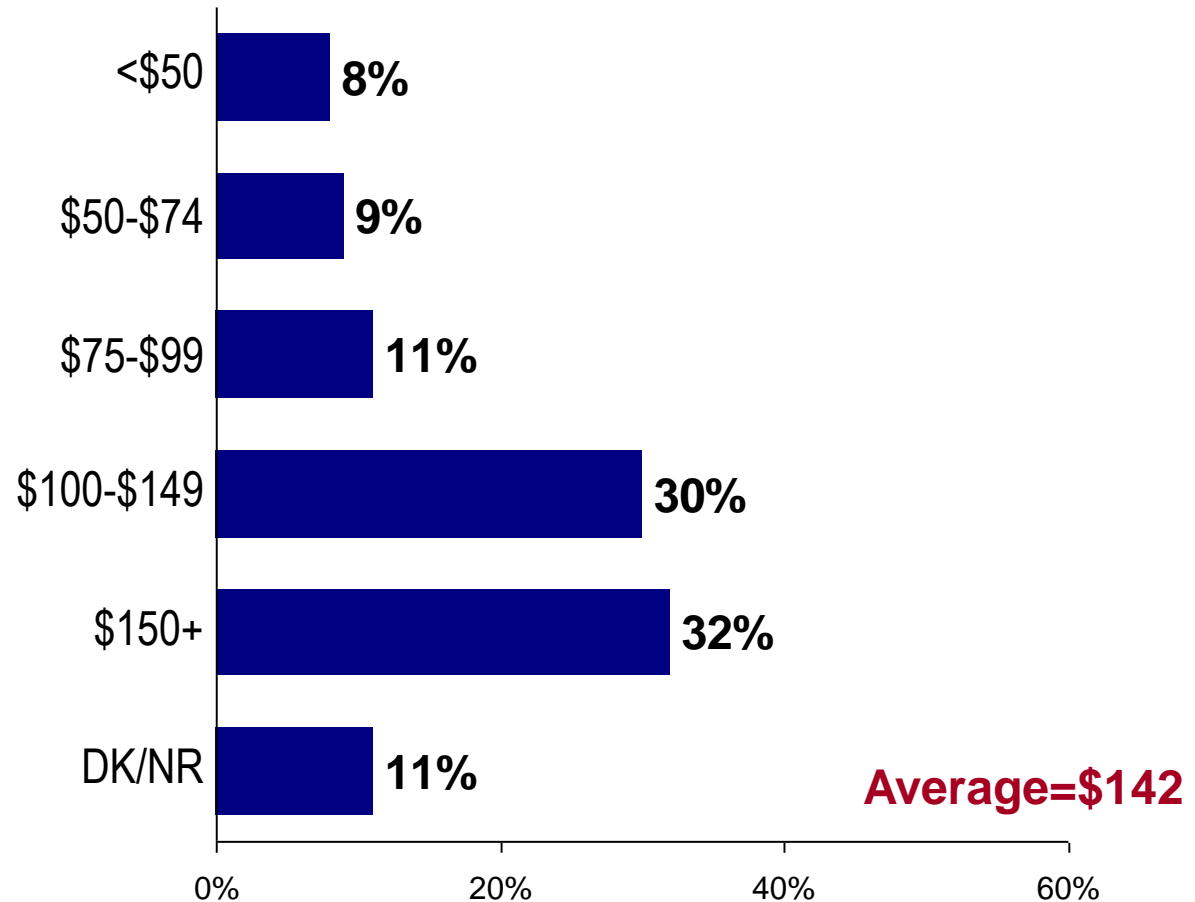
# Barriers to Accessing a Psychologist

“For each of these possible barriers, please tell me how significant this barrier is in deciding whether you would access a psychologist or not.”



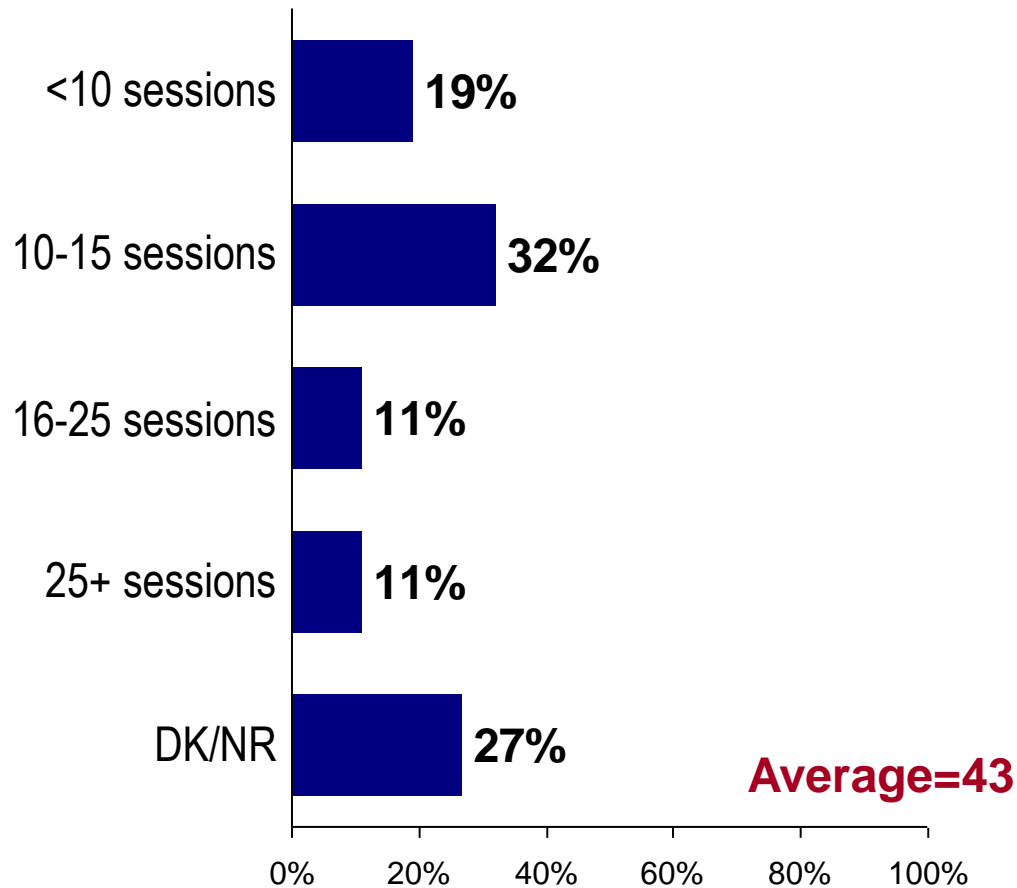
# Perceived Hourly Rate of Psychological Services

“Thinking of psychologists in particular, what do you imagine the hourly rate would be for psychological services if you were paying yourself?” [Open]



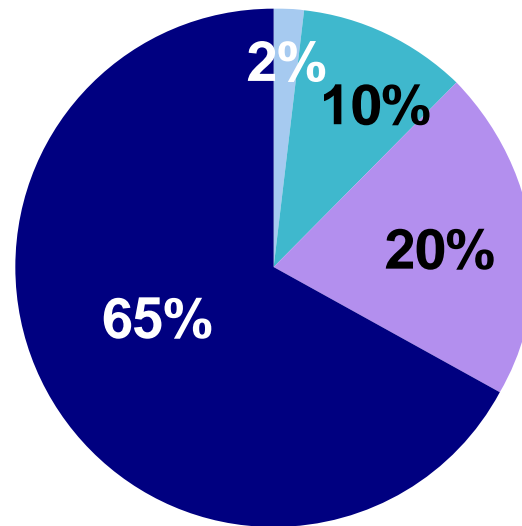
# Perceived Number of Sessions with Psychologists to Deal with Problems

“To the best of your knowledge, how many sessions with a psychologist would be required by the average patient to deal with mental health problems or disorders like depression or anxiety?” [Open]



# Importance of Covering Psychological Services by Public Health Plans

“The kinds of problems that Canadians typically bring to psychologists include such things as depression, anxiety, stress, learning disorders, autism, and marital and family problems. Given this, would you say that ensuring psychological services are covered by public health plans is...?”



- Not at all important
- Only somewhat important
- Important
- Very important