


What does psychological practice look like across Canada?

Interim Report Presented by

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Mental Health Surveillance Interests of the CPA


- Psychologists are the single largest, regulated and specialized provider of mental health services
- Psychological services increasingly provided in the private sector
- Services provided in the private sector are not captured by government data collection systems




...even when psychological services are provided within a public institution, they are often 'rolled up' into a health service so that data description and communication is enhanced at the expense of data specificity




In the area of mental health, public health information systems — like public health insurance systems— essentially target 'medical' and not 'health' activity



The Public Health Agency of Canada (PHAC) recognized this data gap in the area of mental health and has looked to concurrent methodologies to give a more accurate picture of the mental health needs of Canadians and the mental health services they receive.




CPA surveillance activities, with support of PHAC, from 2005 to present with...




Literature review to identify indicators for mental health surveillance survey

- Regulatory databases
- Other health surveys (e.g., population health surveys)
- Practice research networks
- Web-based surveys
- Key informant interviews




Yielded 3 categories of indicators

- Patient sociodemographics (e.g., age, sex, marital status, education, employment status)
- Patient mental health characteristics (e.g., diagnoses, health status, mental health service utilization)
- Practice characteristics (e.g., practice setting, services provided, service outcome)




To most efficiently and usefully collect data about these indicators we developed an electronic database and web-based surveys




Survey criteria

- Questions brief and integrated into routine practice
- Buy-in from practitioners
- Consistent use of classification systems
- Identify usefulness of surveys to practitioner in addition to PHAC



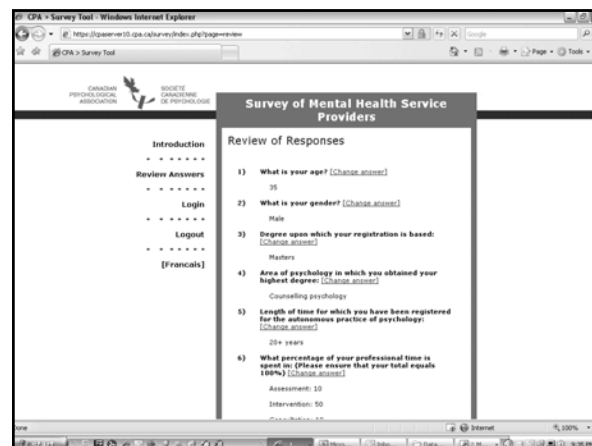

2007-08
PHAC grant to develop the software and methodology for a real-time, web-based survey of the mental health activities of Canadian psychologists

2009-11
Using the methodology and materials developed in 2007-2008, PHAC grant to collect survey data about the demographics and practice characteristics of psychologists and the demographic and clinical characteristics of their patients. Two alternate survey forms will be developed.



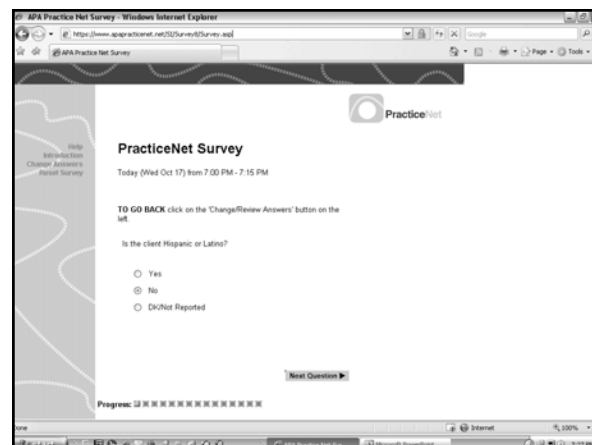

Survey 1 includes:

- Static demographic and practice characteristics of **psychological practitioners**
 - age, gender, types of presenting problems and diagnoses typically seen, types of services offered, practice setting, etc.


Web-based Sampling

- Modelled in part from web-based technology developed by the Practice Directorate of the American Psychological Association (PracticeNet)
- Web delivery allows for maximum distribution of survey; minimum time/cost/energy to deliver
- Reduces missing or bad data through validation of responses
- Adaptable for future surveys

Recruitment


- Emails sent to regulatory bodies across Canada
- ~1000 practitioners expressed interest
- All provinces represented (but no respondents from the three territories)




Survey 1 Results

Practitioner demographics


<i>N</i> = 540	
Mean age	43.6 (<i>SD</i> = 10.2)
Gender	74% female
Specialization in psychology	61% clinical
Years of experience	60% <10 yrs




Practice characteristics	
Full-time	75%
Exclusively private	28%
Exclusively public	23%
Combination public and private	50%
Mean number of clients/week: 15	




Time spent in professional activities	
Assessment	29%
Intervention	41%
Consultation	13%
Teaching	6%
Research	6%
Other	6%




Patients	
Young adults	81%
Adults	80%
Adolescents	63%
Older adults	52%
Children	46%




Presenting problems			
Mood disorders	84%	Sleep disorders	36%
Anxiety disorders	88%	Vocational issues	34%
Intrapersonal issues	84%	Cognitive functioning problems of childhood	33%
Interpersonal issues	78%	Somatiform disorders	32%
Adjustment to life stressors	71%	Eating disorders	31%
Personality disorders	53%	Substance use or abuse	31%
Sexual abuse and trauma	53%	Cognitive functioning problems of adulthood	27%
Psychological and psychosocial problems of childhood	46%	Psychosis	22%
Learning problems	43%	Sexual disorders	17%
Managing health, injury and illness	41%		



Provision of specific psychological services	
Assessment	
Mood, behavioural, personality	74%
Intellectual	54%
Neuropsychological	17%
Vocational	14%




Provision of specific psychological services	
Therapy	
Individual	85%
Family	27%
Couple	27%
Group	20%



Provision of specific psychological services


Consultation

Clinical/counselling	65%
Organizational and/or program	23%




Recipients of consultation services

Health organizations	48%
Educational institutions	36%
Community agencies	34%
Legal system	13%
Corporate sector	8%
Correctional institutions	8%




Payment

Publicly funded institution	48%
Client pays directly, then reimbursed	23%
Client pays directly, no insurance	11%
Other insurer/program	7%
Employee Assistance Program	6%
Workers' compensation board	3%
Pro-bono services	1%



Participants' theoretical orientation

Cognitive-behavioural	80%
Humanistic/experiential	31%
Psychodynamic	26%
Interpersonal	23%
Family systems	21%




Survey 2

Goal


- Provide information on the demographics and the mental health characteristics of the **clients** of Canadian psychology practitioners
- Data collected allows for more detailed examination of specific clients and services

- Practitioners are asked to report on a *randomly* selected client on two occasions (real-time sampling)




Procedure

- **Bootstrapping**
 - Selected a sub-sample of approximately 150 participants from Survey 1
- **Two waves of data**
 - Verify the reliability of the surveillance tool
 - Practitioners are reporting on a different randomly selected client for each wave




'Real-time' Sampling

- In Survey 1, psychologist participants were asked to provide their practice schedules (e.g., I see patients between 9:00 am and 2:00 pm; M, T, W, Th)
- Using the parameters of this provided schedule, a program generates a random time.
- The participant is sent an email at the random time indicating that he or she is invited to respond to Survey 2, and has 48 hours to complete it.



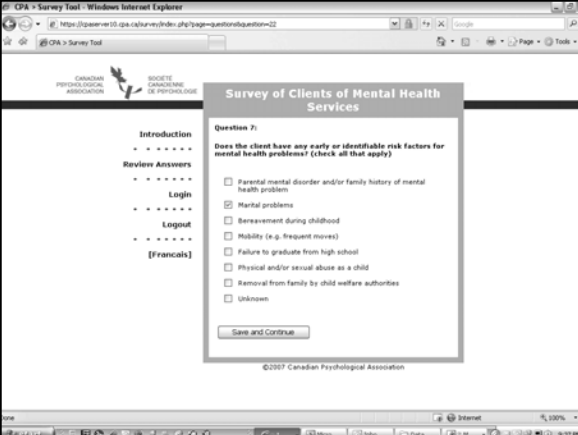
Why 'Real-time'?

Affords more truly random sampling of practitioners' caseload (report on patient most recently seen prior to receiving the survey email)




Survey 2 includes:

- Questions on **demographic** and **clinical characteristics of random patient** seen and service rendered
 - Age, gender, ethnicity, marital status, risk factors, presenting problem(s), chronic disorder(s), health services received, DSM diagnosis, health status appraisal, medication, etc.




The screenshot shows a web browser window displaying the 'Survey of Clients of Mental Health Services' interface. The page includes a navigation menu with options like 'Introduction', 'Review Answers', 'Login', and 'Logout'. The main content area displays 'Question 7: Does the client have any early or identifiable risk factors for mental health problems? (check all that apply)'. The question lists several risk factors with checkboxes: 'Parental mental disorder and/or family history of mental health problem', 'Marital problems', 'Bereavement during childhood', 'Mobility (e.g. frequent moves)', 'Failure to graduate from high school', 'Physical and/or sexual abuse as a child', 'Removal from family by child welfare authorities', and 'Unknown'. A 'Save and Continue' button is visible at the bottom of the question box. The footer of the page reads '©2007 Canadian Psychological Association'.



Survey 2 Results

- Client demographics
- Client psychosocial functioning
- Client service characteristics
- N = 140 practitioners




Client demographics

Mean age
 Wave 1: 32.3yrs (SD = 16.67)
 Wave 2: 33.5yrs (SD = 16.34)

Gender
 Wave 1: 65% females
 Wave 2: 54% females

Ethnicity
 Wave 1: 85% White
 Wave 2: 87% White

Language
 Wave 1: 62% English
 Wave 2: 62% English




Client demographics

Marital status
 Wave 1: 46% single, 37% married/common law
 Wave 2: 43% single, 40% married/common law

Sexual orientation
 Wave 1: 79% heterosexual
 Wave 2: 79% heterosexual


Living arrangements
 Wave 1: 91% private residence
 Wave 2: 94% private residence



Client demographics


Education level
 Wave 1: 3% Grade 8, 17% HS diploma, 28% college or university
 Wave 2: 24% Grade 8, 20% HS diploma, 25% college or university

Employment status
 Wave 1: 34% full-time, 16% unemployed
 Wave 2: 37% full-time, 14% unemployed




Client psychosocial functioning

	<u>Wave 1</u>	<u>Wave 2</u>
Risk factors		
Parental mental disorder	50%	34%
Marital problems	30%	21%
Physical/sexual abuse as a child	21%	17%
Other	24%	15%
No Risk	14%	33%



Client psychosocial functioning


	<u>Wave 1</u>	<u>Wave 2</u>
Presenting problems		
Intrapersonal issues	51%	38%
Mood disorders	44%	31%
Interpersonal issues	41%	36%
Anxiety disorders	37%	34%
Adjustment life stressors	33%	31%
Psychosocial problems of childhood	19%	12%
Learning problems	14%	14%
Personality disorders	11%	9%
Sexual abuse/trauma	11%	7%



Client psychosocial functioning

Impact of presenting problems on daily functioning


	<u>Wave 1</u>	<u>Wave 2</u>
Severe	45%	44%
Moderate	51%	47%
Little	1%	7%
None	1%	1%



Client psychosocial functioning

Change in problem since beginning therapy


	<u>Wave 1</u>	<u>Wave 2</u>
Recovered	2%	2%
Greatly improved	19%	21%
Improved	50%	51%
No change	28%	25%
Deterioration	1%	1%



Client psychosocial functioning

Chronic disorders


	<u>Wave 1</u>	<u>Wave 2</u>
No Chronic disorder	51%	56%
Mental functions	14%	13%
Neurological functions	12%	11%
Gross and fine motor	9%	6%
Speech and language	6%	4%
Other	9%	12%



Client psychosocial functioning

Chronic disorder's impact on daily functioning


	<u>Wave 1</u>	<u>Wave 2</u>
Severe	14%	10%
Moderate	26%	29%
Little	16%	14%
None	11%	9%



Client psychosocial functioning


Client own appraisal of health status

	<u>Wave 1</u>	<u>Wave 2</u>
Excellent	13%	15%
Very good	26%	16%
Good	27%	30%
Fair	16%	24%
Poor	14%	9%



Client psychosocial functioning


	<u>Wave 1</u>	<u>Wave 2</u>
DSM diagnosis		
Yes	62%	51%
No	20%	32%
Evaluation incomplete	11%	12%
Mood/anxiety		
Mood/anxiety	36%	28%
Childhood disorders	9%	6%
Psychotic	1%	2%
Other	14%	10%



Client psychosocial functioning

Substance abuse

	<u>Wave 1</u>	<u>Wave 2</u>
Yes	16%	9%
No	74%	85%
Unknown	10%	6%




Client service characteristics

Number of sessions thus far

Wave 1: 14 sessions (*SD* = 22.2)
 Wave 2: 24 sessions (*SD* = 46.8)

Number of additional sessions expected


Wave 1: 11 sessions (*SD* = 13.4)
 Wave 2: 14 sessions (*SD* = 26.8)



Client service characteristics

City setting
 Wave 1: 51% major urban, 26% smaller city
 Wave 2: 54% major urban, 25% smaller city


Service recipient
 Wave 1: 73% client alone, 14% with family
 Wave 2: 79% client alone, 6% with family



Client service characteristics

Service setting


	<u>Wave 1</u>	<u>Wave 2</u>
Private: individual	41%	44%
Public health care	31%	31%
Private: group	13%	12%
School	7%	7%



Client service characteristics

Method of payment


	<u>Wave 1</u>	<u>Wave 2</u>
Publicly funded	38%	37%
Most reimbursed	20%	29%
Paid directly	11%	12%



Client service characteristics

Assessment


	<u>Wave 1</u>	<u>Wave 2</u>
Mood, behavioural, personality	32%	19%
Intellectual	14%	13%
Neuropsychological	7%	6%
Vocational	4%	4%



Client service characteristics

Therapy


	<u>Wave 1</u>	<u>Wave 2</u>
Cognitive-behavioural	47%	47%
Humanistic	24%	20%
Interpersonal	11%	14%
Psychodynamic	11%	11%
Family systems	5%	6%



Client service characteristics

Other health services


	<u>Wave 1</u>	<u>Wave 2</u>
Receiving services	46%	58%
GP	29%	24%
Psychiatrist	22%	19%
Other	14%	13%



Client service characteristics

Referral source

	Wave 1	Wave 2
Self	22%	25%
Physician	19%	20%
Other health care provider	13%	11%
Family member	9%	9%





Client service characteristics


Receiving medication
Wave 1: 42% yes
Wave 2: 42% yes


Type of medication
Wave 1: 33% anti-depressants
Wave 2: 34% anti-depressants


Medication prescriber
Wave 1: 23% psychiatrist, 17% physician
Wave 2: 16% psychiatrist, 24% physician

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- ### What can we say about reliability?
- Moderate consistency, consistent with research on event sampling
 - Remain cautious in generalizing about client characteristics

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- ### Survey 1 summary
- Practitioners were more likely
 - Female, PhD, clinical psychologists, less than 10 yrs of experience
 - Likely practice characteristics
 - ¼ in private practice, 50% in public/private, 15 clients per week, broad range of services, time spent in intervention
 - Consultation with health organizations and education institutions
 - Young adult and adult clients
 - Treating mood and anxiety disorders, inter/intrapersonal issues


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- ### Survey 2 summary
- Client demographics
 - Female: 65% (wave 1), 54% (wave 2)
 - 86% White
 - 79% Heterosexual
 - Average age of 32-33 years old
 - 34-37% Employed full-time

- 
- ### Survey 2 summary
- Client psychosocial function
 - 51%, 38% Intrapersonal issues
 - 41%, 36% interpersonal issues
 - 41%, 31% mood disorders
 - 37, 34% anxiety disorders
 - 96%, 91% daily functioning affected greatly
 - 2/3 improved health status
 - ~1/2 presence of chronic disorder
 - More than half with DSM diagnoses
 - More diagnoses of mood and anxiety disorders




Survey 2 summary

- Psychological service
 - Average of 14 and 24 sessions, requiring 11 and 14 additional sessions
 - 38%, 37% paid through public institution
 - 31%, 41% paid directly
 - ~half provided CBT
 - More than half of sessions were in a private setting




Survey comparisons


- Client age group
- Presenting problems
- Practice setting
- Method of payment
- Types of services provided




Client age group	Survey 1	Survey 2	
		Wave 1	Wave 2
Young adults	81%	12%	9%
Adults	80%	56%	61%
Adolescents	63%	19%	17%
Older adults	52%	4%	4%
Children	46%	9%	9%




Presenting problems	Survey 1	Survey 2	
		Wave 1	Wave 2
Mood disorders	84%	44%	31%
Anxiety disorders	88%	37%	34%
Intrapersonal issues	84%	51%	38%
Interpersonal issues	78%	41%	36%
Adjustment to life stressors	71%	33%	31%




Practice setting	Survey 1	Survey 2	
		Wave 1	Wave 2
Exclusively private	28%		
Exclusively private: individual		41%	41%
Exclusively private: group		13%	13%
Exclusively public	23%	31%	31%
Combination public and private	50%		




Method of payment	Survey 1	Survey 2	
		Wave 1	Wave 2
Public institution	48%	38%	37%
Pay directly (most or none reimbursed)	34%	31%	41%



Assessment	Survey 1	Survey 2	
		Wave 1	Wave 2
Mood, behaviour, and personality	74%	32%	19%
Intellectual	54%	14%	13%
Neuropsychological	17%	7%	6%
Vocational	14%	4%	4%




Types of therapy	Survey 1	Survey 2	
		Wave 1	Wave 2
Cognitive-behavioural	80%	47%	47%
Humanistic/experiential	31%	24%	20%
Interpersonal	23%	11%	14%
Psychodynamic	26%	11%	11%
Family systems	21%	5%	6%



Next steps

- Development of target surveys for future phases
 - 3 focus groups: Vancouver, Ottawa, Halifax (summer)
 - 3rd survey: Psychological services for child and adolescent clients
 - 4th survey: feedback from focus groups
- Implementing the next surveys
 - Fall/Winter



Thank you!

Project reports will be posted online:
www.cpa.ca/practice/surveillanceandsurveys/

Contact
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