

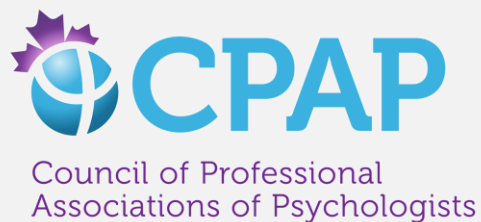
One-third think COVID-19 has negatively impacted ability to access mental health care: Newfoundland and Labrador

Provincial Survey | Summary

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



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Nanos Research was retained by the Canadian Psychological Association and the Council of Professional Association of Psychologists to conduct a study to gauge the impact of COVID-19 on Canadians' ability to access mental health care. This is Newfoundland and Labrador provincial report one (1) of two (2). To follow are the key findings for residents of Newfoundland and Labrador for report one of two.

Accessing services provided by psychologists

More than six in ten respondents think COVID-19 has had a negative (33%) or somewhat negative (27%) impact on accessing mental health care by psychologists

- **Respondents more often think COVID-19 has had a negative or somewhat negative impact on their ability to access mental health care provided by psychologists** – Over six in ten respondents think COVID-19 has had a negative (33%) or somewhat negative (27%) impact on their ability to access mental health care provided by psychologists. Under two in ten think COVID-19 has had a positive (four per cent) or somewhat positive (12%) impact on this, and seven per cent think it has had no impact. Fifteen per cent are unsure.
- **Over nine in ten report they have not accessed services from a psychologist since the COVID-19 pandemic** – Ninety-four per cent of respondents report they have not accessed services from a psychologist since the COVID-19 pandemic, while six per cent report they have done so.
- **Nine in ten report they have not been assessed or treated by a psychologist in the past five years** – Ninety per cent report they have not been assessed or treated by a psychologist in the past five years, while eight per cent report they have been assessed and received treatment, and three per cent report they were assessed but not treated.
- **A majority of respondents say they would prefer to receive psychological services face-to-face** – Seventy-three per cent of respondents would prefer to receive psychological services face-to-face, followed by virtually (13%), by phone (three per cent), and other (one per cent). Ten per cent are unsure.

Over eight in ten respondents say they are willing (45%) or somewhat willing (38%) to use technology to receive mental health care from a psychologist

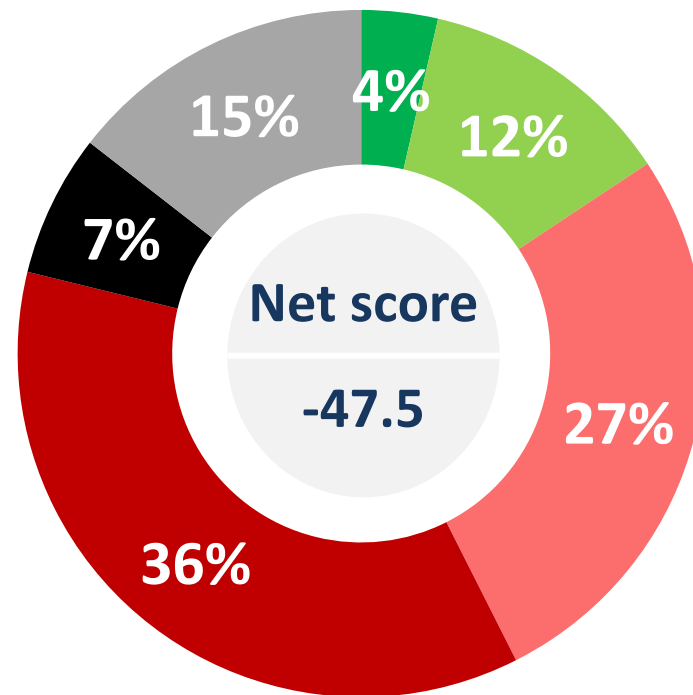
Accessing services using technology

- **Over eight in ten respondents say they are willing or somewhat willing to use technology to receive mental health care from a psychologist** – A majority say that with social/physical distancing rules in place they are willing (45%) or somewhat willing (38%) to use technology like telemedicine to receive mental health care provided by psychologists, while one in ten say they would be somewhat not willing (three per cent) or not willing (seven per cent) to do this. Seven per cent are unsure.
- **A majority of respondents say they have no concerns about using technology to receive mental health care from psychologists** – Asked what, if any concerns they have about using technology to receive mental health care provided by psychologists, 73 per cent say they have no concerns. This was followed by privacy/confidentiality (11 per cent), limited or unreliable internet access (four per cent), barriers to establishing good communication (three per cent), prefer face-to-face (three per cent), and security/hackers and impersonal (each at two per cent).
- **A strong majority say they would be willing or somewhat willing to have an in-person assessment by a psychologist if needed before a COVID-19 vaccine is available** – Over nine in ten say if they were told they needed an in-person assessment by a psychologist (e.g. for memory loss, stroke, brain injury, ADHD, learning disorder) they would be willing (66%) or somewhat willing (24%) to have the in-person assessment before a COVID-19 vaccine is available. Under one in ten say they would be somewhat not willing (four per cent) or not willing (three per cent) to do this, and three per cent are unsure.

Nanos conducted an online survey of 204 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 research was commissioned by the Canadian Psychological Association and the Council of Professional Associations of Psychologists and was conducted by Nanos Research.

Impact of COVID-19 on ability of Canadians to access mental health care provided by psychologists

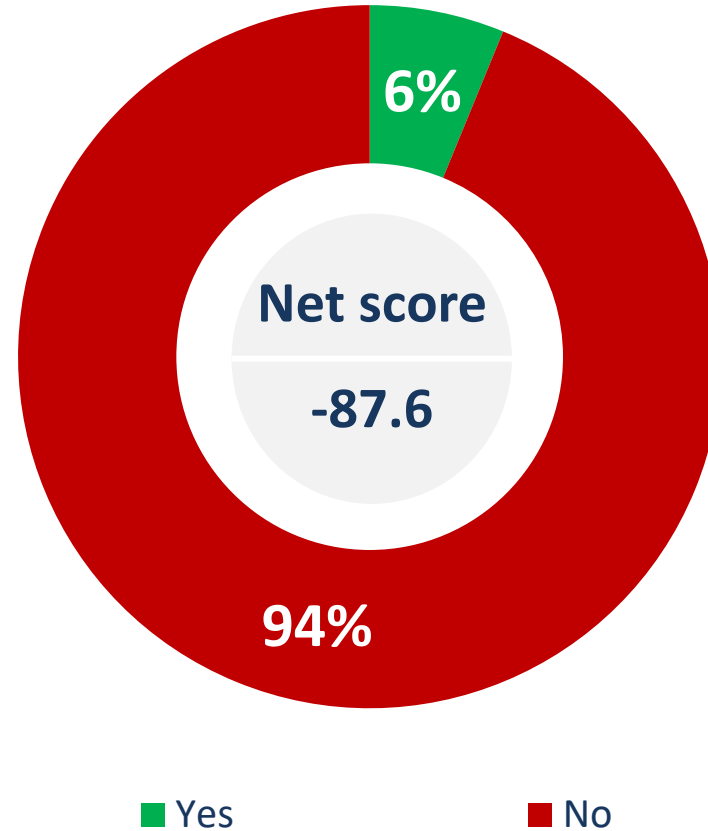


- Positive
- Somewhat positive
- Somewhat negative
- Negative
- No impact
- Don't know

QUESTION – In your opinion, has COVID-19 had a positive, somewhat positive, somewhat negative, negative or no impact on the ability of Canadians to access mental health care provided by psychologists?

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

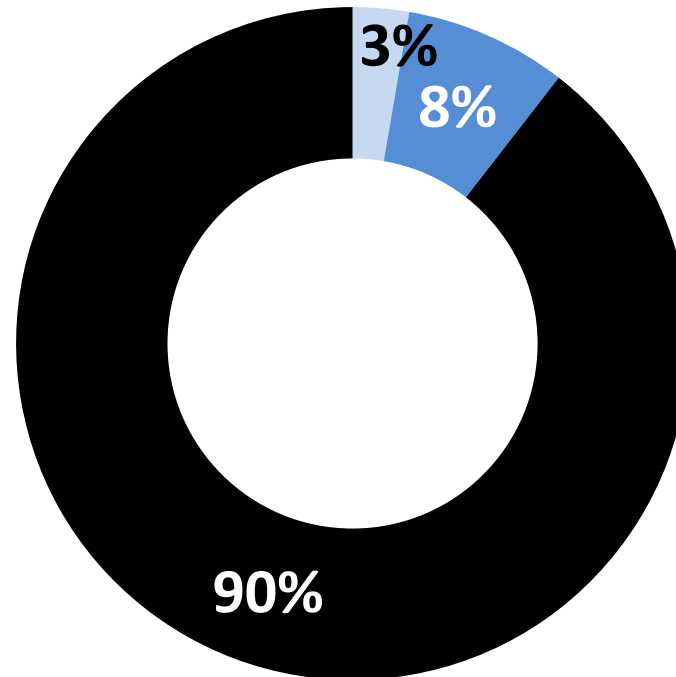
Access to services from a psychologist since the pandemic



QUESTION – Have you accessed services from a psychologist since the COVID-19 pandemic?

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

Assessed or treated by a psychologist in the past five years

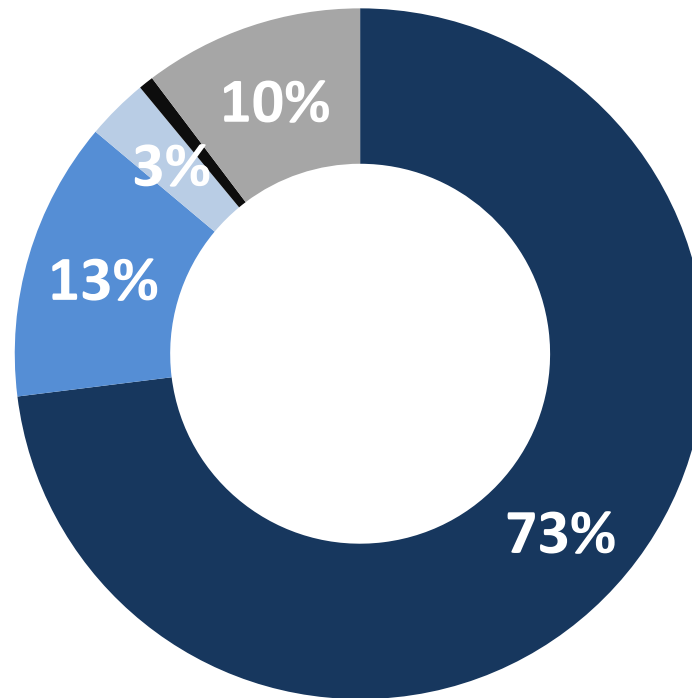


- Assessed but not treated
- Assessed and received treatment
- Have not been assessed

QUESTION – Have you been assessed or treated by a psychologist in the past 5 years?

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

Preference for ways to receive psychological services

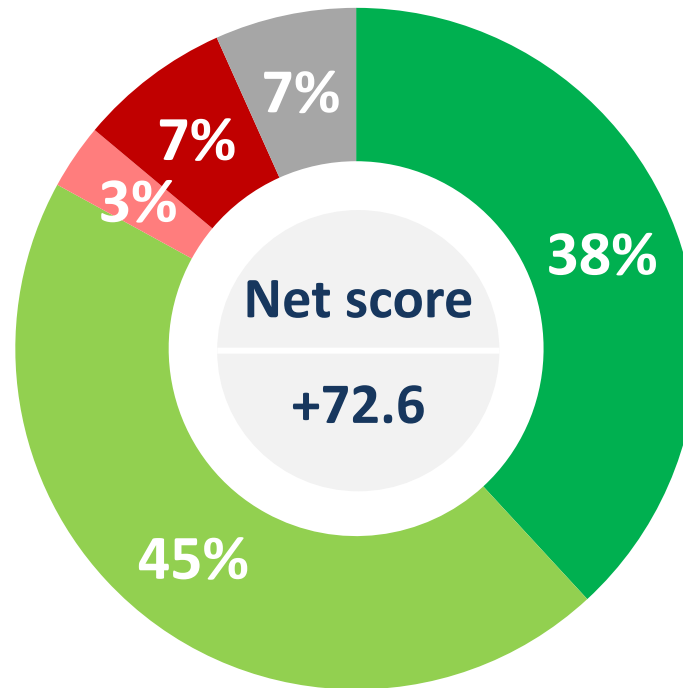


■ Face-to-face ■ Virtually ■ By phone ■ Other ■ Don't know

QUESTION – How would you prefer to receive psychological services?

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

Willingness to use technology to receive mental health care



- Willing
- Somewhat willing
- Somewhat not willing
- Not willing
- Don't know

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

QUESTION – With physical/social distancing rules in place, are you willing, somewhat willing, somewhat not willing or not willing to use technology, like telemedicine, to receive mental health care provided by psychologists?

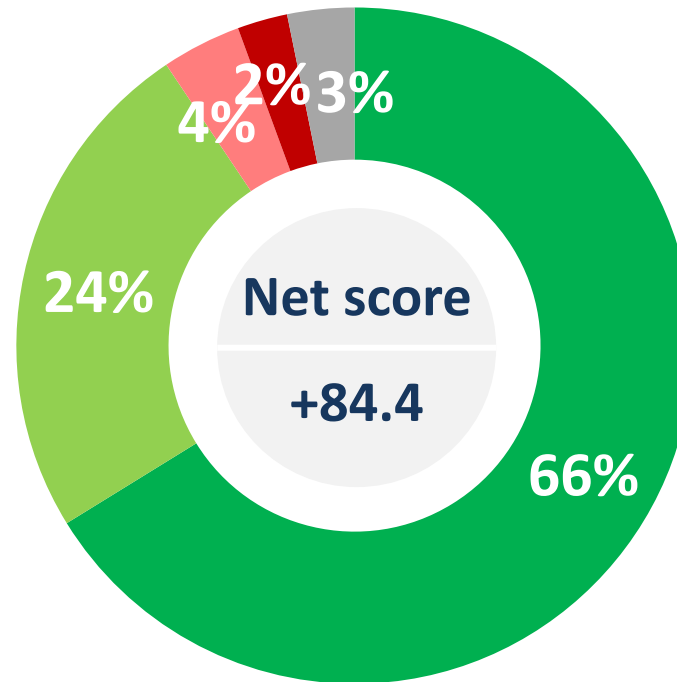
Concerns using technology to receive mental health care

Newfoundland And Labrador (n=204)

Privacy/confidentiality	10.6%
Limited or unreliable internet access	4.1%
Prefer face-to-face	2.9%
Barriers to establishing good communication	2.8%
Security/hackers	2.3%
Impersonal	1.9%
No concerns	72.6%

QUESTION – What, if any, concerns do you have about using technology to receive mental health care provided by psychologists?

Willingness to have in-person assessment before COVID-19 vaccine is available



- Willing
- Somewhat willing
- Somewhat not willing
- Not willing
- Don't know

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

QUESTION – If you were told you needed an in-person assessment by a psychologist (e.g., for memory loss, stroke, brain injury, ADHD, learning disorder), would you be willing, somewhat willing, somewhat not willing or not willing to have the in-person assessment before a COVID-19 vaccine was available?

METHODOLOGY



Nanos conducted an online representative survey of 204 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 Council of Professional Associations of Psychologists and was conducted by Nanos Research.

This is Newfoundland and Labrador provincial report one (1) 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.

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	204 residents of Newfoundland and Labrador 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)	Residents of Newfoundland and Labrador; 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 Newfoundland and Labrador provincial report one (1) of two (2). This report contains questions 35 to 54 and report 2 contains questions 1 to 34 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 .



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