Q1 From which of the following professionals have you previously accessed psychological therapies for a mental health problem (tick all that apply)?

Answered: 149  Skipped: 2

<table>
<thead>
<tr>
<th>Answer Choices</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counsellor</td>
<td>55.70%</td>
</tr>
<tr>
<td>Psychotherapist</td>
<td>32.89%</td>
</tr>
<tr>
<td>Life coach</td>
<td>2.68%</td>
</tr>
<tr>
<td>Psychoanalyst</td>
<td>5.37%</td>
</tr>
<tr>
<td>Humanistic therapist</td>
<td>1.34%</td>
</tr>
<tr>
<td>Jungian or Freudian analyst</td>
<td>4.03%</td>
</tr>
<tr>
<td>Clinical psychologist</td>
<td>26.17%</td>
</tr>
<tr>
<td>Cognitive-behavioural therapist</td>
<td>24.83%</td>
</tr>
<tr>
<td>I have never accessed psychological therapies for a mental health problem</td>
<td>22.15%</td>
</tr>
</tbody>
</table>

Total Respondents: 149
Q2 If you were looking for a professional to provide psychological therapies for a mental health problem, which of the following job titles would you be likely to look for?

Answered: 151  Skipped: 0

- Counsellor
- Psychotherapist
- Life coach
Psychoanalyst
Humanistic therapist
Clinical psychologist
Cognitive-behavioral...
Jungian or Freudian...
### Psychological therapies professional roles

<table>
<thead>
<tr>
<th>Role</th>
<th>Very likely</th>
<th>Quite likely</th>
<th>Somewhat likely</th>
<th>Not likely</th>
<th>Don’t know</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counsellor</td>
<td>35.25%</td>
<td>25.18%</td>
<td>17.27%</td>
<td>21.58%</td>
<td>0.72%</td>
<td>139</td>
</tr>
<tr>
<td>Psychotherapist</td>
<td>33.33%</td>
<td>31.16%</td>
<td>18.12%</td>
<td>14.49%</td>
<td>2.90%</td>
<td>138</td>
</tr>
<tr>
<td>Life coach</td>
<td>3.94%</td>
<td>3.15%</td>
<td>11.02%</td>
<td>77.17%</td>
<td>4.72%</td>
<td>127</td>
</tr>
<tr>
<td>Psychoanalyst</td>
<td>11.02%</td>
<td>13.39%</td>
<td>22.05%</td>
<td>44.88%</td>
<td>8.66%</td>
<td>127</td>
</tr>
<tr>
<td>Humanistic therapist</td>
<td>10.24%</td>
<td>11.02%</td>
<td>22.05%</td>
<td>37.01%</td>
<td>19.69%</td>
<td>127</td>
</tr>
<tr>
<td>Clinical psychologist</td>
<td>38.85%</td>
<td>27.34%</td>
<td>15.11%</td>
<td>15.11%</td>
<td>3.60%</td>
<td>139</td>
</tr>
<tr>
<td>Cognitive-behavioural therapist</td>
<td>24.63%</td>
<td>25.37%</td>
<td>25.37%</td>
<td>22.39%</td>
<td>2.24%</td>
<td>134</td>
</tr>
<tr>
<td>Jungian or Freudian analyst</td>
<td>4.80%</td>
<td>4.80%</td>
<td>13.60%</td>
<td>65.60%</td>
<td>11.20%</td>
<td>125</td>
</tr>
</tbody>
</table>
Q3 If you were offered psychological therapies from the following professionals for a mental health problem, how likely would you be to accept?

Answered: 151  Skipped: 0
<table>
<thead>
<tr>
<th>Role</th>
<th>Very likely</th>
<th>Quite likely</th>
<th>Somewhat likely</th>
<th>Not likely</th>
<th>Don't know</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counsellor</td>
<td>44.37%</td>
<td>20.42%</td>
<td>13.38%</td>
<td>21.13%</td>
<td>0.70%</td>
<td>142</td>
</tr>
<tr>
<td>Psychotherapist</td>
<td>46.21%</td>
<td>26.21%</td>
<td>17.93%</td>
<td>7.59%</td>
<td>2.07%</td>
<td>145</td>
</tr>
<tr>
<td>Life coach</td>
<td>4.35%</td>
<td>7.25%</td>
<td>16.67%</td>
<td>68.12%</td>
<td>3.62%</td>
<td>138</td>
</tr>
<tr>
<td>Psychoanalyst</td>
<td>15.83%</td>
<td>17.99%</td>
<td>23.74%</td>
<td>36.69%</td>
<td>5.76%</td>
<td>139</td>
</tr>
<tr>
<td>Humanistic therapist</td>
<td>14.71%</td>
<td>13.24%</td>
<td>27.94%</td>
<td>28.68%</td>
<td>15.44%</td>
<td>136</td>
</tr>
<tr>
<td>Clinical psychologist</td>
<td>48.57%</td>
<td>25.00%</td>
<td>15.71%</td>
<td>8.57%</td>
<td>2.14%</td>
<td>140</td>
</tr>
<tr>
<td>Cognitive-behaviour therapist</td>
<td>25.55%</td>
<td>29.93%</td>
<td>20.44%</td>
<td>23.36%</td>
<td>0.73%</td>
<td>137</td>
</tr>
<tr>
<td>Jungian or Freudian analyst</td>
<td>5.15%</td>
<td>6.62%</td>
<td>21.32%</td>
<td>55.15%</td>
<td>11.76%</td>
<td>136</td>
</tr>
</tbody>
</table>