



Black Dog Institute 'Experiences of Psychotherapy' Survey

[Click here to rate your
experience of
CURRENT therapy](#)

OR

[Click here to rate your
experience of
PAST therapy](#)

Have you ever received psychological therapy?

If so, we would like to invite you to participate in a confidential survey about your experiences of psychotherapy. In order to be eligible to participate, you should either currently be receiving a form of psychological treatment, or did so in the past.

What is this survey about?

We are interested in the benefits and potential adverse consequences of psychotherapy from the patients' point of view, and how this may affect treatment outcomes. By identifying what is helpful for patients, and what may be harmful, we can develop strategies to identify, monitor, and address aspects of treatment that may have adverse effects in certain circumstances for particular patients.

Who is the survey for?

In order to be eligible to participate, you should either currently be receiving a form of psychological treatment, or did so in the past. To complete the survey you also need to be able to read and understand English and be at least 18 years old.

What will I be asked?

The survey will include some general information questions (e.g. age, gender), some questions about the type of psychological therapy you are receiving or have received in the past, and the type of practitioner you received therapy from (e.g. psychologist, counsellor, GP, psychiatrist, etc). You will then be asked to complete a multiple choice survey on your experiences of particular aspects of psychotherapy, and the impact of each.

Benefits of participating in this study?

This survey provides an opportunity for patients to give their perspective on aspects of psychotherapy that they found beneficial, as well as what may be considered potentially harmful. Research in this area will provide valuable information about what types of treatments are useful and effective, taking into account the patient's perspective. In this way, patients and clinicians can make more informed decisions about treatment choices.

The study has been approved by the Ethics Committee of the University of New South Wales. If you have any questions about the survey, you should contact the principal investigator – Professor Gordon Parker, at the Black Dog Institute, Hospital Road, Randwick, 2031. Complaints may be directed to the Ethics Secretariat, University of New South Wales, Sydney, 2052, Australia (ph: (02) 9385 4234, fax (02) 93856648, email: ethics.sec@unsw.edu.au)

Now that you have more information, please feel free to complete the survey. We will not need any identifying information from you. Because we do not require your personal details, the survey is completely *anonymous*. Your participation in this study is entirely voluntary. If you wish to discontinue the survey, simply close your internet browser.

In total, the survey should not take longer than 30 minutes. Thank you for your time and interest.

The security of your personal information is important to us. We use a third party web-based service operated by QuestionPro in the USA for conducting surveys. The data remains controlled by us. QuestionPro

follows generally accepted industry standards to protect personal information and uses secure socket layer technology. More information on QuestionPro and their Privacy Policy is available on their website at www.questionpro.com. However, no method of transmission over the internet, or method of electronic storage is 100% secure. Therefore, while we strive to use commercially acceptable means to protect your personal information, we cannot guarantee its absolute security. By using this service you understand that we use the QuestionPro service and consent to the transfer of relevant data to the USA based system. We also encourage you to take responsibility for the security of your own computer system.