



NEWS RELEASE

Research Study: Have Your Say

Black Dog Institute ‘Experiences of Psychological Therapy’ Survey

The Black Dog Institute is seeking participants for an online survey about experiences of psychological therapy.

What is psychological therapy?

Psychological therapy is a non-drug treatment where consumers participate in discussions with a counsellor, psychologist or other mental health practitioner. If you have seen a psychologist or other mental health practitioner on a regular basis (e.g. weekly, fortnightly, monthly) for depression, anxiety, stress, or general problems, it is likely that you were receiving some form of psychological therapy (sometimes called ‘psychotherapy’). Psychological therapy can take many forms, including:

- General Counselling
- Cognitive Behaviour Therapy (CBT)
- Interpersonal Psychotherapy (IPT)
- Psychodynamic psychotherapy (sometimes called ‘insight-oriented’ therapy)
- Psychoanalysis

What is this survey about?

We would like to know about your experiences of psychological therapy. We are interested in the benefits as well as any potential adverse consequences of psychological therapy, from a consumer’s point-of -view.

What is this survey for?

Research has generally focused on the side-effects of medication, but little is known about potentially negative aspects of psychological therapy. While it is well known that psychological therapy can be beneficial for many types of disorders, it is important for consumers and health practitioners to know what is helpful and what may be harmful. By identifying the positives and negatives, we can develop ways of identifying, monitoring, and addressing aspects of psychological treatment that may have adverse effects.

Benefits of participating

Research in this area will provide valuable information about what types of treatments are useful and effective, taking into account the consumer’s perspective. In this way, consumers and clinicians can make more informed decisions about treatment choices.

What will I be asked?

The survey will ask you some basic background questions, including the type of psychological therapy you received (or are currently receiving) and the type of practitioner you saw (e.g. GP, Psychologist). You will then be asked to complete multiple-choice questions on particular aspects of therapy, and rate the impact that each had on you personally. The survey is anonymous, in that we will not seek to identify you or your therapist.

Who can take part?

If you are currently receiving psychological therapy, or did so in the past, log on to the Black Dog Institute website www.blackdoginstitute.org.au to complete the survey online. Please allow approximately 30 minutes.

MEDIA INQUIRIES: Please contact Ian Dose (M) 0419 618 606 or i.dose@unsw.edu.au