



New Zealand
PSYCHOLOGISTS BOARD
Te Poari Kaimātai Hinengaro
o Aotearoa

COVID-19 survey: Initial results and comments from the Board

The Board extends its best wishes to all psychologists. These strange times are affecting everybody in different ways. We hope that you are keeping safe and well.

Thank you to all 2,040 psychologists who responded to the COVID-19 survey released on Friday 17 April. By the time the survey closed at noon on Tuesday 21 April about 50% of those who were sent the survey had completed it. We know there was a very short turnaround time, so we very much appreciated you taking part.

You can [click here](#) to find a brief summary of the quantitative data.

Much of the valuable information received came in the form of over 1200 comments. We will need more time to work through those before we can provide comprehensive feedback. However, in the interim, we wanted to let you know that we have identified some key themes from your comments. These are:

- The profession would like further guidance in the provision of telehealth services;
- Around 80% of psychologists consider that Covid-19 is likely to impact on their ability to access CCP to some extent;
- The Board's planned review of the Code of Ethics needs to be fast-tracked so that it better serves psychologists' needs for guidance in the changing environment.

We are working through those issues and will update you as soon as possible.

The Board appreciates that psychologists have the same concerns as other New Zealanders about COVID-19 and the impact of the pandemic response. You've told us that there is a lot of uncertainty about what the coming year will bring, and that this is understandably stressful.

If you are feeling overwhelmed or distressed, please do prioritise your own needs and don't hesitate to seek help or support – whether that is through a health professional or counsellor, your supervisor, a trusted friend or colleague, or the 1737 line. Your professional associations and membership organisations are a good source of resources and supports. It's worth noting that a free brief therapy service is available for NZCCP members and for those NZPsS members who have joined its indemnity insurance scheme, and that He Paiaka Totara is also offering peer supervision for Māori health professionals.

We will update you again once we have had an opportunity to fully analyse the survey data.

Take care, and kia kaha.

John Bushnell
Chairperson
4 May 2020