

Data Dictionary for the whole EFPT Psychotherapy survey data set¹

Col Nr.	Field Label	Field Name in R / SPSS	Type	Description
1	id	id	Numeric	Numeric identifier of the response record. Generated by the database
2	Country	q_0000	Factor	50 levels representing 50 countries in European area. In survey this was a dropdown choice field.
3	Gender	q_0001	Factor	Two factor levels – label ‘Female’ represented as 1 and label ‘Male’ as 2.
4	Age	q_0002	Numeric	Age of the respondent in years
5	Year of training	q_0003	Factor	10 factor levels. Levels are ‘S0401’ to ‘S0410’ and the corresponding factor labels are "Year 1", "Year 2", "Year 3", "Year 4", "Year 5", "Year 6", "Year 7", "Year 8", "More than 8 years in training", "I have recently finished training (within last 5 years)"
6	Are you receiving personal psychotherapy or have you received it in the past?	q_0004	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2.
	Are you training in Psychotherapy?			<i>This is the question and the following data columns represent answers. The answers in subsequent field names are enclosed in brackets [...]</i>
7	I am undertaking training in Psychotherapy within my training programme in Psychiatry	q_0005_S05A2	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
8	I am undertaking training in Psychotherapy on my own initiative (outside my training programme in Psychiatry)	q_0005_S05A2	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
9	I am not undertaking any training in Psychotherapy	q_0005_S05A3	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
10	I have completed full training in a Psychotherapy specialty in the past	q_0005_S05A4	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
11	[Other] Are you training in Psychotherapy?	q_0005_other	Character	This is response to the ‘Other’ option recorded as plain text.

¹ Please note that two internal limesurvey fields from the original data frames are omitted. They are:

- **submitdate** – because due to anonymous responses the date/time of survey submission were not recorded
- **startlanguage** – because all fields in all datasets are ‘en’ as the survey was done only in English.

id has been kept – it is always handy to have around the unique database row identifier

Col Nr.	Field Label	Field Name in R / SPSS	Type	Description
12	You have indicated in answering the previous question that you are training to be a psychotherapist, or have already completed a full training in at least one psychotherapeutic modality. Would you please write in the box below, what modality you have trained in or are training now?	q_0006	Character	Plain text response to a question that appears only to people who have not responded “Yes” to the sub-question q_0005_S05A3. This should give us list of therapies that people train in.
13	Is Psychotherapy important for your professional identity as a Psychiatrist?	q_0007	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2. One of the key questions of the survey.
14	Do you want to practise Psychotherapy after your training in Psychiatry?	q_0008	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2. Another key question of the survey.
	<i>What types of Psychotherapy are you interested in?</i>			<i>This is the question and the following data columns represent answers. The answers in subsequent field names are enclosed in brackets [...]</i>
15	Psychodynamic (Psychoanalytic) Psychotherapy	q_0009_SQ1	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
16	Cognitive Behavioural Psychotherapy	q_0009_SQ2	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
17	Family / Systemic Therapy	q_0009_SQ3	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
18	Group modalities of therapies	q_0009_SQ4	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0.
19	I am not interested in Psychotherapy	q_0009_Ax	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘Not selected’ as 0. This is a mutually exclusive question. If answer to previous questions has been yes, then it might not be the case that there is no interest. Therefore if respondent selects ‘Yes’ to this option, the previous options of this question are re-set to ‘Not selected’
20	[Other] What types of Psychotherapy are you interested in?	q_0009_other	Character	This is response to the ‘Other’ option recorded as plain text. Therefore people get to add therapies they are also interested in, apart from those listed.
21	Your comments about your preferences with regard to Psychotherapy:	q_0010	Character	A non-mandatory field where people can express their thoughts about their preferences about psychotherapy. (Such as “It is an inevitable part of our profession which is expected from the patient and we must strive not to loose our identity by letting psychotherapy dissolve from psychiatry.”)
	<i>The following experience in Psychotherapy is a mandatory part of my training in Psychiatry:</i>			<i>This is the question and the following data columns represent answers. The answers in subsequent field names are enclosed in brackets [...]</i>

Col Nr.	Field Label	Field Name in R / SPSS	Type	Description
22	Theoretical lectures or seminars in Psychotherapy	q_0011_SQ001	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
23	Conducting Psychotherapy without supervision with a patient or group	q_0011_SQ002	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
24	Conducting Psychotherapy under supervision with a patient or group	q_0011_SQ003	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
25	Personal Psychotherapy	q_0011_SQ004	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
26	Are you qualified to practice Psychotherapy after you finish your training in Psychiatry?	q_0012	Character	Three factor levels – label ‘Yes’ represented as A1 and label ‘No’ as A2 and ‘Uncertain’ as A3. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 3. That can be done quickly.
27	---“”--- same question	q_0012_other	Character	If in the answer to the above question one selects ‘other’ when answering if qualified to practise, then this field is meant for textual explanation what that ‘other’ means.
28	What types of psychotherapy modalities are available for treatment of patients at the institution or hospital where you are training to become a psychiatrist?	q_0013	Character	This is a plain text. Therefore people get to add therapies they have seen practised in hospital / clinic they work / train in. Please note that there is a spelling mistake in the field name. However it should be fine with data processing software, because the actual field name is q_0013 ;)
	How many hours of supervision do you have for your Psychotherapy training per month?			This is the question and the following data columns represent answers. The answers in subsequent field names are enclosed in brackets [...]
29	Individual supervision (3 - 5 people)	q_0014_SQ001		
30	Small group supervision (3 - 5 people)	q_0014_SQ002	Numeric	Number of hours per month spent in this kind of supervision.
31	Large group supervision (more than 5 people)	q_0014_SQ003	Numeric	Number of hours per month spent in this kind of supervision.
32	Generic Balint group	q_0014_SQ004	Numeric	Number of hours per month spent in this kind of supervision.
33	Other form of supervision (please explain in the freeform text box below)	q_0014_SQ005	Numeric	Number of hours per month spent in this kind of supervision.
34	If you have chosen other form of supervision in the previous question, please describe what other form of supervision you receive.	q_0015	Character	This is a plain text for people to describe other kind of supervision they may receive. This question will appear only if the survey respondent would have selected “Other form of supervision” to be greater than 0 hours per month.

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	Who pays for the following components of Psychotherapy experience?			This is the question and the following data columns represent answers. The answers in subsequent field names are enclosed in brackets [...]
35	Theoretical lectures / seminars	q_0016_SQ001	Character	Four factor levels – label 'I pay' represented as A1 and label 'State / 3rd party pays' as A2, 'It is FREE' as A3 and 'I don't have it' as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.
36	Supervision - individual	q_0016_SQ002	Character	Four factor levels – label 'I pay' represented as A1 and label 'State / 3rd party pays' as A2, 'It is FREE' as A3 and 'I don't have it' as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.
37	Supervision - group	q_0016_SQ003	Character	Four factor levels – label 'I pay' represented as A1 and label 'State / 3rd party pays' as A2, 'It is FREE' as A3 and 'I don't have it' as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.
38	Balint groups	q_0016_SQ004	Character	Four factor levels – label 'I pay' represented as A1 and label 'State / 3rd party pays' as A2, 'It is FREE' as A3 and 'I don't have it' as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.
39	Sessions with patient(s)	q_0016_SQ005	Character	Four factor levels – label 'I pay' represented as A1 and label 'State / 3rd party pays' as A2, 'It is FREE' as A3 and 'I don't have it' as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.

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40	Self-experience *	q_0016_SQ006	Character	Four factor levels – label ‘I pay’ represented as A1 and label ‘State / 3rd party pays’ as A2, ‘It is FREE’ as A3 and ‘I don’t have it’ as A4. This was a bit of a mistake selecting answer codes for the question. Essentially it should be converted to factor similar as the previous question, the data being digits from 1 to 4. That can be done quickly in statistical software.
41	Would you be motivated to undertake training in Psychotherapy, if financing is not an issue?	q_0017	Factor	Two factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2.
42	What percentage of your annual salary do you intend to spend on funding your psychotherapy training In the next 12 months?	q_0018	Numeric	People were asked to roughly calculate the percentage of annual salary they might be spending on their psychotherapy training out of pocket.
43	I am satisfied with Psychotherapy component in my training programme	q_0019_SQ001	Character	Five factor levels – label ‘Strongly Disagree’ represented as SD and label ‘Disagree’ as D, ‘Neutral’ as NAD, ‘Agree’ as A and ‘Strongly Agree’ as SA. These values can easily be converted to factor. That can be done quickly in statistical software.
44	I am satisfied with Psychotherapy training options in my country	q_0019_SQ002	Character	Five factor levels – label ‘Strongly Disagree’ represented as SD and label ‘Disagree’ as D, ‘Neutral’ as NAD, ‘Agree’ as A and ‘Strongly Agree’ as SA. These values can easily be converted to factor.
45	I am satisfied with the level of funding for Psychotherapy training within Psychiatry in my country	q_0019_SQ003	Character	Five factor levels – label ‘Strongly Disagree’ represented as SD and label ‘Disagree’ as D, ‘Neutral’ as NAD, ‘Agree’ as A and ‘Strongly Agree’ as SA. These values can easily be converted to factor.
	Are you aware of UEMS (European Union of Medical Specialists) recommendations for training in Psychiatry in European countries?			This block of questions is optional. Key recommendations from UEMS Training Charter in Psychiatry have been selected and trainees are asked to answer Yes, No or Uncertain about their awareness of the recommendation.
46	Psychotherapy is a mandatory part of the training curriculum that takes place within working hours.	q_0021_SQ001	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
47	Practical application of psychotherapy should be conducted in a defined number of cases.	q_0021_SQ002	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
48	The Theory of psychotherapy should be delivered over at least 120 hours.	q_0021_SQ003	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.

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49	Experience in psychotherapy should be gained with individuals as well as family and groups.	q_0021_SQ004	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
50	As a minimum, psychodynamic, CBT and systemic theory and methods should be applied, but integrative psychotherapies are highly recommended.	q_0021_SQ005	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
51	Personal therapeutic experience / feed-back on personal style is highly recommended.	q_0021_SQ006	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
52	Supervisors should be qualified.	q_0021_SQ007	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
53	Supervision should be provided on a regular basis for at least 100 hours. Individual but preferably also group supervision should be applied. At least 50 hours of supervision should be conducted on an individual basis.	q_0021_SQ008	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
54	Training should be publicly funded.	q_0021_SQ009	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
<i>Do you think these recommendations have been implemented in your Psychiatry training scheme, or any other in your country?</i>				This block of questions is optional. The same key recommendations from UEMS Training Charter in Psychiatry have been selected as in previous group. Now the emphasis is whether these recommendations have been implemented and trainees are asked to answer Yes , No or Uncertain as to if they have seen the implementation of that recommendation.
55	Psychotherapy is a mandatory part of the training curriculum that takes place within working hours.	q_0022_SQ001	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
56	Practical application of psychotherapy should be conducted in a defined number of cases.	q_0022_SQ002	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
57	The Theory of psychotherapy should be delivered over at least 120 hours.	q_0022_SQ003	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.
58	Experience in psychotherapy should be gained with individuals as well as family and groups.	q_0022_SQ004	Factor	Three factor levels – label 'Yes' represented as 1 and label 'No' as 2 and 'Uncertain' as 3.

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59	As a minimum, psychodynamic, CBT and systemic theory and methods should be applied, but integrative psychotherapies are highly recommended.	q_0022_SQ005	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
60	Personal therapeutic experience / feed-back on personal style is highly recommended.	q_0022_SQ006	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
61	Supervisors should be qualified.	q_0022_SQ007	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
62	Supervision should be provided on a regular basis for at least 100 hours. Individual but preferably also group supervision should be applied. At least 50 hours of supervision should be conducted on an individual basis.	q_0022_SQ008	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
63	Training should be publicly funded.	q_0022_SQ009	Factor	Three factor levels – label ‘Yes’ represented as 1 and label ‘No’ as 2 and ‘Uncertain’ as 3.
64	Please do not hesitate to leave your comments or suggestions in the free form text field below. We are very grateful for your participation and wish all the success in your future career.	q_0023	Character	This is a free text field for trainees to leave their feedback or suggestions.

Colour key

	Question with sub-questions
	Sub-question
	Free standing question