

# Psychotherapy Study

*Roberts Klotins and Thomas Gargot*

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## Presentation

The psychotherapy study run from 2013 to 2015 to understand the actual opportunities and wishes for training in psychotherapy in Europe among psychiatrist trainees in 19 countries.

### Presentations of the survey

#### Past

- “The EFPT Psychotherapy working Group and its Survey on Psychotherapy Training 2013-2015” was presented at the [Royal College of Psychiatrists](#) - faculty of Psychotherapy Annual Meeting 22-24 April 2015 by Alina Petricean (UK, Romania)
- “The EFPT Psychotherapy working group” was presented at the “Portuguese Psychiatric National Congress by Rita Silva (Portugal)

## Projects

- Accepted talk : “Should all psychiatrists be skilled to practice psychotherapy ? Thomas GARGOT (France) and Ekin Sonmez (Turkey), [European Psychiatric Association Congress](#), March 12th - March 15th 2016
- Submission Project : “How psychiatrist trainees are trained in Psychotherapies in Europe ? A European trainee survey”, Thomas GARGOT (France), [European Association of Behavioural and Cognitive Therapies conference \(EABCT\)](#), August 31st - September 3rd 2016
- Submission Project : How psychiatrist trainees are trained in Psychotherapies in Europe ? A European trainee survey" in Italian, Diego Quattrone (Italy) [Italian Federation of Psychotherapy Associations \(FIAP\)](#)

## To do list

It can be found [here](#).

## Actual recommendations

### EFPT Psychotherapy Working Group statement

“A working knowledge of psychotherapy is an integral part of being a psychiatrist and this must be reflected in training in psychiatry. All trainees must gain the knowledge, skills and attitudes to be competent in psychotherapy. Competence should be gained in at least one recognised form of psychotherapy (of the trainees choice) and basic knowledge should be gained in the other forms of psychotherapy to allow the trainee to evaluate suitability for referral to specialist psychotherapist. Training in psychotherapy must include supervision by qualified therapists. A personal psychotherapeutic experience is seen as a valuable component of training. It is crucial that trainees have access to relevant psychotherapy experience to cater to the needs of the appropriate patient group that the trainee is dealing with or is expected to deal with in the future.

Relevant training authorities should ensure that time, resources and funding are available to all trainees to meet the above mentioned psychotherapy training needs."

Discussed and voted by EFPT delegates in Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003, Istanbul 2005, Gothenburg 2008, Cambridge 2009 and Zurich 2013

[See all EFPT statements](#).

### UEMS Psychotherapy Reports

See all UEMS reports related to [psychiatry training](#).

## Data storage

The data is stored on [GitHub](#).



```
## [1] "q_0000"      "q_0012_other"
```

## List of countries studied

```
list <- list.files("data", full.names=FALSE)
print(list)
```

```
## [1] "Sweden"
```

## Binding datasets

```
listof.df <- lapply(ls(), function(x) if (class(get(x)) == "data.frame") get(x))
data_Europe <- do.call("rbind", listof.df)
```

## European results

```
dim(data_Europe)
```

```
## [1] 684  64
```

```
str(data_Europe)
```

```
## 'data.frame':  684 obs. of  64 variables:
## $ id          : num  10 11 12 13 14 15 16 12 13 14 ...
## $ q_0000       : Factor w/ 50 levels "Albania","Andorra",...: 1 1 1 1 1 1 1 6 7 7 ...
## $ q_0001       : Factor w/ 2 levels "Female","Male": 1 1 1 1 1 1 1 1 2 2 ...
## $ q_0002       : num  28 30 33 31 30 30 39 33 28 26 ...
## $ q_0003       : Factor w/ 10 levels "Year 1","Year 2",...: 3 3 3 3 3 3 10 10 5 2 ...
## $ q_0004       : Factor w/ 2 levels "Yes","No": 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_S05A1: Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_S05A2: Factor w/ 2 levels "Yes","Not selected": 1 2 2 2 2 2 2 2 1 2 ...
## $ q_0005_S05A3: Factor w/ 2 levels "Yes","Not selected": 1 2 1 1 1 1 2 1 2 1 ...
## $ q_0005_S05A4: Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_other: chr  NA "no" NA NA ...
## $ q_0006       : chr  "psychoanalysis" NA NA NA ...
## $ q_0007       : Factor w/ 3 levels "Yes","No","I don't know": 1 1 1 1 1 1 1 NA 1 2 ...
## $ q_0008       : Factor w/ 2 levels "Yes","No": 1 1 1 1 1 1 2 NA 1 1 ...
## $ q_0009_SQ1   : Factor w/ 2 levels "Yes","Not selected": 1 2 2 2 1 1 2 2 2 2 ...
## $ q_0009_SQ2   : Factor w/ 2 levels "Yes","Not selected": 2 1 1 1 1 1 1 2 1 1 ...
## $ q_0009_SQ3   : Factor w/ 2 levels "Yes","Not selected": 2 1 2 2 2 1 2 2 2 1 ...
## $ q_0009_SQ4   : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 2 ...
## $ q_0009_Ax    : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 2 ...
## $ q_0009_other: chr  NA NA NA NA ...
## $ q_0010       : chr  NA "I am very interested in psychotherapy and this is reason why i wont to be p
## $ q_0011_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 2 1 1 1 1 NA 2 2 ...
## $ q_0011_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 2 2 1 2 2 NA 2 1 ...
```

```

## $ q_0011_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 2 2 1 1 3 NA 2 1 ...
## $ q_0011_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 2 1 1 2 2 NA 2 2 ...
## $ q_0012      : Factor w/ 3 levels "Yes","No","Unsure": 3 2 3 2 3 2 2 NA 1 2 ...
## $ q_0012_other: chr  NA NA NA NA ...
## $ q_0013      : chr  "cogitive behavioural psychotarapy" "Cognitive Behavioural Therapy" "Cognitive
## $ q_0014_SQ001: num  0 0 0 0 0 2 0 NA 2 0 ...
## $ q_0014_SQ002: num  0 0 0 0 0 3 0 NA 4 0 ...
## $ q_0014_SQ003: num  0 0 0 0 0 2 0 NA 0 0 ...
## $ q_0014_SQ004: num  0 0 0 0 0 0 0 NA 0 0 ...
## $ q_0014_SQ005: num  0 0 0 0 0 0 0 NA 0 0 ...
## $ q_0015      : chr  NA NA NA NA ...
## $ q_0016_SQ001: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 1 NA 2 3 1 3 3 NA 1 3 ...
## $ q_0016_SQ002: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 NA 3 3 3 3 3 NA 1 3 ...
## $ q_0016_SQ003: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 NA 3 3 3 3 3 NA 1 3 ...
## $ q_0016_SQ004: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 NA 3 3 3 3 3 NA 3 3 ...
## $ q_0016_SQ005: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 NA 3 3 3 3 2 NA 2 3 ...
## $ q_0016_SQ006: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 NA 3 3 3 3 3 NA 3 3 ...
## $ q_0017      : Factor w/ 2 levels "Yes","No": 1 NA 1 1 1 1 1 NA 1 1 ...
## $ q_0018      : num  20 NA 2 300 10 0 0 NA 9 0 ...
## $ q_0019_SQ001: Factor w/ 5 levels "Strongly Disagree",...: 1 NA 1 1 1 1 2 NA 2 2 ...
## $ q_0019_SQ002: Factor w/ 5 levels "Strongly Disagree",...: 1 NA 1 1 1 1 2 NA 4 4 ...
## $ q_0019_SQ003: Factor w/ 5 levels "Strongly Disagree",...: 1 NA 1 1 1 1 2 NA 1 2 ...
## $ q_0021_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 2 NA NA 1 NA 2 2 ...
## $ q_0021_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0021_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 3 NA NA 1 NA 2 2 ...
## $ q_0021_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": 1 NA NA 1 NA NA 1 NA 2 2 ...
## $ q_0022_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 1 NA 2 2 ...
## $ q_0022_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 3 NA 1 2 ...
## $ q_0022_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 1 NA 2 1 ...
## $ q_0022_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 3 NA 1 3 ...
## $ q_0022_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 3 NA 1 1 ...
## $ q_0022_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA NA NA 1 1 ...
## $ q_0022_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 3 NA 1 1 ...
## $ q_0022_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 3 NA 3 3 ...
## $ q_0022_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": NA NA NA 2 NA NA 2 NA 2 2 ...
## $ q_0023      : chr  NA NA NA NA ...

```

```
summary(data_Europe)
```

```

##      id      q_0000      q_0001      q_0002
## Min.   : 1.00  Romania      : 93  Female:395  Min.   : 25.00
## 1st Qu.: 22.00  France<c2><a0>: 64  Male  :177  1st Qu.: 28.00
## Median : 40.00  Slovenia    : 60  NA's  :112  Median : 31.00
## Mean   : 51.66  Czech Republic: 58  Mean   : 35.51
## 3rd Qu.: 77.00  Italy        : 53  3rd Qu.: 35.00
## Max.   :142.00  (Other)      :247  Max.   :1969.00
##      NA's      :109  NA's      :112
##
##      q_0003      q_0004
##      :118      Yes :234
## Year 3

```

```

## Year 4 :106 No :337
## I have recently finished training (within last 5 years): 93 NA's:113
## Year 2 : 84
## Year 5 : 76
## (Other) : 95
## NA's :112
## q_0005_S05A1 q_0005_S05A2 q_0005_S05A3
## Yes :109 Yes :229 Yes :218
## Not selected:575 Not selected:455 Not selected:466
##
##
##
##
## q_0005_S05A4 q_0005_other q_0006
## Yes : 36 Length:684 Length:684
## Not selected:648 Class :character Class :character
## Mode :character Mode :character
##
##
##
## q_0007 q_0008 q_0009_SQ1 q_0009_SQ2
## Yes :508 Yes :495 Yes :280 Yes :345
## No : 27 No : 57 Not selected:404 Not selected:339
## I don't know: 17 NA's:132
## NA's :132
##
##
##
## q_0009_SQ3 q_0009_SQ4 q_0009_Ax
## Yes :266 Yes :150 Yes : 9
## Not selected:418 Not selected:534 Not selected:675
##
##
##
##
## q_0009_other q_0010 q_0011_SQ001 q_0011_SQ002
## Length:684 Length:684 Yes :362 Yes :114
## Class :character Class :character No :103 No :298
## Mode :character Mode :character Uncertain: 50 Uncertain:102
## NA's :169 NA's :170
##
##
##
## q_0011_SQ003 q_0011_SQ004 q_0012 q_0012_other
## Yes :219 Yes :113 Yes :193 Length:684
## No :233 No :336 No :239 Class :character
## Uncertain: 63 Uncertain: 65 Unsure: 77 Mode :character
## NA's :169 NA's :170 NA's :175
##
##
##

```

```

##      q_0013      q_0014_SQ001      q_0014_SQ002      q_0014_SQ003
## Length:684      Min.      : 0.000      Min.      : 0.000      Min.      : 0.000
## Class :character 1st Qu.: 0.000      1st Qu.: 0.000      1st Qu.: 0.000
## Mode  :character Median : 0.000      Median : 0.000      Median : 0.000
##                      Mean  : 1.359      Mean   : 1.184      Mean   : 1.181
##                      3rd Qu.: 2.000      3rd Qu.: 2.000      3rd Qu.: 2.000
##                      Max.   :10.000      Max.   :10.000      Max.   :10.000
##                      NA's    :186      NA's    :189      NA's    :188
##      q_0014_SQ004      q_0014_SQ005      q_0015
## Min.      : 0.0000      Min.      : 0.0000      Length:684
## 1st Qu.: 0.0000      1st Qu.: 0.0000      Class :character
## Median : 0.0000      Median : 0.0000      Mode  :character
## Mean    : 0.3931      Mean    : 0.2312
## 3rd Qu.: 0.0000      3rd Qu.: 0.0000
## Max.    :10.0000      Max.    :10.0000
## NA's    :188      NA's    :191
##      q_0016_SQ001      q_0016_SQ002
## I pay      :209      I pay      :144
## State / 3rd party pays:171      State / 3rd party pays: 93
## I don't have it      : 99      I don't have it      :243
## It is FREE      : 2      It is FREE      : 2
## NA's      :203      NA's      :202
##
##
##      q_0016_SQ003      q_0016_SQ004
## I pay      :138      I pay      : 45
## State / 3rd party pays:125      State / 3rd party pays: 47
## I don't have it      :212      I don't have it      :387
## It is FREE      : 6      It is FREE      : 2
## NA's      :203      NA's      :203
##
##
##      q_0016_SQ005      q_0016_SQ006      q_0017
## I pay      : 55      I pay      :216      Yes :461
## State / 3rd party pays:152      State / 3rd party pays: 34      No  : 21
## I don't have it      :247      I don't have it      :225      NA's:202
## It is FREE      : 27      It is FREE      : 6
## NA's      :203      NA's      :203
##
##
##      q_0018      q_0019_SQ001      q_0019_SQ002
## Min.      : 0.00      Strongly Disagree:195      Strongly Disagree: 77
## 1st Qu.: 0.00      Disagree      :121      Disagree      :127
## Median : 8.00      Neutral      : 56      Neutral      :104
## Mean    : 49.39      Agree      : 86      Agree      :141
## 3rd Qu.: 15.00      Strongly Agree : 18      Strongly Agree : 27
## Max.    :5100.00      NA's      :208      NA's      :208
## NA's    :204
##      q_0019_SQ003      q_0021_SQ001      q_0021_SQ002      q_0021_SQ003
## Strongly Disagree:235      Yes      :152      Yes      :136      Yes      :105
## Disagree      :128      No      : 78      No      : 75      No      : 91
## Neutral      : 68      Uncertain: 44      Uncertain: 55      Uncertain: 69
## Agree      : 38      NA's      :410      NA's      :418      NA's      :419
## Strongly Agree : 7

```



```
## NA's :208
##
## q_0021_SQ004 q_0021_SQ005 q_0021_SQ006 q_0021_SQ007
## Yes :128 Yes :120 Yes :151 Yes :203
## No : 76 No : 77 No : 60 No : 48
## Uncertain: 62 Uncertain: 69 Uncertain: 51 Uncertain: 18
## NA's :418 NA's :418 NA's :422 NA's :415
##
##
## q_0021_SQ008 q_0021_SQ009 q_0022_SQ001 q_0022_SQ002
## Yes :119 Yes :105 Yes :108 Yes : 94
## No : 81 No : 91 No :123 No :117
## Uncertain: 62 Uncertain: 62 Uncertain: 34 Uncertain: 52
## NA's :422 NA's :426 NA's :419 NA's :421
##
##
## q_0022_SQ003 q_0022_SQ004 q_0022_SQ005 q_0022_SQ006
## Yes : 79 Yes : 66 Yes : 77 Yes : 84
## No :109 No :125 No :114 No :115
## Uncertain: 72 Uncertain: 68 Uncertain: 66 Uncertain: 58
## NA's :424 NA's :425 NA's :427 NA's :427
##
##
## q_0022_SQ007 q_0022_SQ008 q_0022_SQ009 q_0023
## Yes :138 Yes : 64 Yes : 63 Length:684
## No : 76 No :131 No :142 Class :character
## Uncertain: 44 Uncertain: 63 Uncertain: 50 Mode :character
## NA's :426 NA's :426 NA's :429
##
##
##
```

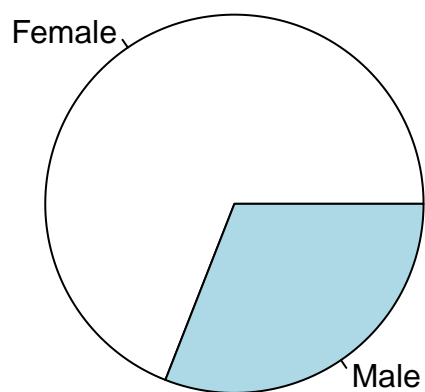
## Gender

```
table(data_Europe$q_0001)
```

```
##
## Female Male
## 395 177
```

```
pie(table(data_Europe$q_0001), main = "Gender of participants")
```

## Gender of participants



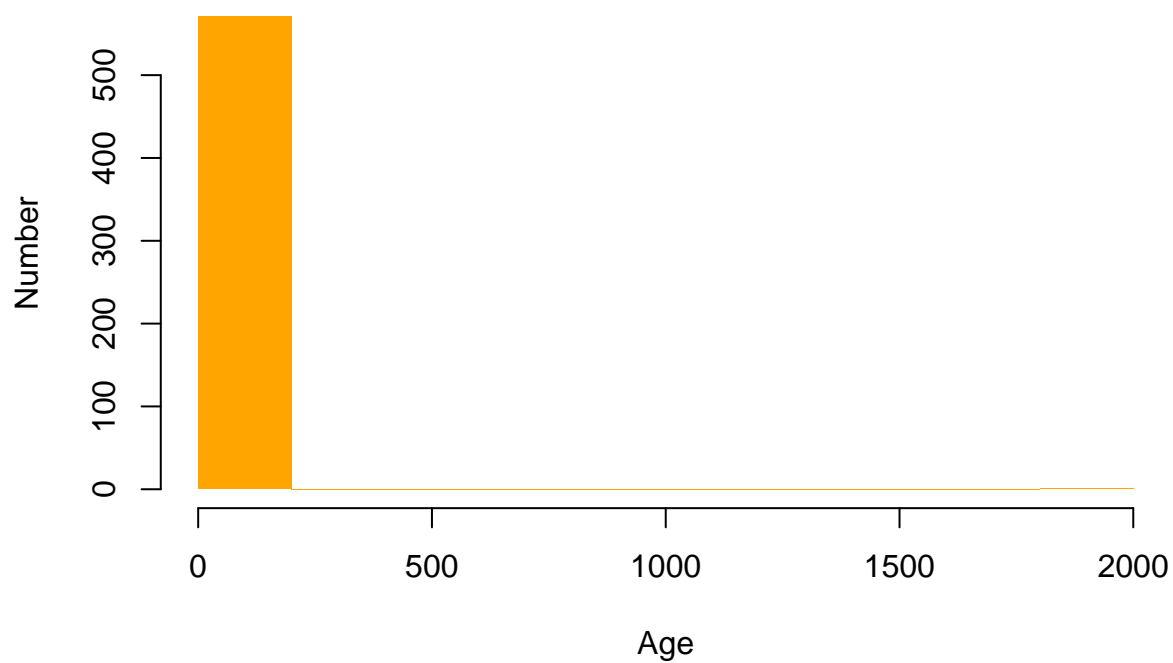
## Age

```
#error max = 1969 !!!  
summary(data_Europe$q_0002)
```

##	Min.	1st Qu.	Median	Mean	3rd Qu.	Max.	NA's
##	25.00	28.00	31.00	35.51	35.00	1969.00	112

```
hist(data_Europe$q_0002, col="orange",  
      xlab="Age", ylab="Number", main="Age distribution", border=NA)
```

## Age distribution

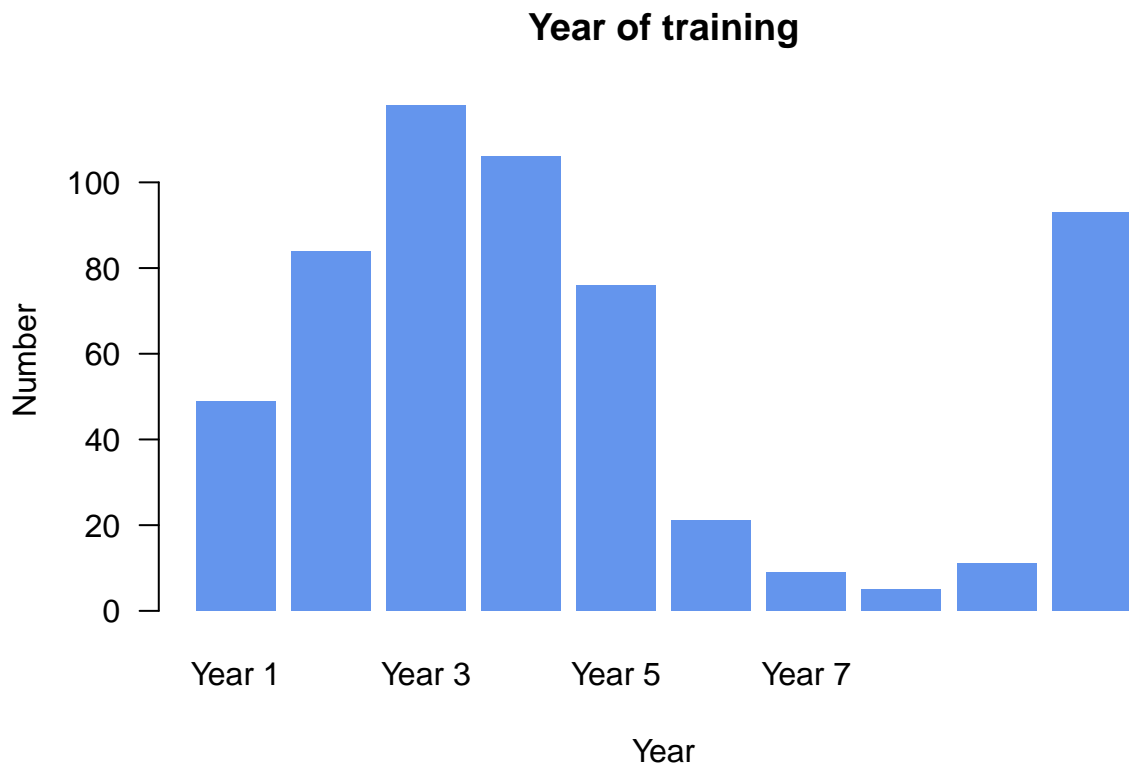


Year in Training (now the shorter labels fit in the plot)

```
table(data_Europe$q_0003)
```

```
##
##          Year 1
##          49
##          Year 2
##          84
##          Year 3
##         118
##          Year 4
##         106
##          Year 5
##          76
##          Year 6
##          21
##          Year 7
##           9
##          Year 8
##           5
##          More than 8 years in training
##           11
## I have recently finished training (within last 5 years)
##          93
```

```
barplot(table(data_Europe$q_0003), main="Year of training", xlab="Year", las=1, col="cornflowerblue", b
```

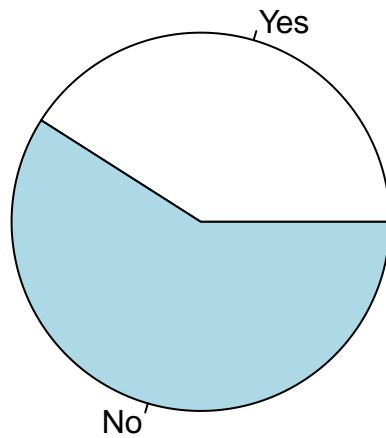


Are you receiving personal psychotherapy or have you received it in the past?

```
# TODO : GGPLOT this : http://docs.ggplot2.org/current/geom\_bar.html
data_Europe[, 7] <- as.numeric(data_Europe[, 7])
attributes(data_Europe)$variable.labels[7] <- "Are you receiving personal psychotherapy or have you received it in the past?"
data_Europe[, 7] <- factor(data_Europe[, 7], levels=c(1,2), labels=c("Yes", "No"))
names(data_Europe)[7] <- "q_0004"
table(data_Europe$q_0004)
```

```
##
## Yes No
## 234 337
```

```
pie(table(data_Europe$q_0004), xlab="Receiving personal psychotherapy (present or past)")
```



Receiving personal psychotherapy (present or past)

I am undertaking training in Psychotherapy within my training programme in Psychiatry

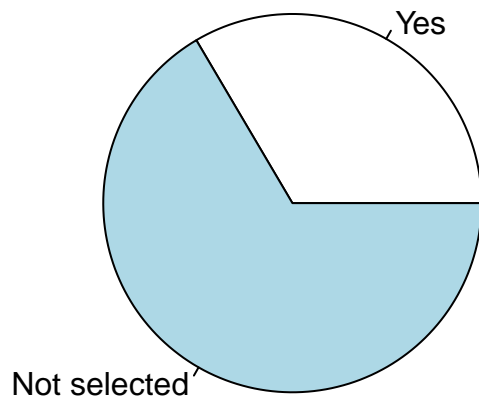
```
#tab <- table(data_Europe$q_0005_S05A1)
#pie(tab)
#pie(table(data_Europe$q_0005_S05A1))
# , xlab="In a Psychotherapy training within my training programme")
```

I am undertaking training in Psychotherapy on my own initiative

```
table(data_Europe$q_0005_S05A2)
```

```
##
##      Yes Not selected
##      229      455
```

```
pie(table(data_Europe$q_0005_S05A2),
     xlab="Training in Psychotherapy outside my training programme")
```



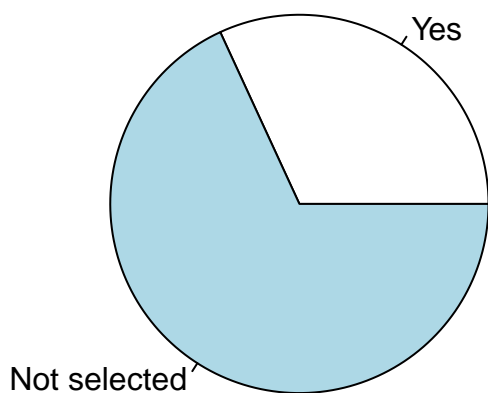
Training in Psychotherapy outside my training programme

I am not undertaking any training in Psychotherapy

```
table(data_Europe$q_0005_S05A3)
```

```
##
##      Yes Not selected
##      218      466
```

```
pie(table(data_Europe$q_0005_S05A3),
     xlab="I am not undertaking any training in Psychotherapy")
```



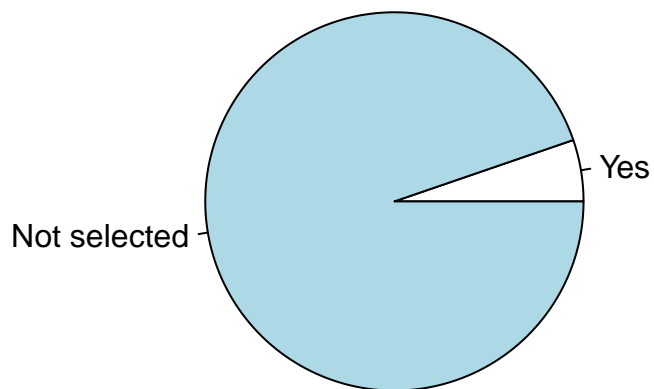
I am not undertaking any training in Psychotherapy > Psychotherapy training taking place within working hours is recommended by UEMS as a mandatory component of curriculum.

I have completed full training in a Psychotherapy specialty in the past

```
table(data_Europe$q_0005_S05A4)
```

```
##  
##      Yes Not selected  
##      36      648
```

```
pie(table(data_Europe$q_0005_S05A4), xlab="Completed a full training in a Psychotherapy (past)")
```



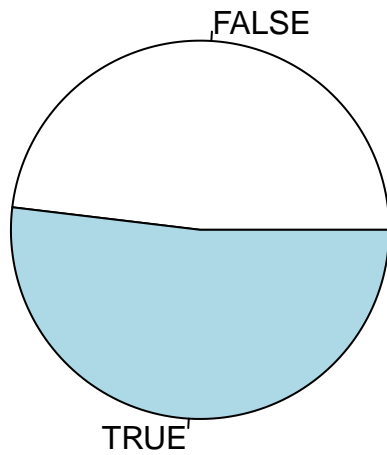
Completed a full training in a Psychotherapy (past)

I am training in some modality

```
table(is.na(data_Europe$q_0006))
```

```
##  
## FALSE  TRUE  
##   329   355
```

```
pie(table(is.na(data_Europe$q_0006)), xlab="I am training in some modality of psychotherapy")
```



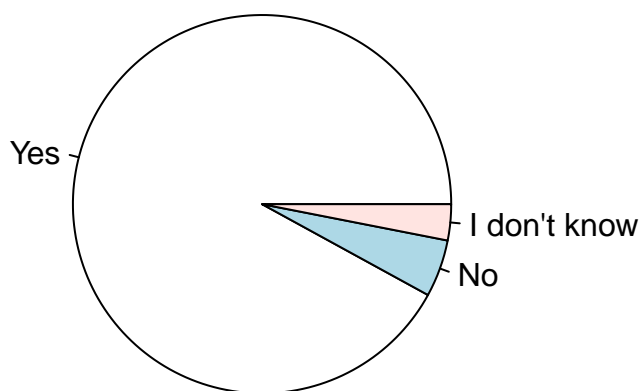
I am training in some modality of psychotherapy

Is psychotherapy important for your identity as a psychiatrist ?

```
table(data_Europe$q_0007)
```

```
##
##      Yes      No I don't know
##      508      27      17
```

```
pie(table(data_Europe$q_0007), xlab="Psychotherapy important for the professional identity")
```



Psychotherapy important for the professional identity

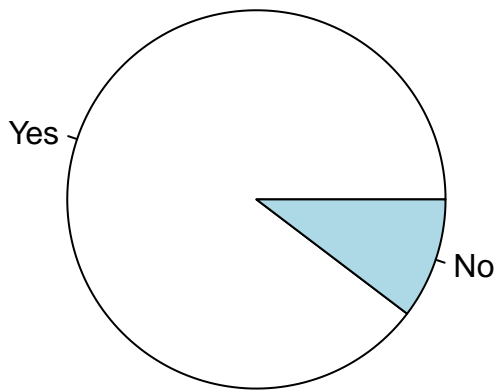


## Do you want to practise Psychotherapy ?

```
table(data_Europe$q_0008)
```

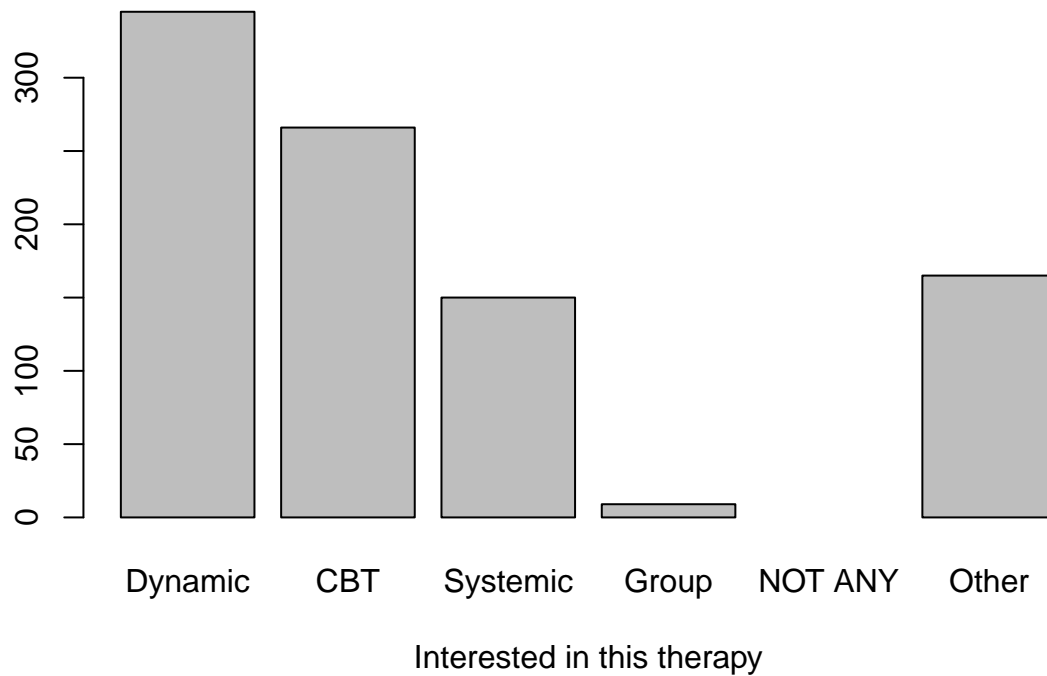
```
##  
## Yes  No  
## 495  57
```

```
pie(table(data_Europe$q_0008), xlab="Plan to practise Psychotherapy after training")
```



## Plan to practise Psychotherapy after training

```
q9df <- data_Europe[,16:21]  
barplot(c(sum(q9df[,1]=="Yes"), sum(q9df[,2]=="Yes"), sum(q9df[,3]=="Yes"), sum(q9df[,4]=="Yes"),  
          sum(q9df[,5]=="Yes"), sum(!is.na(q9df[,6]))),  
        names.arg=c("Dynamic", "CBT", "Systemic", "Group", "NOT ANY", "Other"), xlab="Interested in this therapy")
```

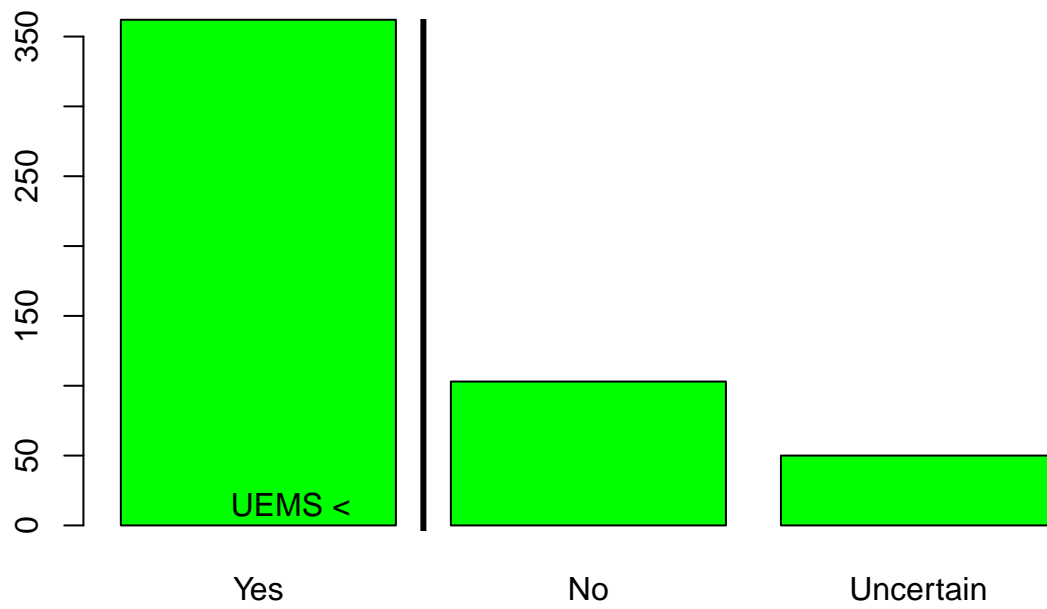


“The following experience in Psychotherapy is a mandatory part of my training in Psychiatry:”

```
table(data_Europe$q_0011_SQ001)
```

```
##
##      Yes      No Uncertain
##      362      103        50
```

```
barplot(table(data_Europe$q_0011_SQ001), col="green", xlab="Theoretical lectures or seminars in Psychot")
abline(v=1.3, lwd=3)
text(0.6,5, "UEMS <", adj = c(0, -.1))
```



### Theoretical lectures or seminars in Psychotherapy

UEMS Charter on Psychiatry states that minimum duration of theoretical psychotherapy training should be 120 hours during 5 years. It also states that as a minimum, psychodynamic, CBT and systemic theory should be taught.

```
table(data_Europe$q_0011_SQ001)
```

```
##
##      Yes      No Uncertain
##      362     103        50
```

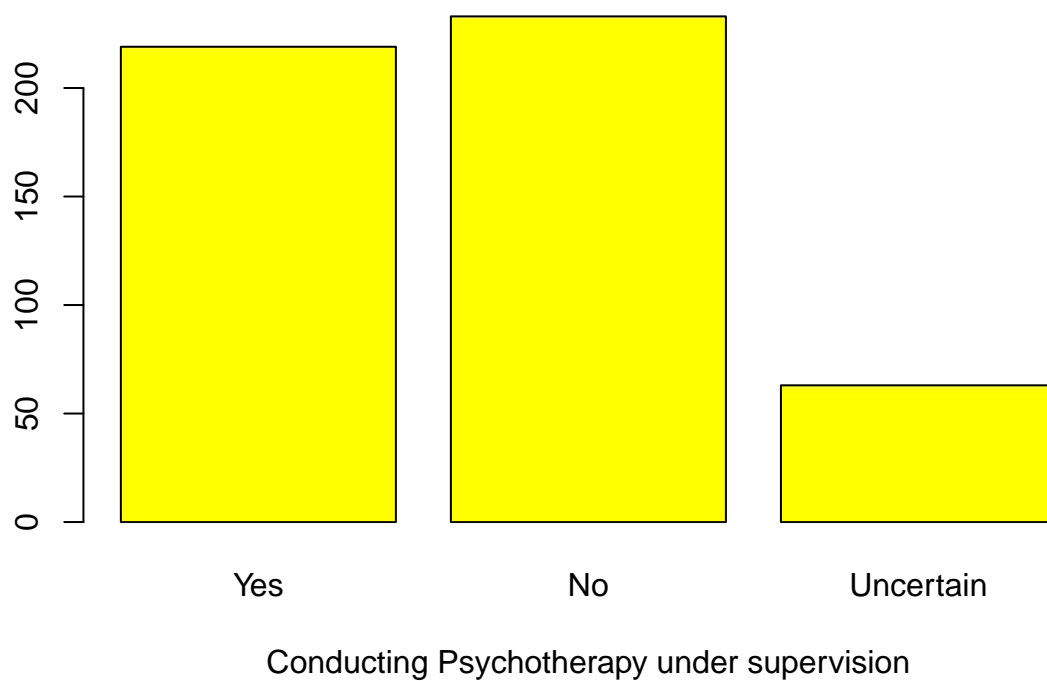
```
barplot(table(data_Europe$q_0011_SQ001), col="blue", xlab="Conducting Psychotherapy without supervision")
```



```
table(data_Europe$q_0011_SQ003)
```

```
##
##      Yes      No Uncertain
##      219     233       63
```

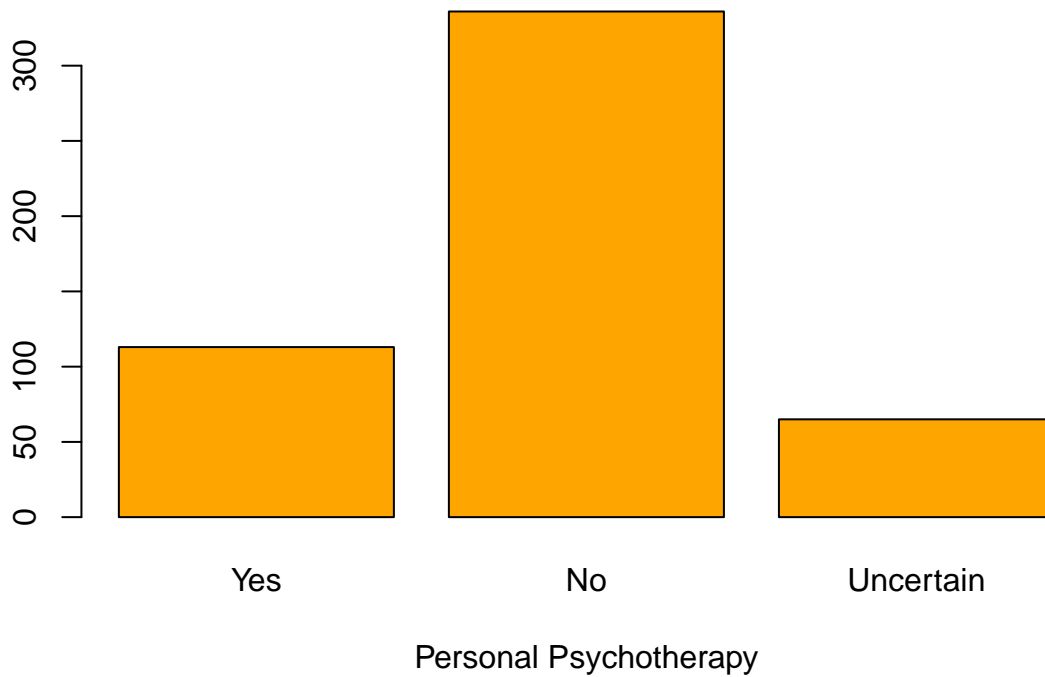
```
barplot(table(data_Europe$q_0011_SQ003), col="yellow", xlab="Conducting Psychotherapy under supervision")
```



```
table(data_Europe$q_0011_SQ004)
```

```
##  
##      Yes      No Uncertain  
##      113     336        65
```

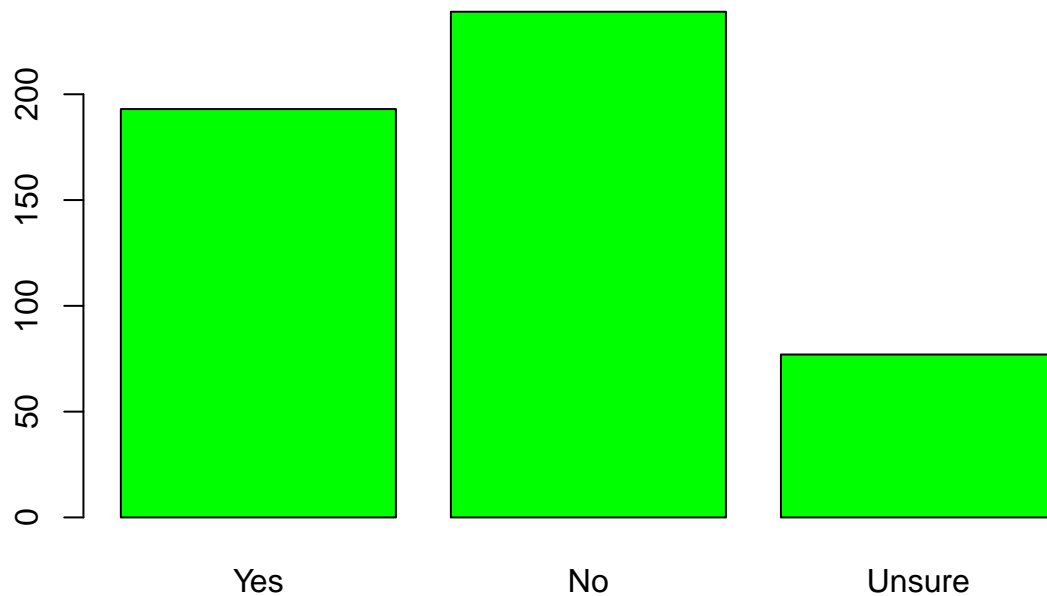
```
barplot(table(data_Europe$q_0011_SQ004), col="orange", xlab="Personal Psychotherapy")
```



```
table(data_Europe$q_0012)
```

```
##  
##      Yes      No Unsure  
##      193     239      77
```

```
barplot(table(data_Europe$q_0012), col="green", xlab="Are you qualified to practice Psychotherapy after")
```



Are you qualified to practice Psychotherapy after your training ?

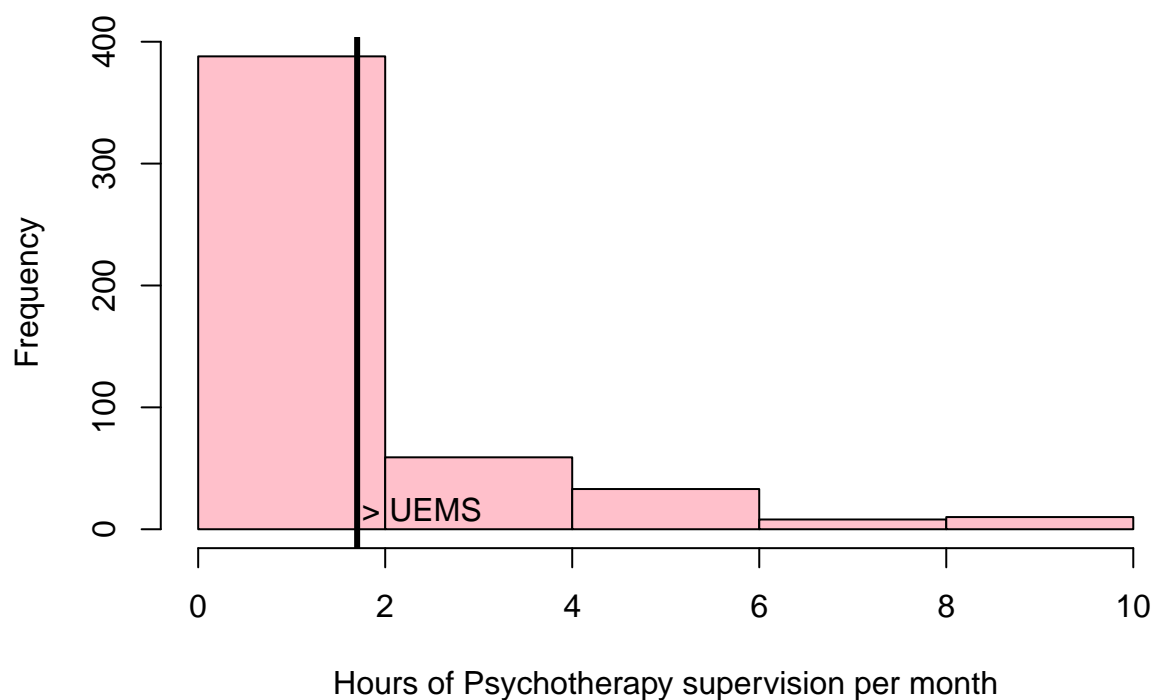
What types of psychotherapy modalities are available for treatment of patients at your institution?

```
table(data_Europe$q_0013)
```

**Plot: How many hours of supervisions**

```
hist(data_Europe$q_0014_SQ001, col="pink",
      xlab="Hours of Psychotherapy supervision per month",
      main = "Individual supervision",
      breaks=6)
abline(v=1.7, lwd=3)
text(1.75,5, "> UEMS", adj = c(0, -.1))
```

## Individual supervision

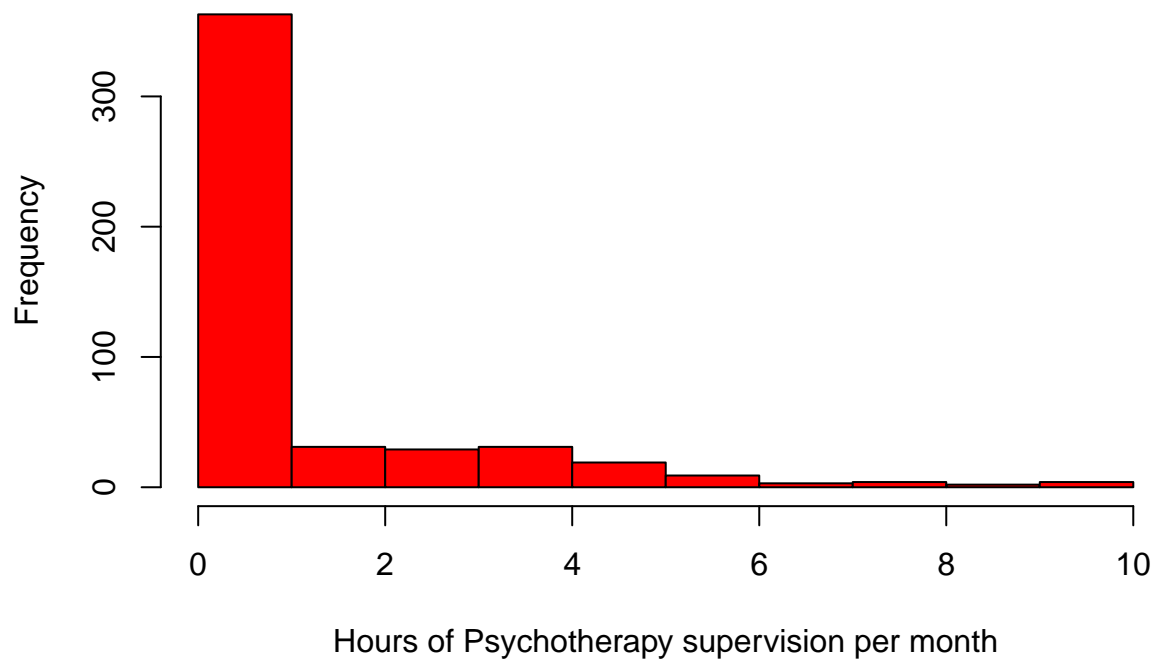


UEMS Charter on Psychiatry states that minimum duration of psychotherapy supervision should be 100 hours during the whole training of 5 recommended years. It makes 1.7 hours approximatively a month.

```
temp <- c("data_Europeq0014SQ002", "data_Europeq_0014_SQ003", "data_Europe$q_0014_SQ004") ???
????? par(mfrow=c(1,3)) ??? ??? ??? for(i in temp) barplot(table(mhp.ex[,i]), main=i, ylab="n",
space=0.8, ??? col="white")
```

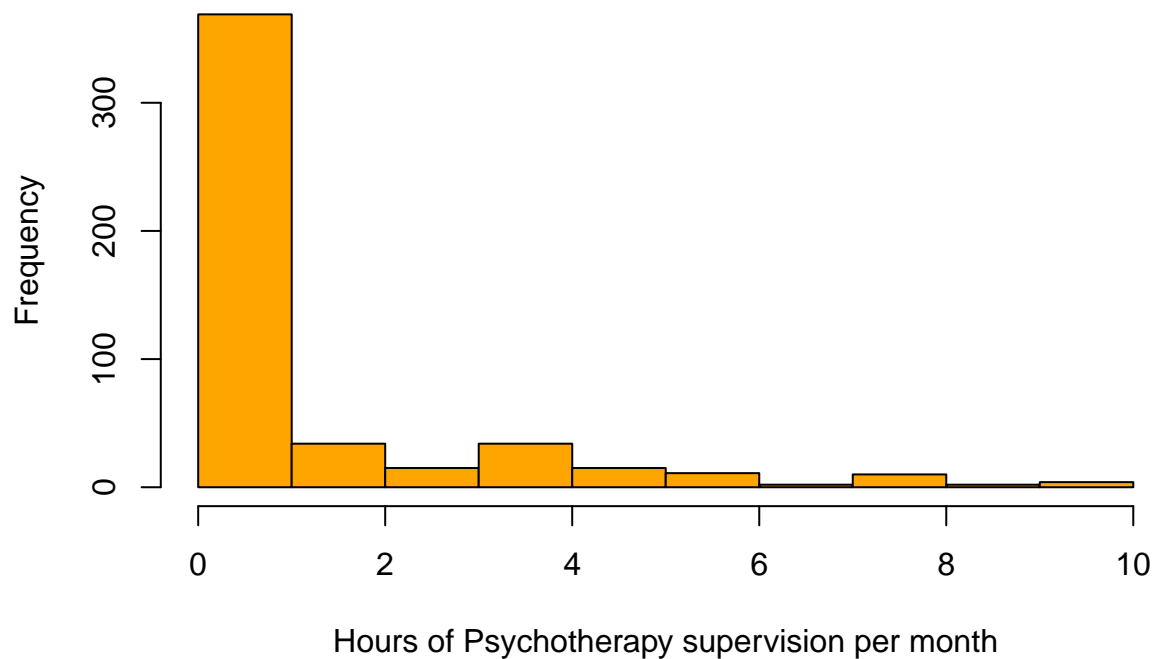
```
hist(data_Europe$q_0014_SQ002, col="red",
      main="Small group supervision (3 - 5 people)",
      xlab="Hours of Psychotherapy supervision per month")
```

### Small group supervision (3 – 5 people)



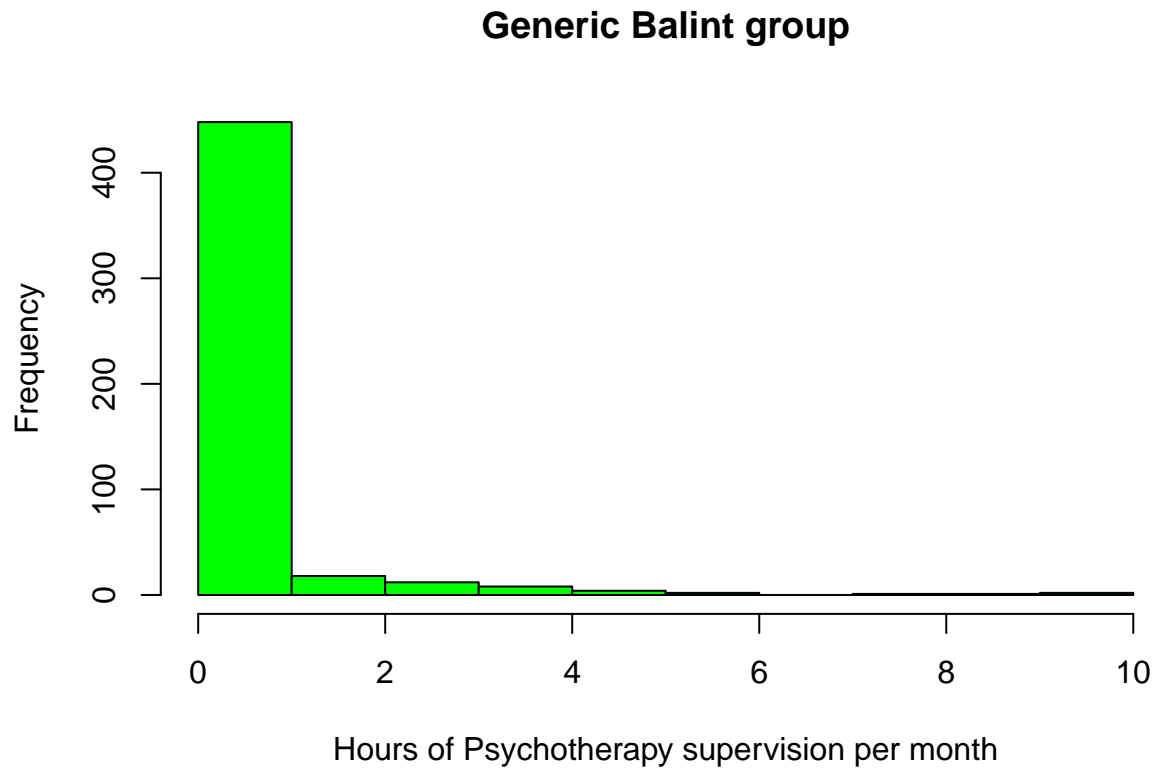
```
hist(data_Europe$q_0014_SQ003,  
      main="Large group supervision (more than 5 people)",  
      xlab="Hours of Psychotherapy supervision per month",  
      col= "orange")
```

### Large group supervision (more than 5 people)



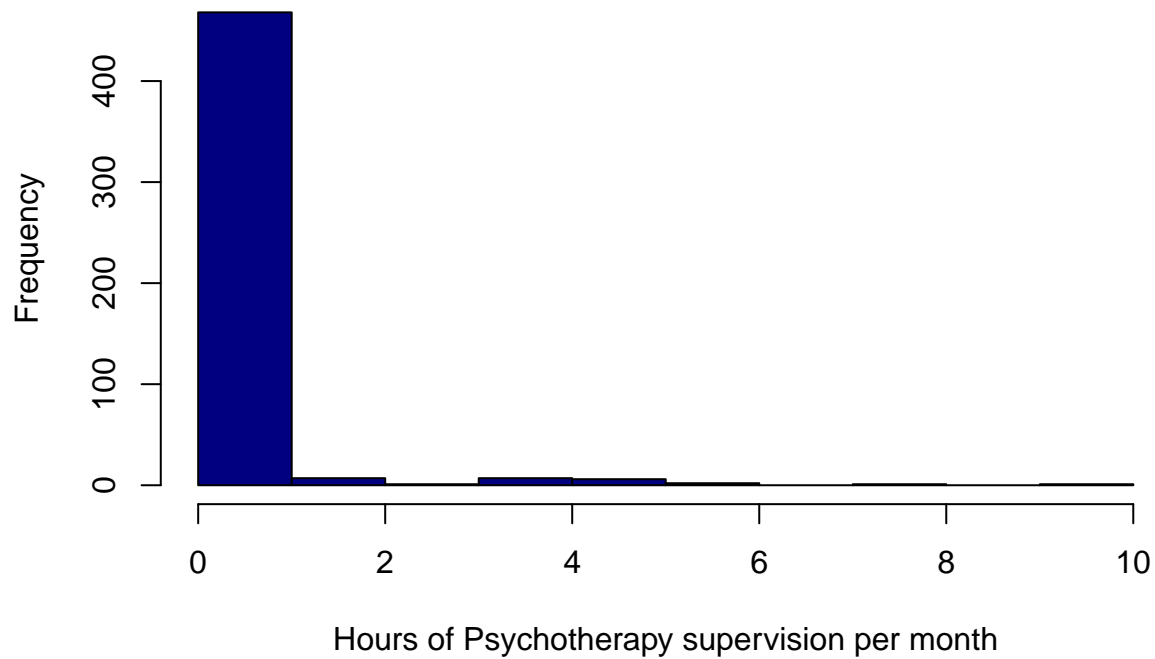


```
hist(data_Europe$q_0014_SQ004, col="green",  
      xlab= "Hours of Psychotherapy supervision per month",  
      main = "Generic Balint group",  
      breaks=10)
```



```
hist(data_Europe$q_0014_SQ005, col="navy",  
      xlab= "Hours of Psychotherapy supervision per month",  
      main = "Other form of supervision")
```

## Other form of supervision



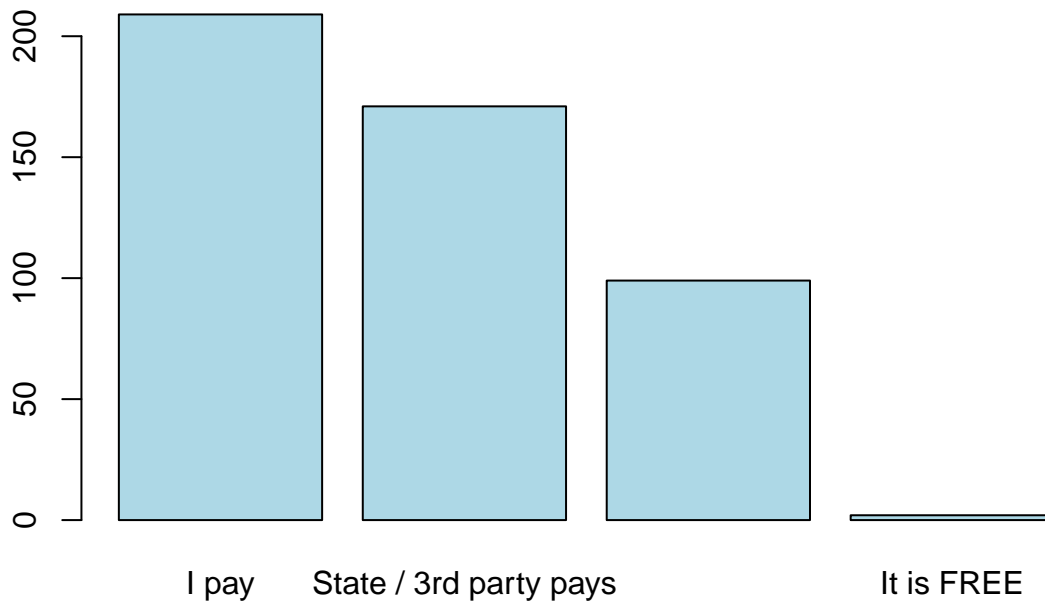
```
table(data_Europe$q_0015)
```

## Plot: Who pays?

This again should be a plot group on one page

```
barplot(table(data_Europe$q_0016_SQ001), col="light blue",  
        main="Theoretical lectures / seminars",  
        xlab="Who pays for this component of Psychotherapy experience?")
```

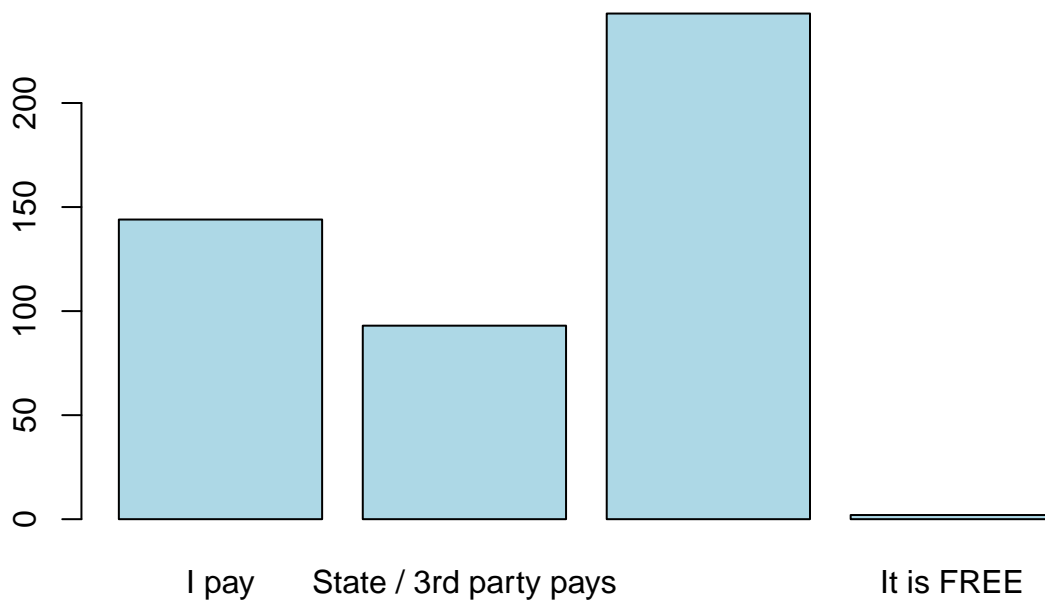
### Theoretical lectures / seminars



Who pays for this component of Psychotherapy experience?

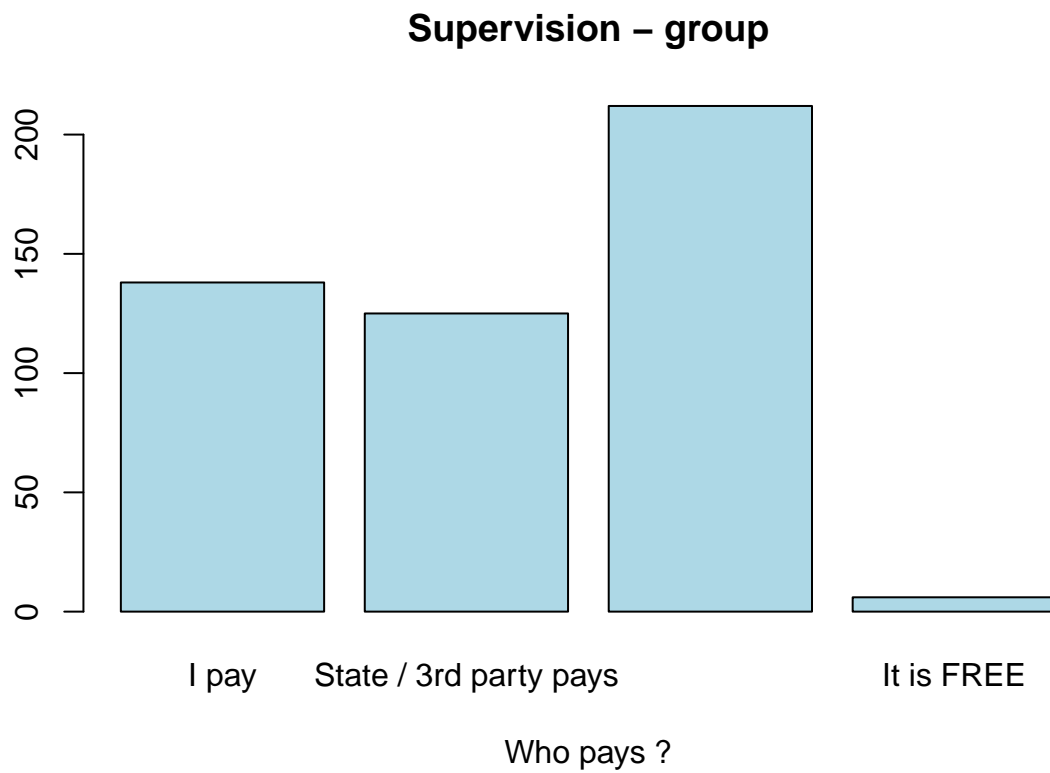
```
barplot(table(data_Europe$q_0016_SQ002), col="light blue",  
        xlab="Who pays for this component of Psychotherapy experience?",  
        main="Supervision - individual")
```

### Supervision – individual



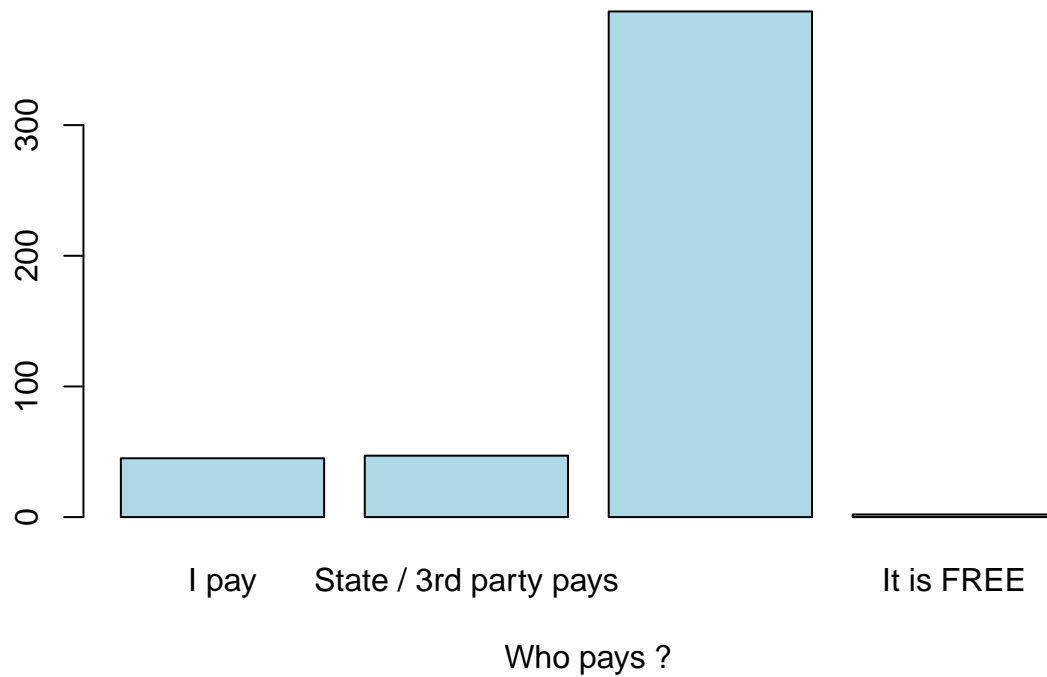
Who pays for this component of Psychotherapy experience?

```
barplot(table(data_Europe$q_0016_SQ003), col="light blue",
        main="Supervision - group",
        xlab="Who pays ?")
```



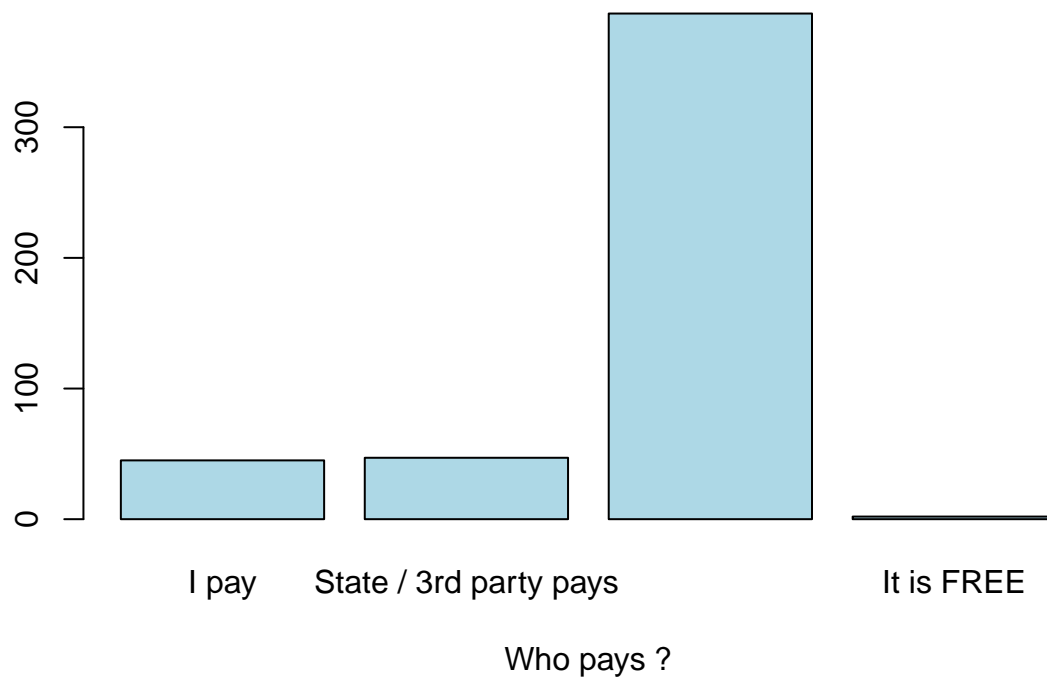
```
barplot(table(data_Europe$q_0016_SQ004), col="light blue",
        main="Balint groups ",
        xlab="Who pays ?")
```

### Balint groups

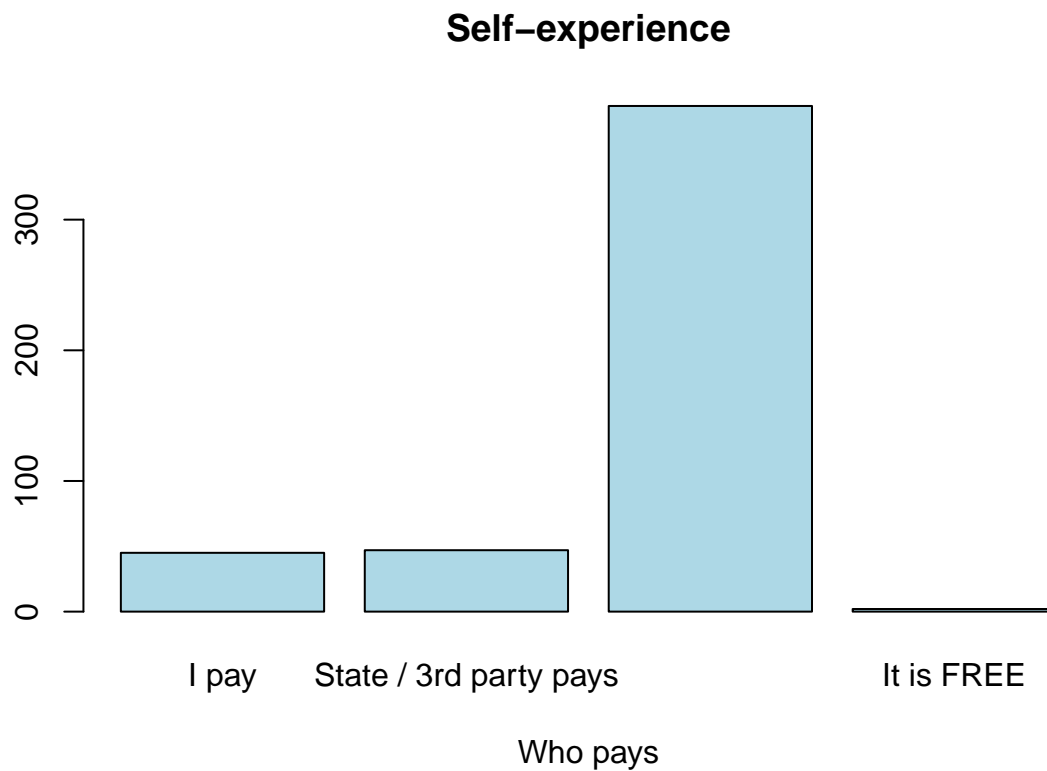


```
barplot(table(data_Europe$q_0016_SQ004), col="light blue",  
main="Sessions with patient(s)",  
xlab="Who pays ?")
```

### Sessions with patient(s)

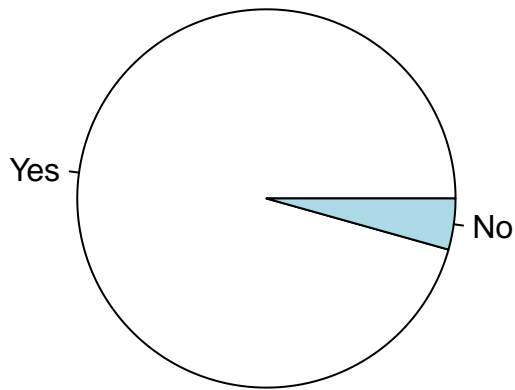


```
barplot(table(data_Europe$q_0016_SQ004), col="light blue",
  main="Self-experience",
  xlab="Who pays")
```



Plot: Would you train for Free ?

```
pie(table(data_Europe$q_0017),
  xlab="Motivated to train in Psychotherapy for free?")
```

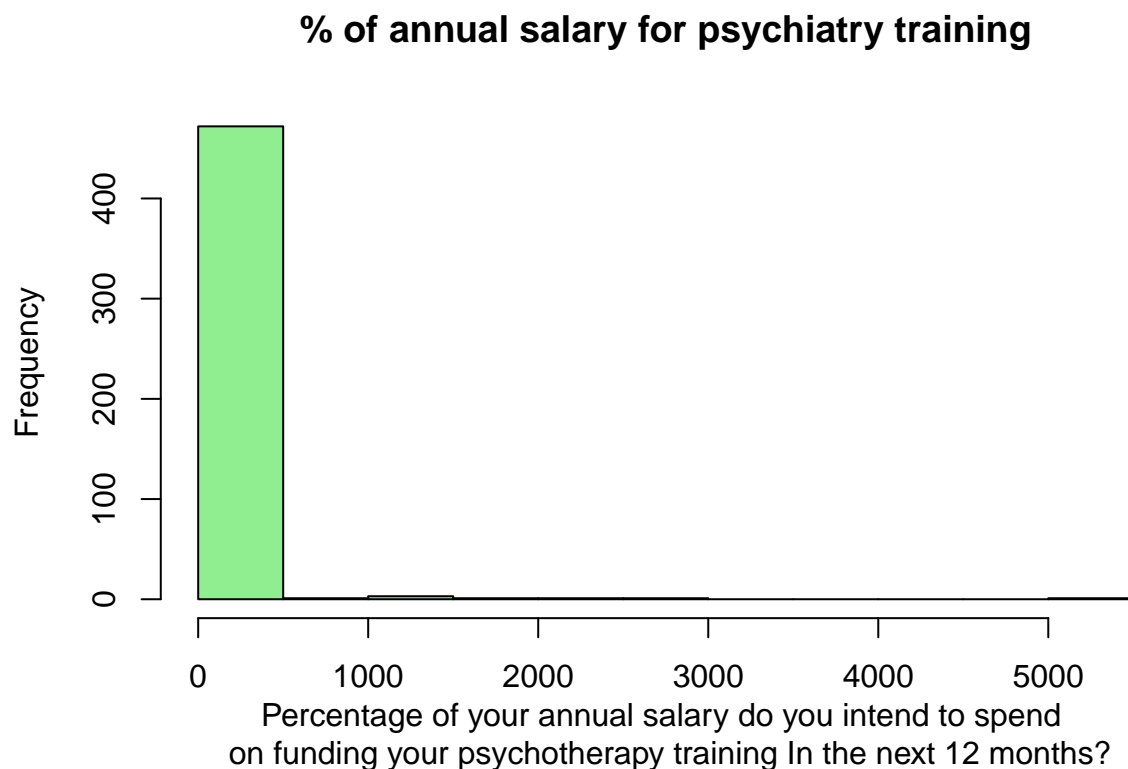


### Motivated to train in Psychotherapy for free?

UEMS recommendations states that psychotherapy training of trainees should be funded publicly and free for trainees.

### Plot: How much would you invest in psychotherapy training ?

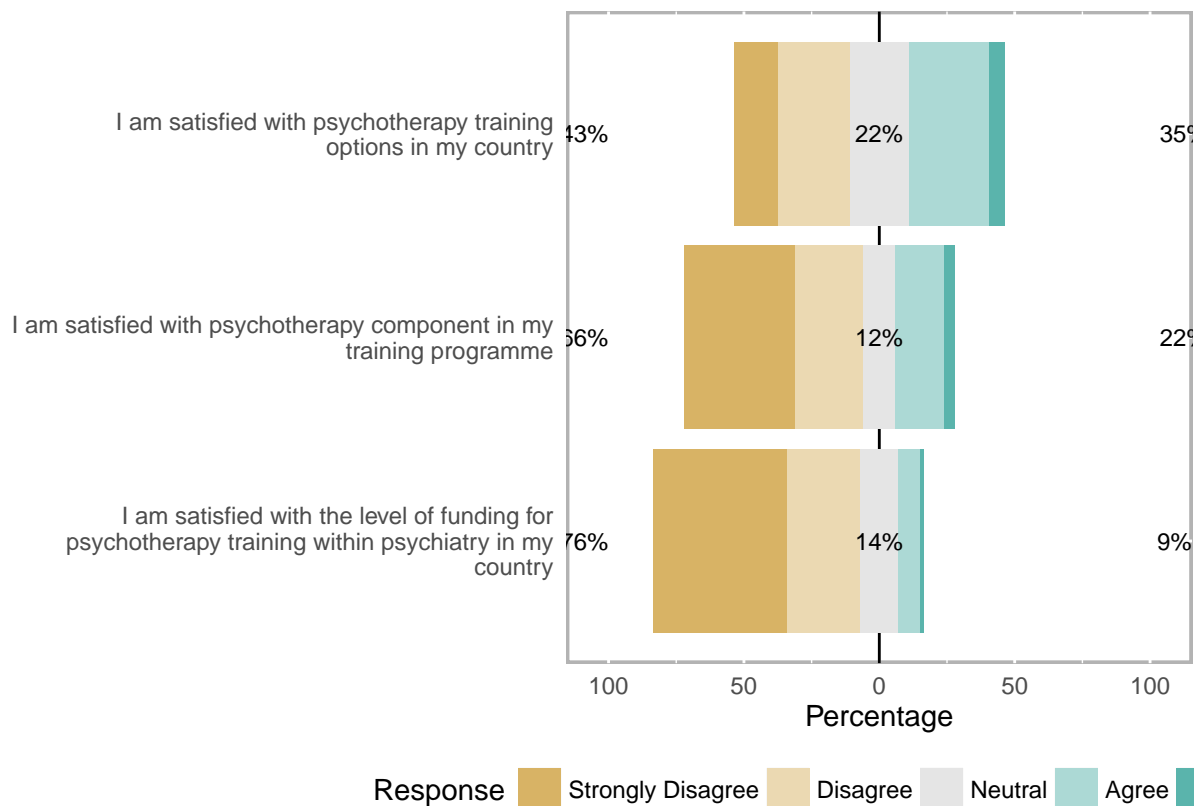
```
hist(data_Europe$q_0018, col="light green",
      main="% of annual salary for psychiatry training",
      xlab="Percentage of your annual salary do you intend to spend \n on funding your psychotherapy tra
```



## Plot: Satisfaction group

perhaps we should use likert package to plot likert type items

```
# make auxiliary table to hold our likert data_Europe
sat1<-data_Europe[,43:45]
# put in correct row names
sat1 <- rename(sat1,c("q_0019_SQ001"="I am satisfied with psychotherapy component in my training program",
  "q_0019_SQ002"="I am satisfied with psychotherapy training options in my country",
  "q_0019_SQ003"="I am satisfied with the level of funding for psychotherapy training within psychiatry"
))
sat12<-likert(sat1)
plot(sat12)
```



```
# comment out barplots for now
# barplot(table(data_Europe$q_0019_SQ001), main = "I am satisfied with Psychotherapy component in my tra

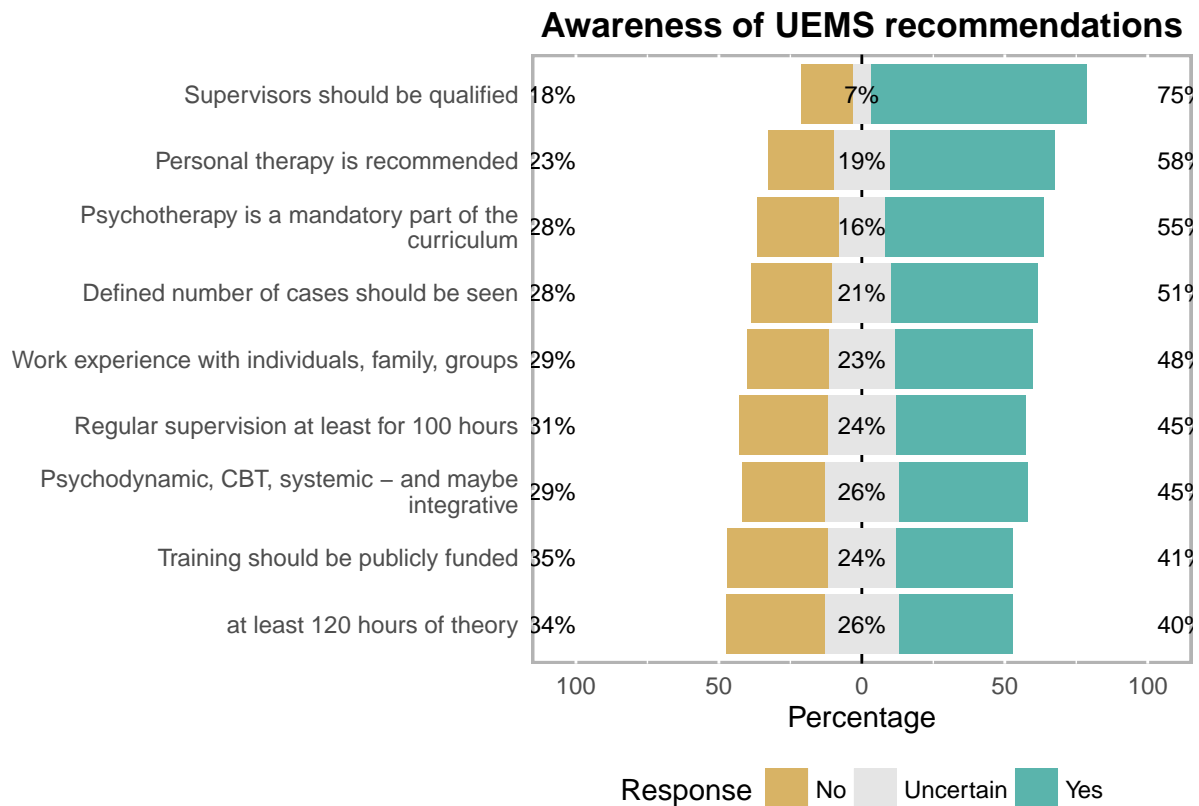
# well, let's deal with UEMS bits as with likert scales
uems1 <- data_Europe[,46:54]
uems1[,1] <- factor(uems1[,1],c("No", "Uncertain", "Yes"))
uems1[,2] <- factor(uems1[,2],c("No", "Uncertain", "Yes"))
uems1[,3] <- factor(uems1[,3],c("No", "Uncertain", "Yes"))
uems1[,4] <- factor(uems1[,4],c("No", "Uncertain", "Yes"))
uems1[,5] <- factor(uems1[,5],c("No", "Uncertain", "Yes"))
uems1[,6] <- factor(uems1[,6],c("No", "Uncertain", "Yes"))
uems1[,7] <- factor(uems1[,7],c("No", "Uncertain", "Yes"))
uems1[,8] <- factor(uems1[,8],c("No", "Uncertain", "Yes"))
```



```

uems1[,9] <- factor(uems1[,9],c("No","Uncertain","Yes"))
# Put nice column names for the plot
uems1 <- rename(uems1,c(
  q_0021_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0021_SQ002="Defined number of cases should be seen",
  q_0021_SQ003="at least 120 hours of theory",
  q_0021_SQ004="Work experience with individuals, family, groups",
  q_0021_SQ005="Psychodynamic, CBT, systemic - and maybe integrative",
  q_0021_SQ006="Personal therapy is recommended",
  q_0021_SQ007="Supervisors should be qualified",
  q_0021_SQ008="Regular supervision at least for 100 hours",
  q_0021_SQ009="Training should be publicly funded"
))
## Plot: UEMS recs awareness
uems12 <- likert(uems1)
plot(uems12) +
  ggtitle("Awareness of UEMS recommendations") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))

```



Plot: UEMS recommendations awareness

```

# and same with the
uems2 <- data_Europe[,55:63]
uems2[,1] <- factor(uems2[,1],c("No","Uncertain","Yes"))
uems2[,2] <- factor(uems2[,2],c("No","Uncertain","Yes"))

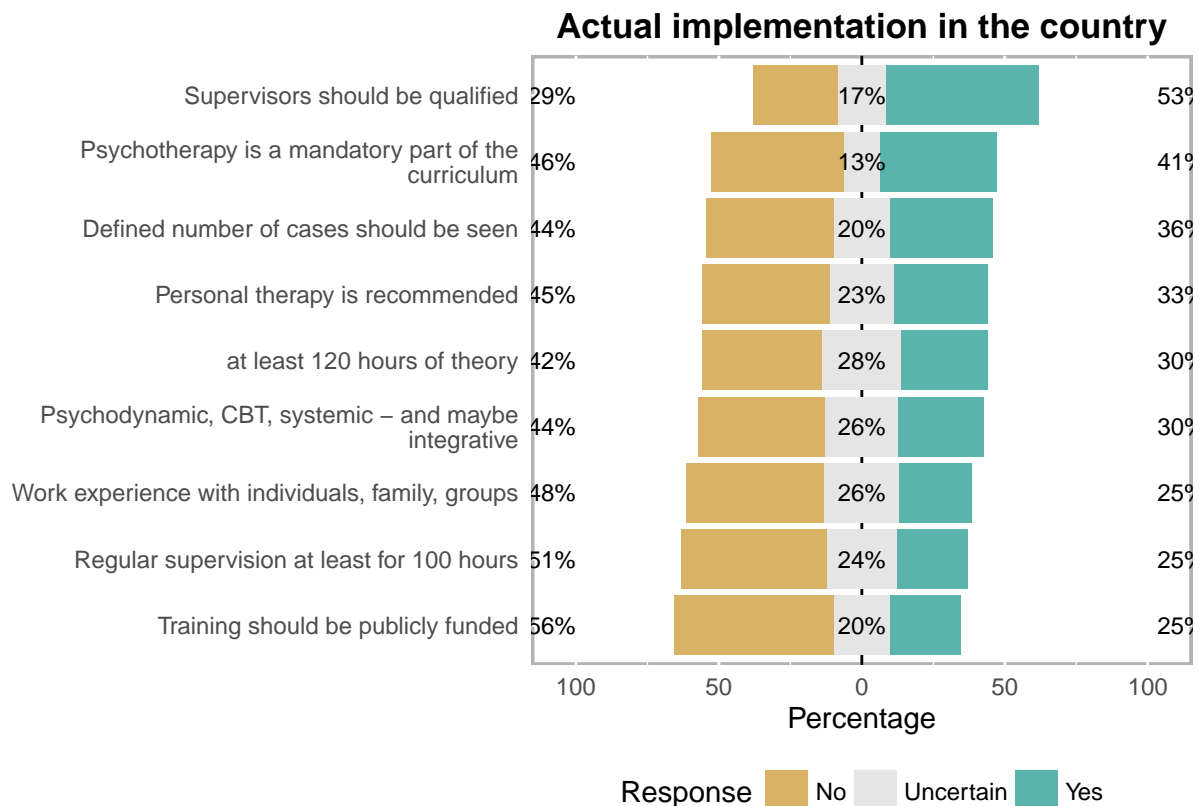
```

```

uems2[,3] <- factor(uems2[,3],c("No","Uncertain","Yes"))
uems2[,4] <- factor(uems2[,4],c("No","Uncertain","Yes"))
uems2[,5] <- factor(uems2[,5],c("No","Uncertain","Yes"))
uems2[,6] <- factor(uems2[,6],c("No","Uncertain","Yes"))
uems2[,7] <- factor(uems2[,7],c("No","Uncertain","Yes"))
uems2[,8] <- factor(uems2[,8],c("No","Uncertain","Yes"))
uems2[,9] <- factor(uems2[,9],c("No","Uncertain","Yes"))

# Put nice column names for the plot
uems2 <- rename(uems2,c(
  q_0022_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0022_SQ002="Defined number of cases should be seen",
  q_0022_SQ003="at least 120 hours of theory",
  q_0022_SQ004="Work experience with individuals, family, groups",
  q_0022_SQ005="Psychodynamic, CBT, systemic - and maybe integrative",
  q_0022_SQ006="Personal therapy is recommended",
  q_0022_SQ007="Supervisors should be qualified",
  q_0022_SQ008="Regular supervision at least for 100 hours",
  q_0022_SQ009="Training should be publicly funded"
))
uems22 <- likert(uems2)
plot(uems22) +
  ggtitle("Actual implementation in the country") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))

```



## Czech\_Republic

### Display them

```
str(Czech_Republic_data)
```

```
## 'data.frame':   58 obs. of  64 variables:
## $ id           : num  69 70 71 72 73 74 75 76 77 78 ...
## $ q_0000       : Factor w/ 1 level "Czech Republic": 1 1 1 1 1 1 1 1 1 1 ...
## $ q_0001       : Factor w/ 2 levels "Female","Male": 2 1 1 1 2 2 1 2 1 2 ...
## $ q_0002       : num  30 31 29 32 29 32 32 26 29 33 ...
## $ q_0003       : Factor w/ 10 levels "Year 1","Year 2",...: 5 4 4 7 4 10 10 2 4 5 ...
## $ q_0004       : Factor w/ 2 levels "Yes","No": 1 2 2 2 2 2 2 1 1 ...
## $ q_0005_S05A1: Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_S05A2: Factor w/ 2 levels "Yes","Not selected": 1 1 2 1 1 2 2 1 1 ...
## $ q_0005_S05A3: Factor w/ 2 levels "Yes","Not selected": 2 2 1 2 2 1 1 2 2 ...
## $ q_0005_S05A4: Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_other: chr  NA NA NA NA ...
## $ q_0006       : chr  "psychodynamic group therapy" "psychosomatic family therapy" NA "Group psychod...
## $ q_0007       : Factor w/ 2 levels "Yes","No": 1 1 1 1 1 2 2 1 1 1 ...
## $ q_0008       : Factor w/ 2 levels "Yes","No": 1 1 1 1 1 2 2 1 1 1 ...
## $ q_0009_SQ1   : Factor w/ 2 levels "Yes","Not selected": 1 2 2 1 2 2 2 1 1 2 ...
## $ q_0009_SQ2   : Factor w/ 2 levels "Yes","Not selected": 1 2 1 1 1 2 2 1 2 1 ...
## $ q_0009_SQ3   : Factor w/ 2 levels "Yes","Not selected": 2 1 2 2 2 2 1 2 2 1 ...
## $ q_0009_SQ4   : Factor w/ 2 levels "Yes","Not selected": 1 2 2 2 2 2 2 1 2 2 ...
## $ q_0009_Ax    : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 1 2 2 2 2 ...
## $ q_0009_other: chr  NA NA NA NA ...
## $ q_0010       : chr  NA NA NA NA ...
## $ q_0011_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 NA 1 2 1 1 1 1 1 ...
## $ q_0011_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 3 2 2 2 3 2 3 ...
## $ q_0011_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 3 2 2 2 1 2 1 ...
## $ q_0011_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 2 2 2 2 1 2 1 ...
## $ q_0012       : Factor w/ 3 levels "Yes","No","Unsure": 2 3 NA 2 2 2 2 1 2 1 ...
## $ q_0012_other: num  NA NA NA NA NA NA NA NA NA NA ...
## $ q_0013       : chr  "CBT" "Cognitive Behavioural Therapy, Family Therapy" NA "Psychodynamic Psycho...
## $ q_0014_SQ001: num  1 0 NA 0 0 0 0 0 0 2 ...
## $ q_0014_SQ002: num  0 1 NA 0 2 0 0 0 0 1 ...
## $ q_0014_SQ003: num  2 0 NA 3 7 0 0 0 1 0 ...
## $ q_0014_SQ004: num  0 0 NA 0 0 0 0 0 0 0 ...
## $ q_0014_SQ005: num  0 0 NA 0 0 0 0 0 0 0 ...
## $ q_0015       : chr  NA NA NA NA ...
## $ q_0016_SQ001: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 1 2 NA 1 1 2 1 1 1 2 ...
## $ q_0016_SQ002: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 1 4 NA 4 4 4 1 1 4 1 ...
## $ q_0016_SQ003: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 1 2 NA 4 1 4 1 1 1 1 ...
## $ q_0016_SQ004: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 4 4 NA 4 4 4 1 4 4 4 ...
## $ q_0016_SQ005: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 3 2 NA 4 4 4 1 4 2 4 ...
## $ q_0016_SQ006: Factor w/ 4 levels "I pay","State / 3rd party pays",...: 1 2 NA 1 4 4 1 4 1 1 ...
## $ q_0017       : Factor w/ 2 levels "Yes","No": 1 1 NA 1 1 2 2 1 1 1 ...
## $ q_0018       : num  20 0 NA 0 5 10 7 10 30 5 ...
## $ q_0019_SQ001: Factor w/ 5 levels "Strongly Disagree",...: 1 4 NA 4 1 2 2 4 1 2 ...
## $ q_0019_SQ002: Factor w/ 5 levels "Strongly Disagree",...: 5 4 NA 4 4 2 3 3 2 2 ...
## $ q_0019_SQ003: Factor w/ 5 levels "Strongly Disagree",...: 1 3 NA 2 3 2 2 3 1 3 ...
```

```
## $ q_0021_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 1 NA NA NA 1 1 1 ...
## $ q_0021_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA 3 1 3 ...
## $ q_0021_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA 1 1 1 ...
## $ q_0021_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA 3 1 3 ...
## $ q_0021_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA 1 1 1 ...
## $ q_0021_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA 1 1 1 ...
## $ q_0021_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA 1 1 1 ...
## $ q_0021_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA 1 1 1 ...
## $ q_0021_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 1 NA NA NA 3 1 3 ...
## $ q_0022_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 2 NA NA NA NA 3 1 ...
## $ q_0022_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA NA 2 3 ...
## $ q_0022_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
## $ q_0022_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA NA 2 3 ...
## $ q_0022_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
## $ q_0022_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA NA 2 1 ...
## $ q_0022_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA NA 2 1 ...
## $ q_0022_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
## $ q_0022_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 2 NA NA NA NA 2 3 ...
## $ q_0023      : chr  NA NA NA NA ...
```

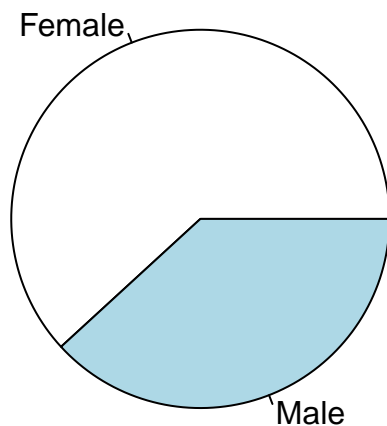
## Gender

```
table(Czech_Republic_data$q_0001)
```

```
##
## Female    Male
##      34      21
```

```
pie(table(Czech_Republic_data$q_0001), main = "Gender of participants")
```

## Gender of participants

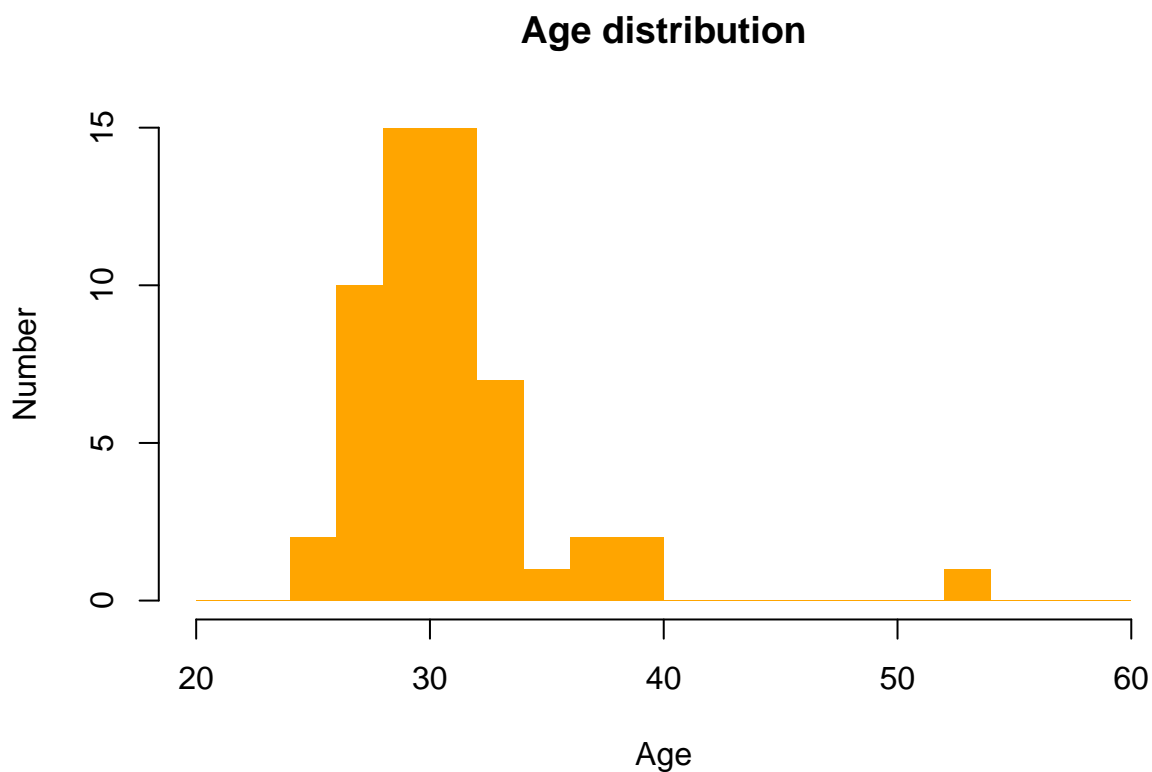


## Age

```
summary(Czech_Republic_data$q_0002)
```

```
##      Min. 1st Qu.  Median    Mean 3rd Qu.    Max.   NA's  
##      26.00   29.00   31.00   31.24   32.00   54.00     3
```

```
hist(Czech_Republic_data$q_0002, col="orange",  
     xlab="Age",  
     ylab="Number",  
     main="Age distribution",  
     border=NA,  
     breaks=c(seq(20,60,2)))
```



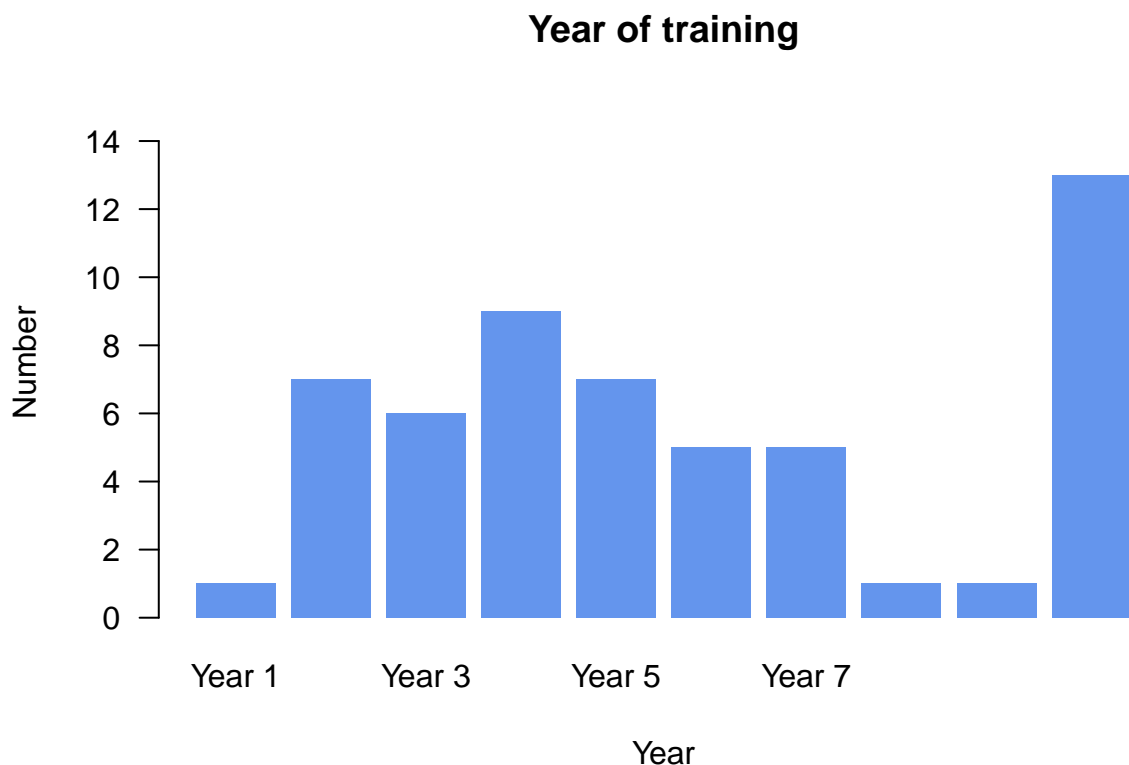
## Year in Training (now the shorter labels fit in the plot)

```
table(Czech_Republic_data$q_0003)
```

```
##  
##      Year 1  
##      1  
##      Year 2  
##      7  
##      Year 3
```

```
##                                     6
##                                     Year 4
##                                     9
##                                     Year 5
##                                     7
##                                     Year 6
##                                     5
##                                     Year 7
##                                     5
##                                     Year 8
##                                     1
##                                     More than 8 years in training
##                                     1
## I have recently finished training (within last 5 years)
##                                     13
```

```
barplot(table(Czech_Republic_data$q_0003), ylim = c(0,15), main="Year of training", xlab="Year", las=1,
```

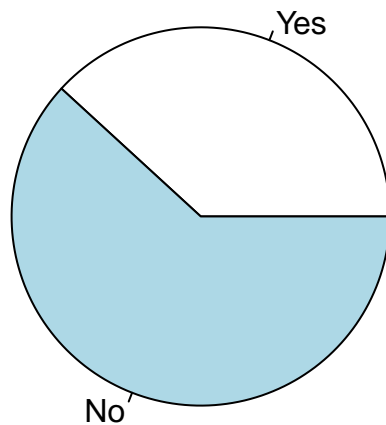


Are you receiving personal psychotherapy or have you received it in the past?

```
# TODO : GGPLOT this : http://docs.ggplot2.org/current/geom\_bar.html
Czech_Republic_data[, 7] <- as.numeric(Czech_Republic_data[, 7])
attributes(Czech_Republic_data)$variable.labels[7] <- "Are you receiving personal psychotherapy or have
Czech_Republic_data[, 7] <- factor(Czech_Republic_data[, 7], levels=c(1,2),labels=c("Yes","No"))
names(Czech_Republic_data)[7] <- "q_0004"
table(Czech_Republic_data$q_0004)
```

```
##
## Yes No
## 21 34
```

```
pie(table(Czech_Republic_data$q_0004), xlab="Receiving personal psychotherapy (present or past)")
```



Receiving personal psychotherapy (present or past)

**I am undertaking training in Psychotherapy within my training programme in Psychiatry**

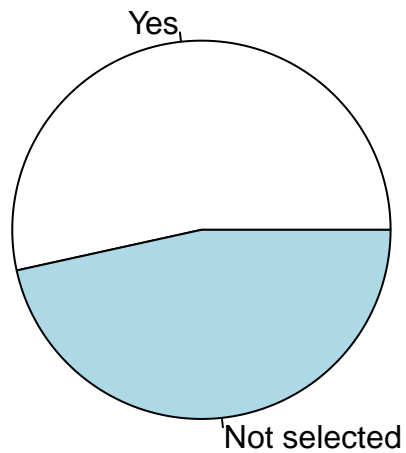
```
#tab <- table(Czech_Republic_data$q_0005_S05A1)
#pie(tab)
#pie(table(Czech_Republic_data$q_0005_S05A1))
# , xlab="In a Psychotherapy training within my training programme")
```

**I am undertaking training in Psychotherapy on my own initiative**

```
table(Czech_Republic_data$q_0005_S05A2)
```

```
##
## Yes Not selected
## 31 27
```

```
pie(table(Czech_Republic_data$q_0005_S05A2),
xlab="Training in Psychotherapy outside my training programme")
```



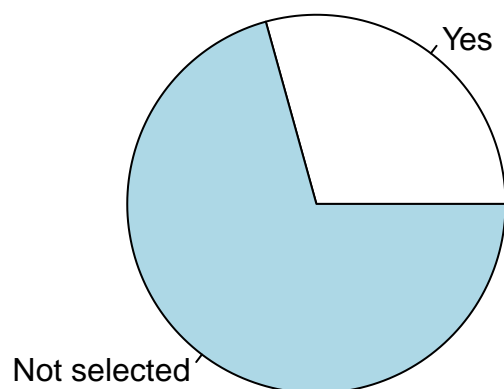
Training in Psychotherapy outside my training programme

I am not undertaking any training in Psychotherapy

```
table(Czech_Republic_data$q_0005_S05A3)
```

```
##
##      Yes Not selected
##      17      41
```

```
pie(table(Czech_Republic_data$q_0005_S05A3),
     xlab="I am not undertaking any training in Psychotherapy")
```



I am not undertaking any training in Psychotherapy > Psychotherapy training taking place within working hours is recommended by UEMS as a mandatory component of curriculum.

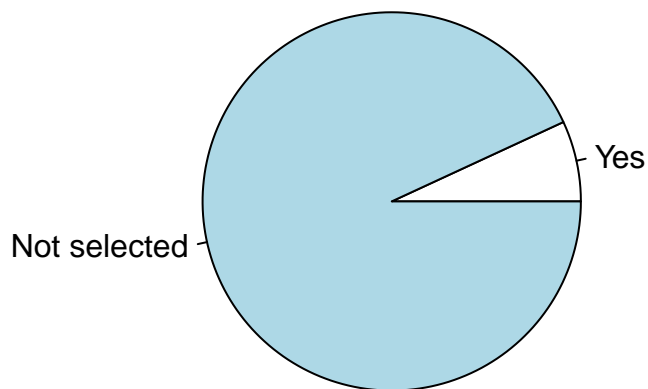


I have completed full training in a Psychotherapy specialty in the past

```
table(Czech_Republic_data$q_0005_S05A4)
```

```
##  
##      Yes Not selected  
##      4      54
```

```
pie(table(Czech_Republic_data$q_0005_S05A4), xlab="Completed a full training in a Psychotherapy (past)")
```



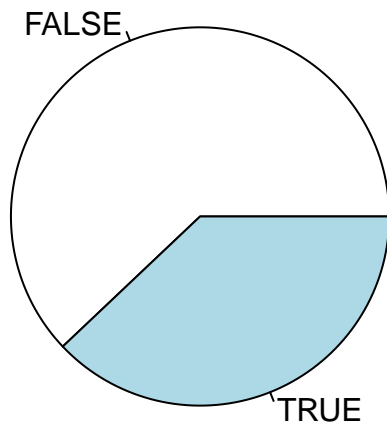
Completed a full training in a Psychotherapy (past)

I am training in some modality

```
table(is.na(Czech_Republic_data$q_0006))
```

```
##  
## FALSE TRUE  
##    36    22
```

```
pie(table(is.na(Czech_Republic_data$q_0006)), xlab="I am training in some modality of psychotherapy")
```



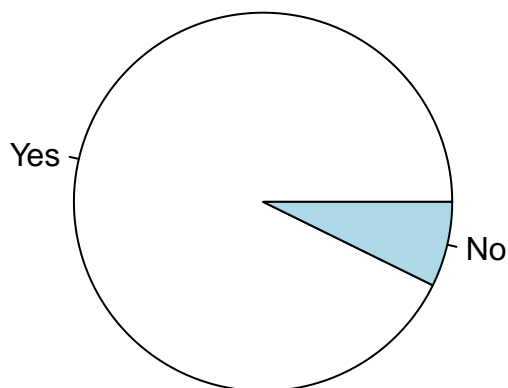
I am training in some modality of psychotherapy

Is psychotherapy important for your identity as a psychiatrist ?

```
table(Czech_Republic_data$q_0007)
```

```
##
## Yes  No
##  51   4
```

```
pie(table(Czech_Republic_data$q_0007), xlab="Psychotherapy important for the professional identity")
```



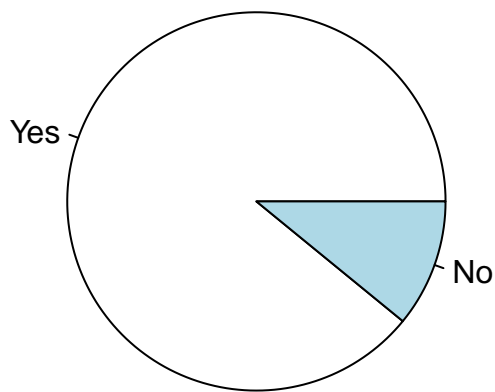
Psychotherapy important for the professional identity

## Do you want to practise Psychotherapy ?

```
table(Czech_Republic_data$q_0008)
```

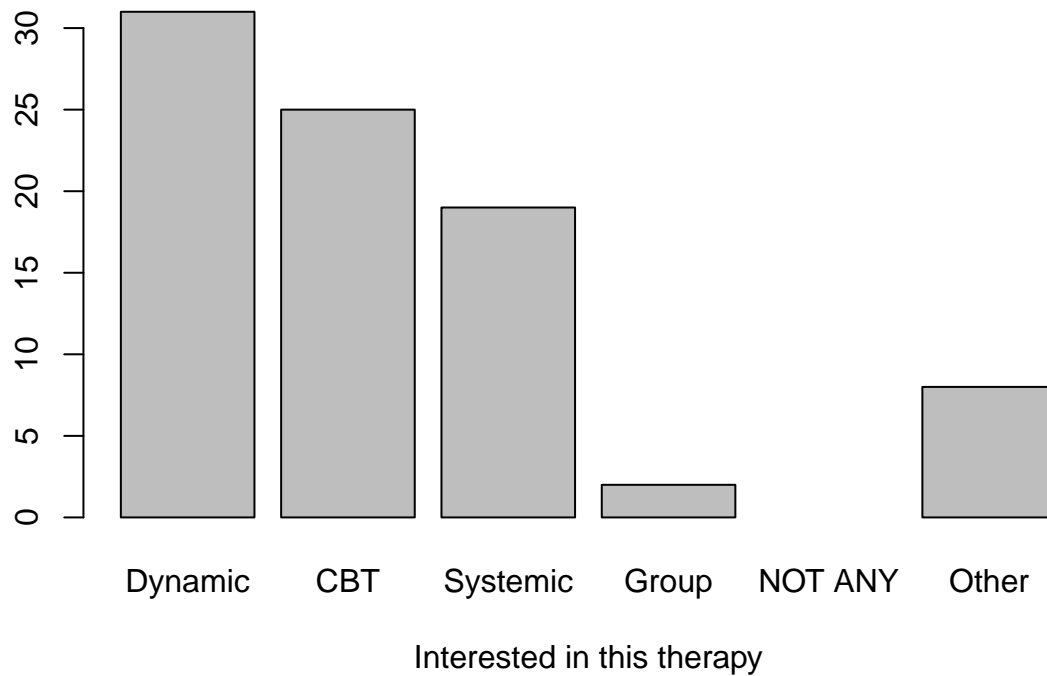
```
##  
## Yes  No  
## 49   6
```

```
pie(table(Czech_Republic_data$q_0008), xlab="Plan to practise Psychotherapy after training")
```



## Plan to practise Psychotherapy after training

```
q9df <- Czech_Republic_data[,16:21]  
barplot(c(sum(q9df[,1]=="Yes"), sum(q9df[,2]=="Yes"), sum(q9df[,3]=="Yes"), sum(q9df[,4]=="Yes"),  
          sum(q9df[,5]=="Yes"), sum(!is.na(q9df[,6]))),  
        names.arg=c("Dynamic", "CBT", "Systemic", "Group", "NOT ANY", "Other"), xlab="Interested in this therapy")
```

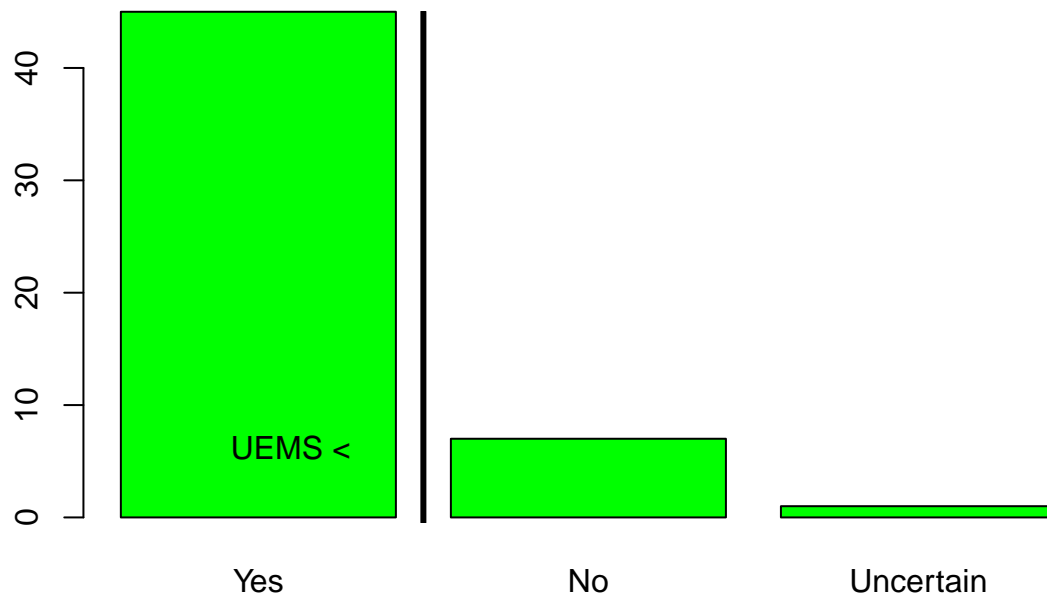


“The following experience in Psychotherapy is a mandatory part of my training in Psychiatry:”

```
table(Czech_Republic_data$q_0011_SQ001)
```

```
##
##      Yes      No Uncertain
##      45       7         1
```

```
barplot(table(Czech_Republic_data$q_0011_SQ001), col="green", xlab="Theoretical lectures or seminars in
abline(v=1.3, lwd=3)
text(0.6,5, "UEMS <", adj = c(0, -.1))
```



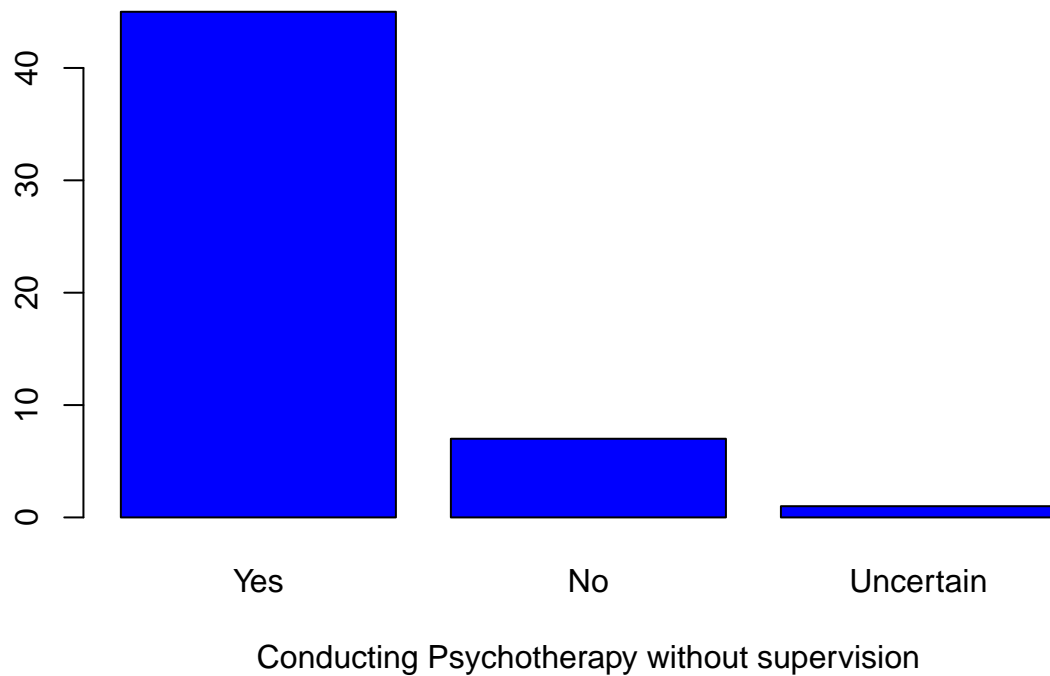
### Theoretical lectures or seminars in Psychotherapy

UEMS Charter on Psychiatry states that minimum duration of theoretical psychotherapy training should be 120 hours during 5 years. It also states that as a minimum, psychodynamic, CBT and systemic theory should be taught.

```
table(Czech_Republic_data$q_0011_SQ001)
```

```
##
##      Yes      No Uncertain
##      45       7         1
```

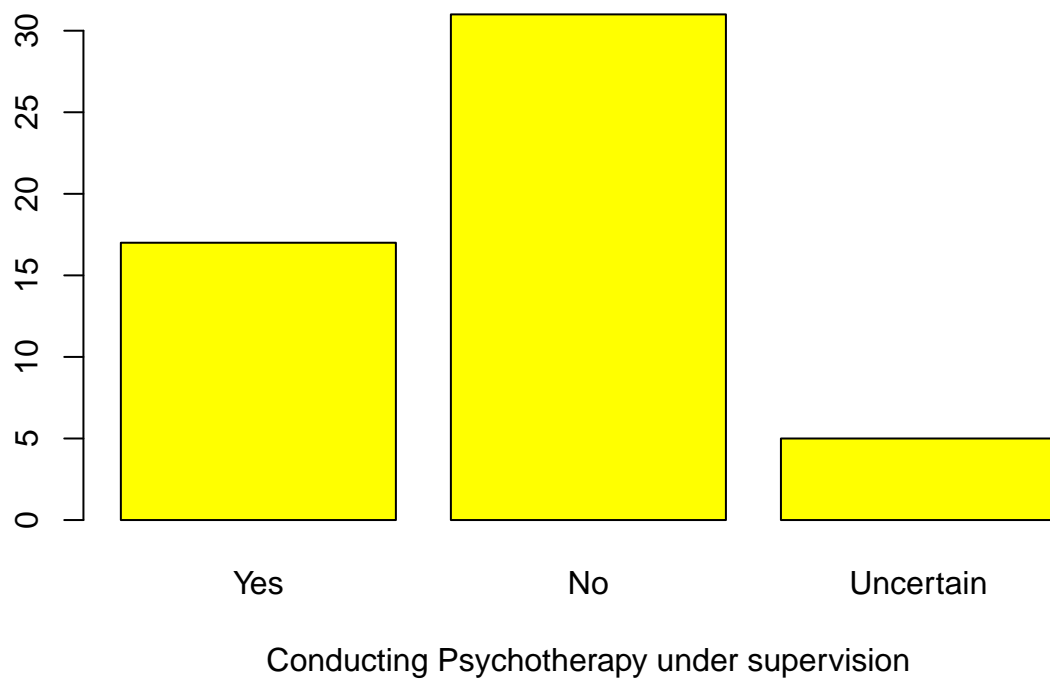
```
barplot(table(Czech_Republic_data$q_0011_SQ001), col="blue", xlab="Conducting Psychotherapy without sup
```



```
table(Czech_Republic_data$q_0011_SQ003)
```

```
##
##      Yes      No Uncertain
##      17      31         5
```

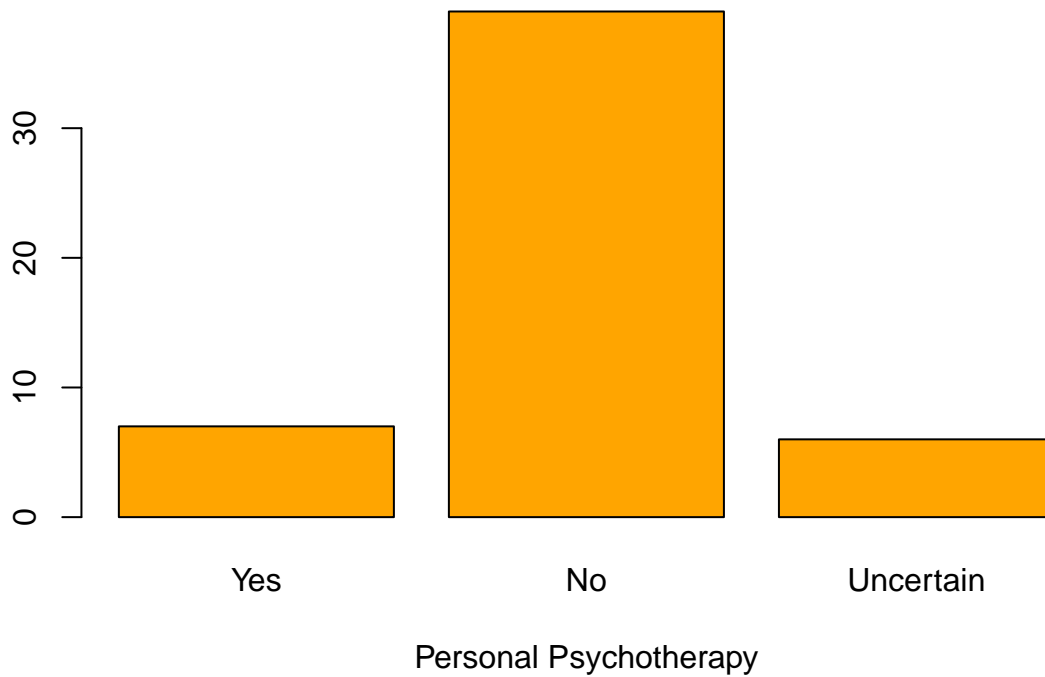
```
barplot(table(Czech_Republic_data$q_0011_SQ003), col="yellow", xlab="Conducting Psychotherapy under supervision")
```



```
table(Czech_Republic_data$q_0011_SQ004)
```

```
##  
##      Yes      No Uncertain  
##       7      39         6
```

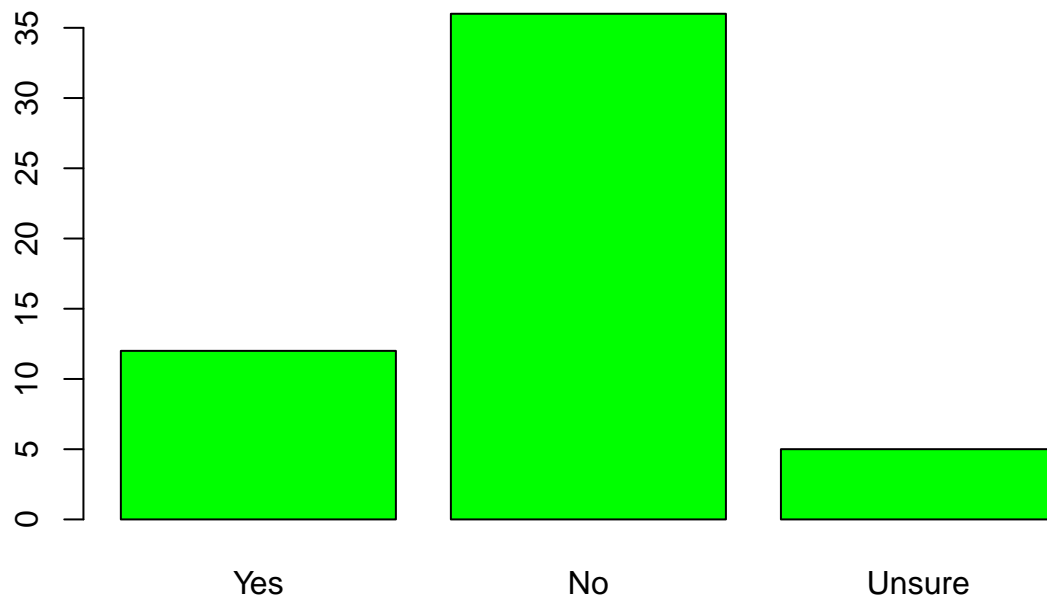
```
barplot(table(Czech_Republic_data$q_0011_SQ004), col="orange", xlab="Personal Psychotherapy")
```



```
table(Czech_Republic_data$q_0012)
```

```
##  
##      Yes      No Unsure  
##      12      36       5
```

```
barplot(table(Czech_Republic_data$q_0012), col="green", xlab="Are you qualified to practice Psychotherapy")
```



Are you qualified to practice Psychotherapy after your training ?

What types of psychotherapy modalities are available for treatment of patients at your institution?

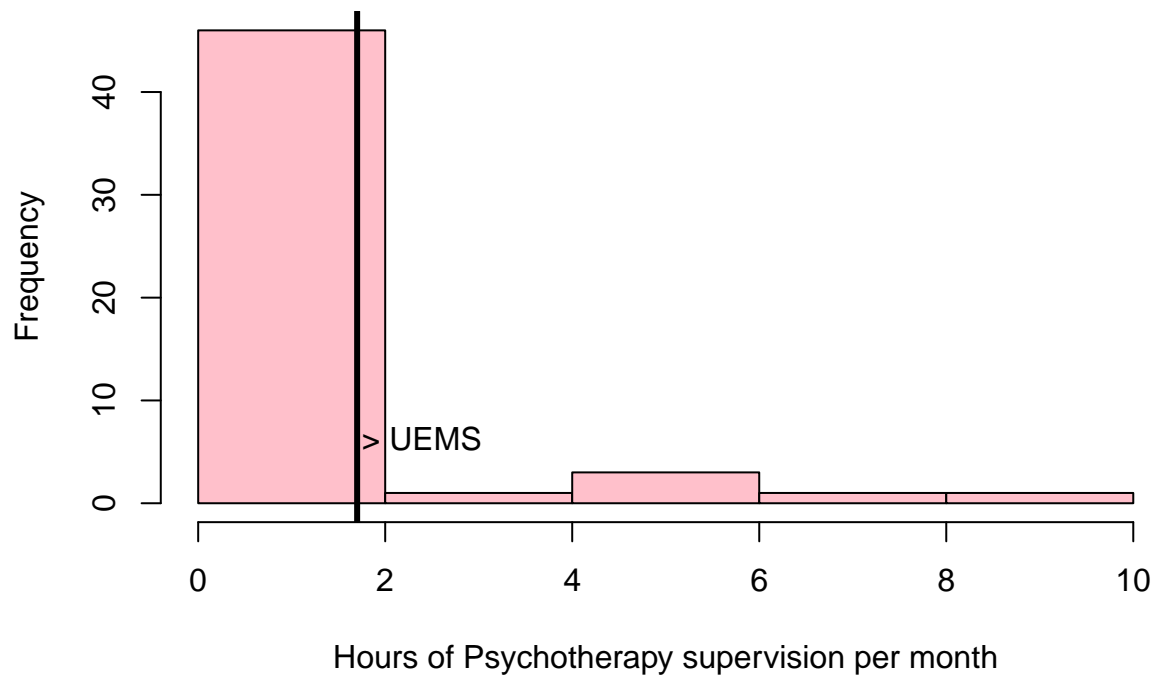
```
table(Czech_Republic_data$q_0013)
```

**Plot: How many hours of supervisions**

```
hist(Czech_Republic_data$q_0014_SQ001, col="pink",
     xlab="Hours of Psychotherapy supervision per month",
     main = "Individual supervision",
     breaks=6)
abline(v=1.7, lwd=3)
text(1.75,5, "> UEMS", adj = c(0, -.1))
```



## Individual supervision

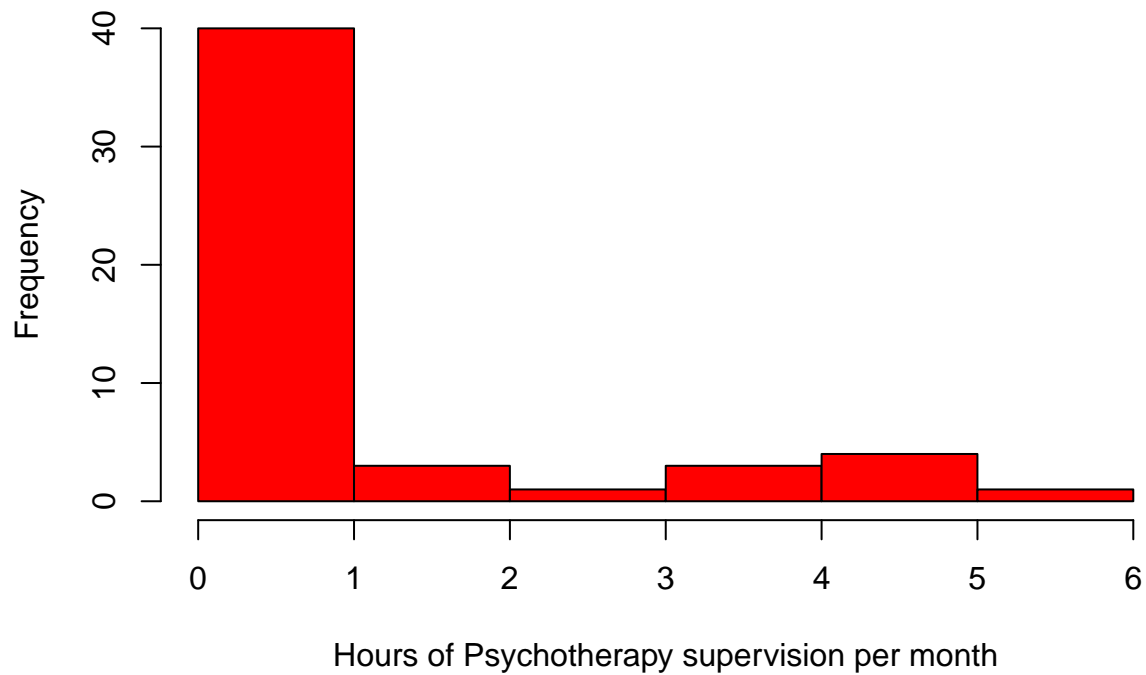


UEMS Charter on Psychiatry states that minimum duration of psychotherapy supervision should be 100 hours during the whole training of 5 recommended years. It makes 1.7 hours approximatively a month.

```
temp <- c("Czech_Republic_dataq0014SQ002", "CzechRepublic_dataq_0014_SQ003", "Czech_Republic_data$q_0014_SQ004", "Czech_Republic_dataq_0014_SQ005")
par(mfrow=c(1,3)) for(i in temp) barplot(table(mhp.ex[,i]), main=i, ylab="n", space=0.8, col="white")
```

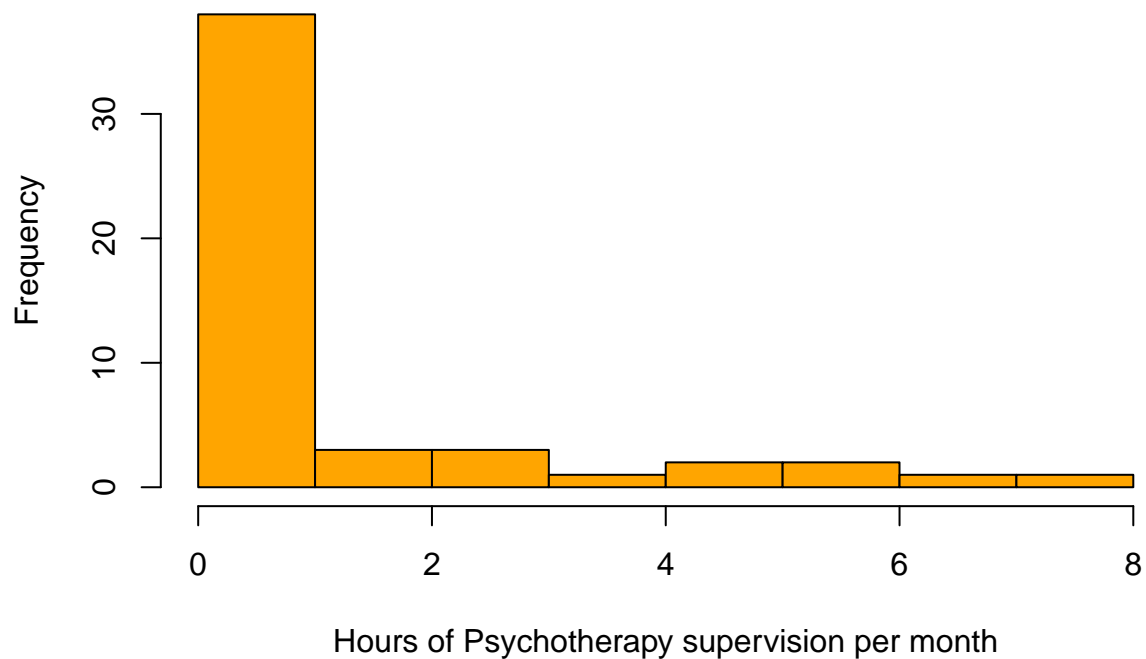
```
hist(Czech_Republic_data$q_0014_SQ002, col="red",
     main="Small group supervision (3 - 5 people)",
     xlab="Hours of Psychotherapy supervision per month")
```

### Small group supervision (3 – 5 people)

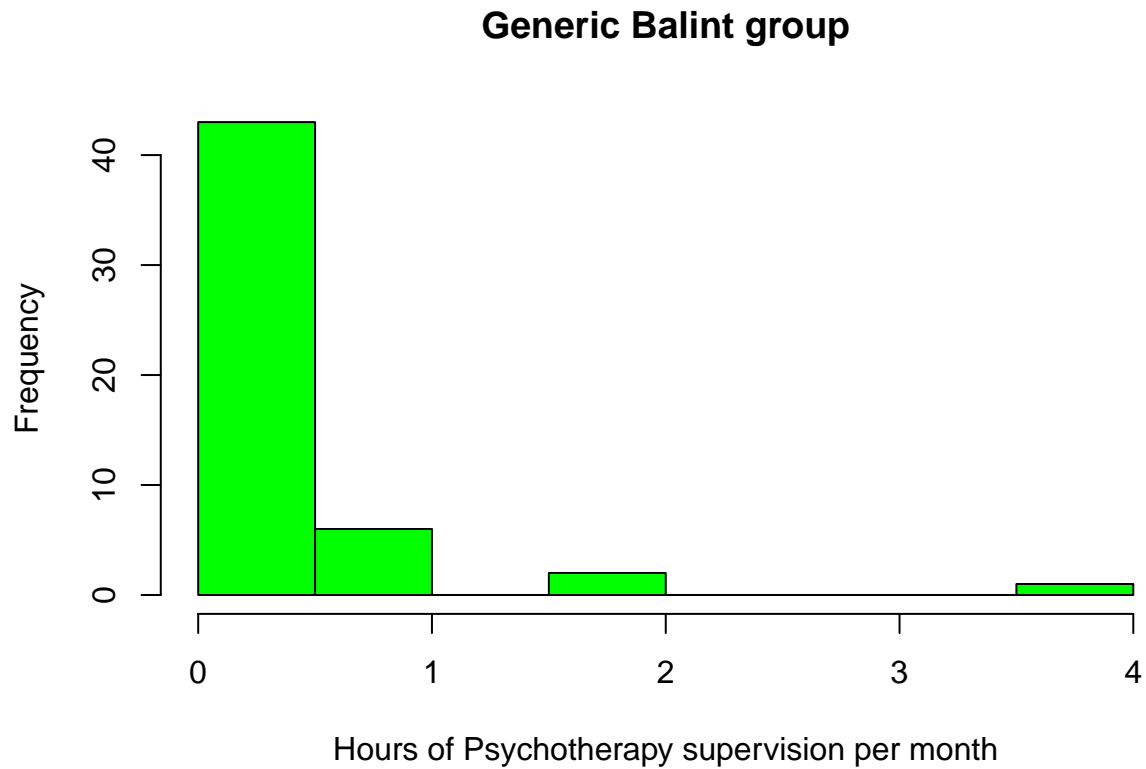


```
hist(Czech_Republic_data$q_0014_SQ003,  
      main="Large group supervision (more than 5 people)",  
      xlab="Hours of Psychotherapy supervision per month",  
      col= "orange")
```

### Large group supervision (more than 5 people)

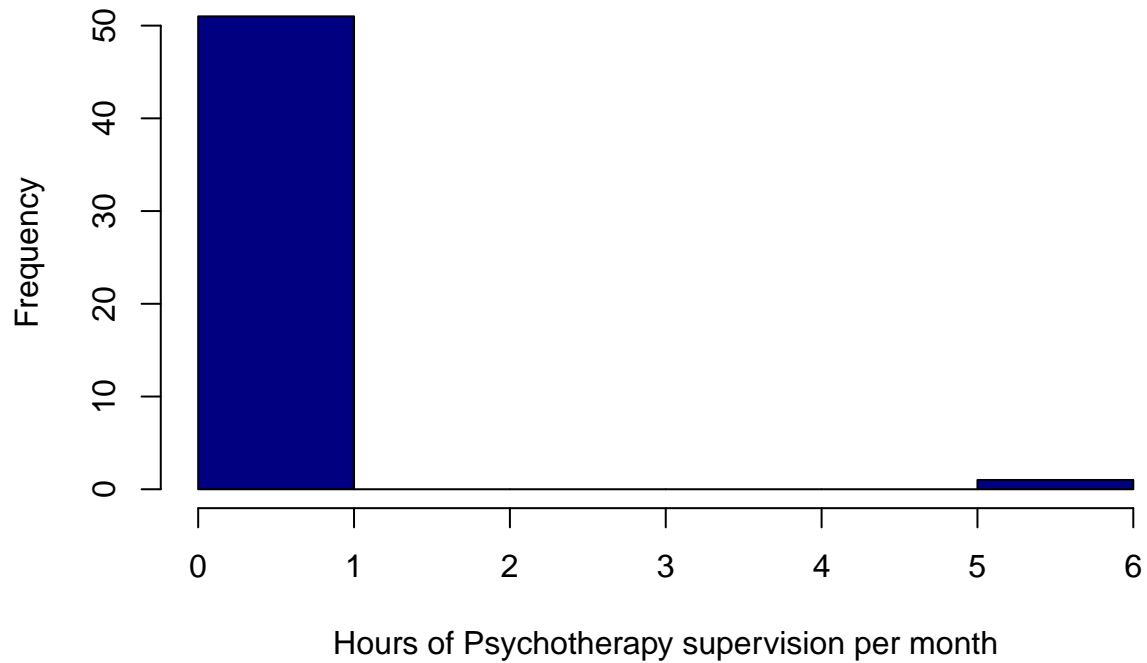


```
hist(Czech_Republic_data$q_0014_SQ004, col="green",  
     xlab= "Hours of Psychotherapy supervision per month",  
     main = "Generic Balint group",  
     breaks=10)
```



```
hist(Czech_Republic_data$q_0014_SQ005, col="navy",  
     xlab= "Hours of Psychotherapy supervision per month",  
     main = "Other form of supervision")
```

## Other form of supervision



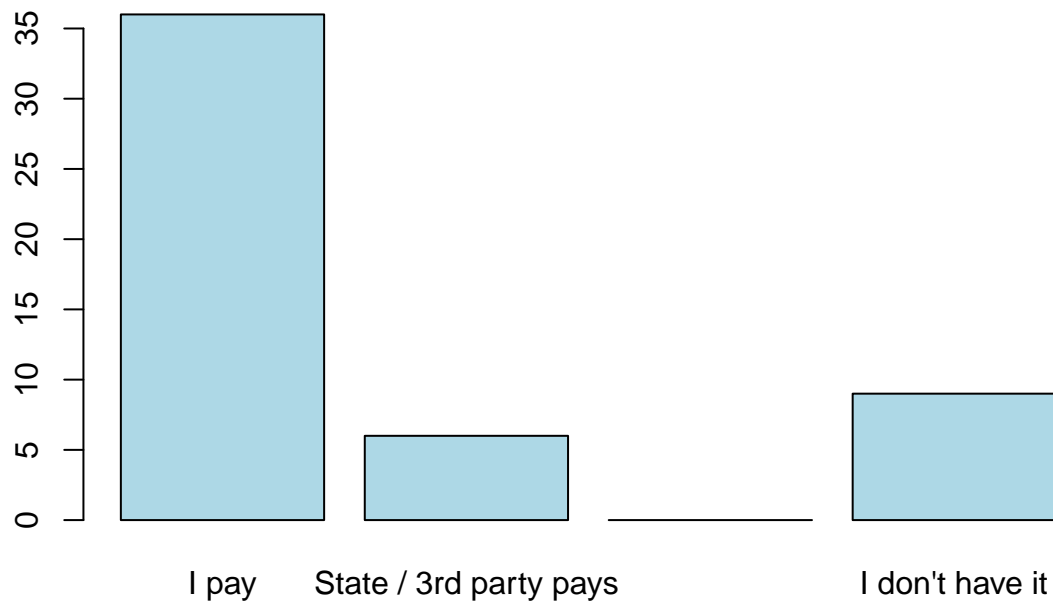
```
table(Czech_Republic_data$q_0015)
```

## Plot: Who pays?

This again should be a plot group on one page

```
barplot(table(Czech_Republic_data$q_0016_SQ001), col="light blue",  
        main="Theoretical lectures / seminars",  
        xlab="Who pays for this component of Psychotherapy experience?")
```

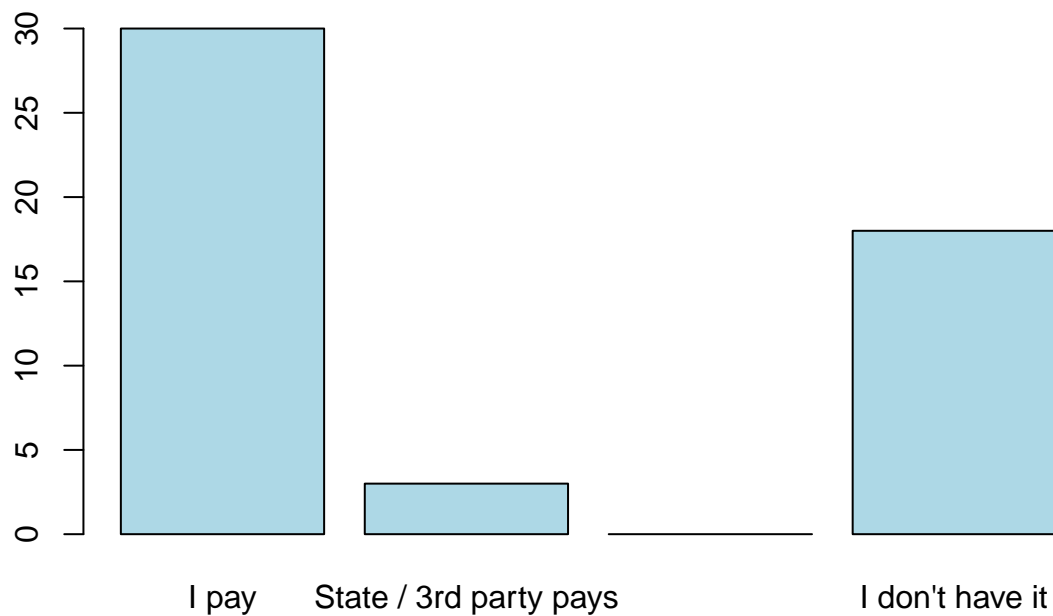
### Theoretical lectures / seminars



Who pays for this component of Psychotherapy experience?

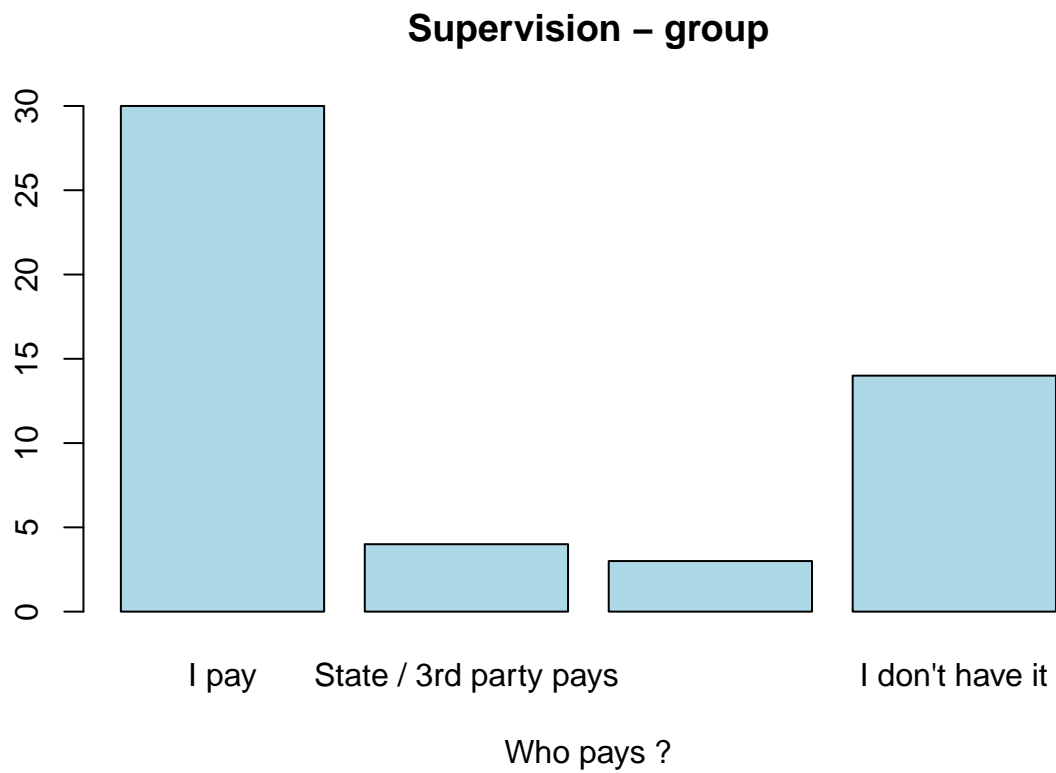
```
barplot(table(Czech_Republic_data$q_0016_SQ002), col="light blue",  
  xlab="Who pays for this component of Psychotherapy experience?",  
  main="Supervision - individual")
```

### Supervision – individual



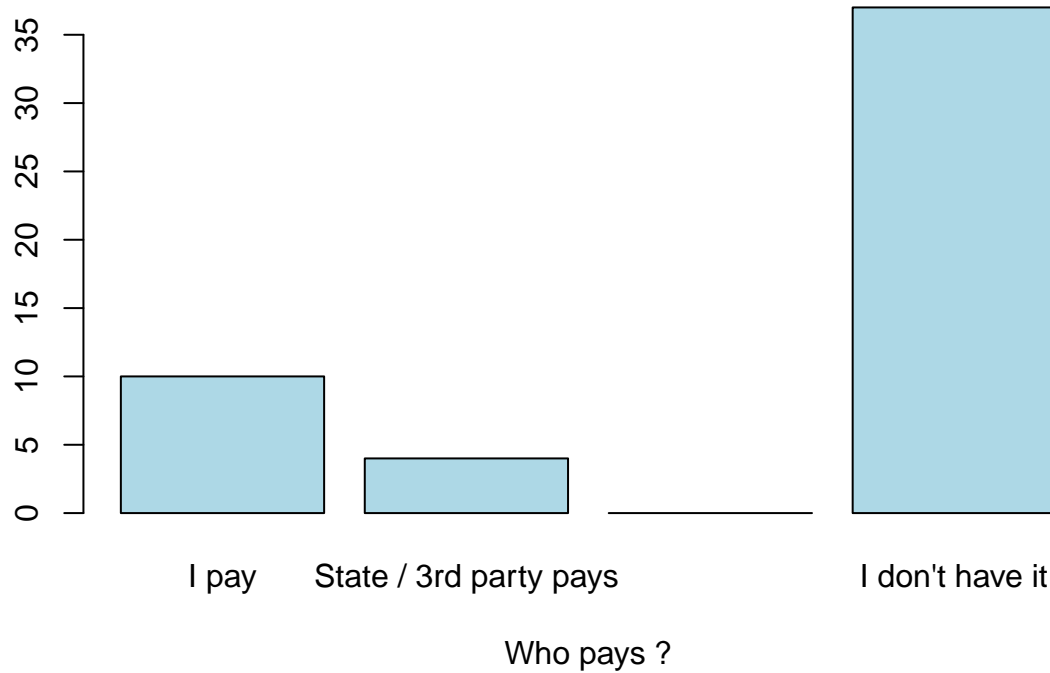
Who pays for this component of Psychotherapy experience?

```
barplot(table(Czech_Republic_data$q_0016_SQ003), col="light blue",
  main="Supervision - group",
  xlab="Who pays ?")
```



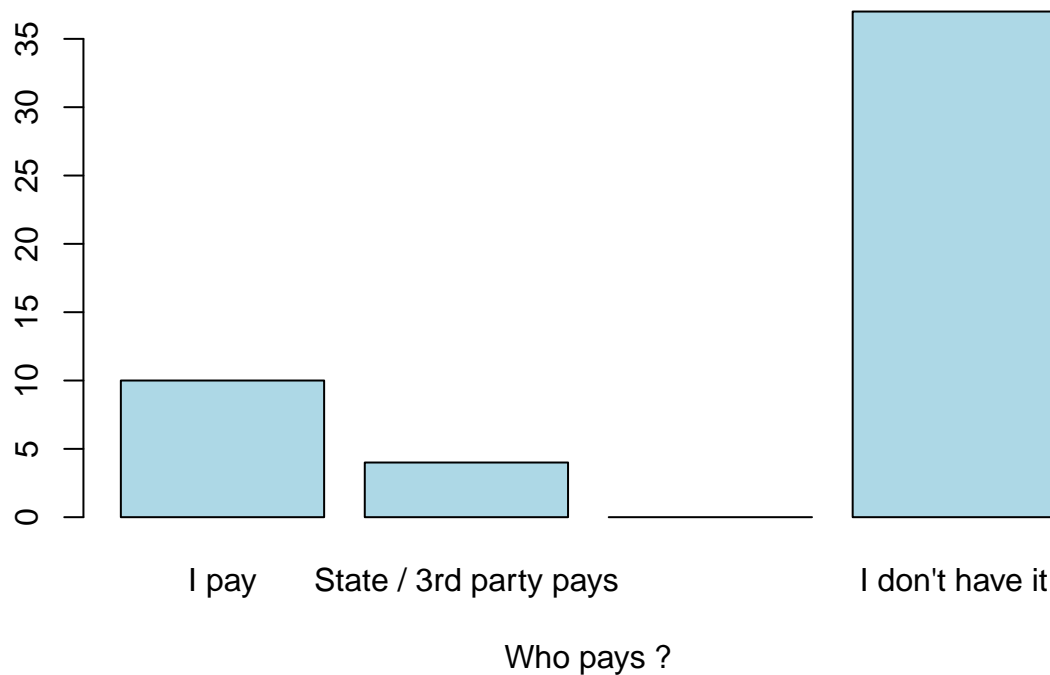
```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",
  main="Balint groups ",
  xlab="Who pays ?")
```

### Balint groups

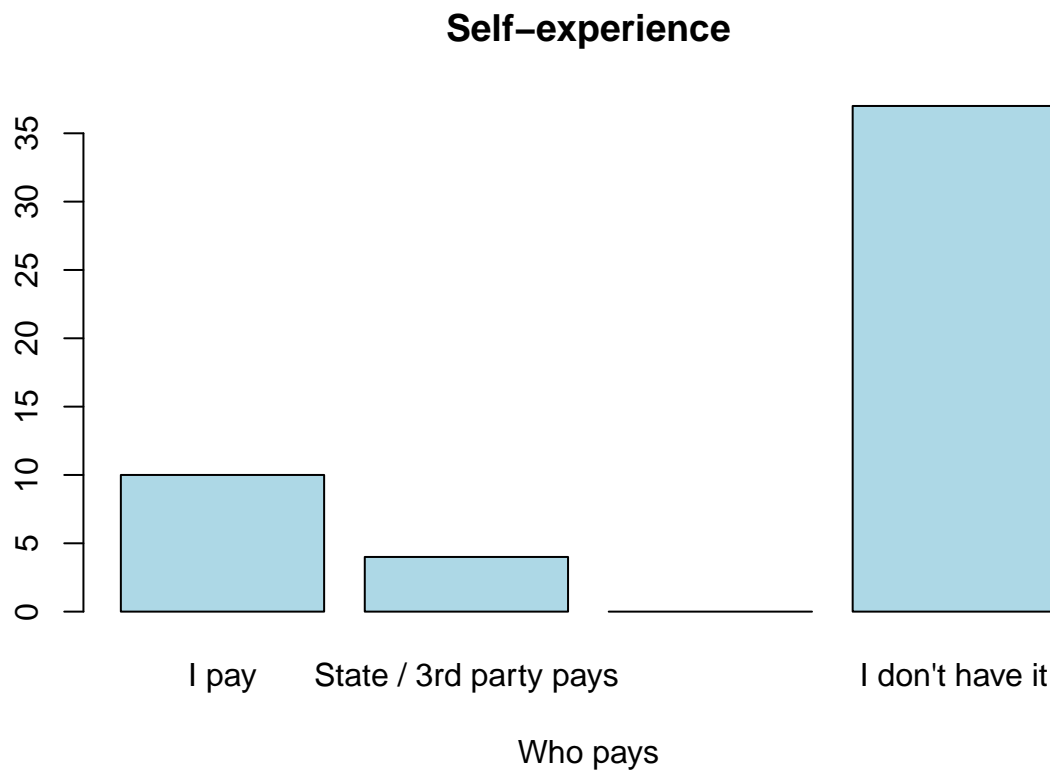


```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",  
  main="Sessions with patient(s)",  
  xlab="Who pays ?")
```

### Sessions with patient(s)



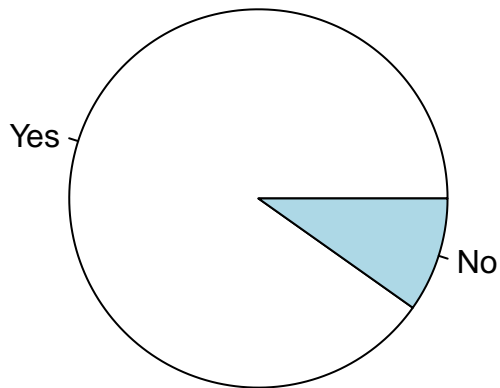
```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",
  main="Self-experience",
  xlab="Who pays")
```



Plot: Would you train for Free ?

```
pie(table(Czech_Republic_data$q_0017),
  xlab="Motivated to train in Psychotherapy for free?")
```





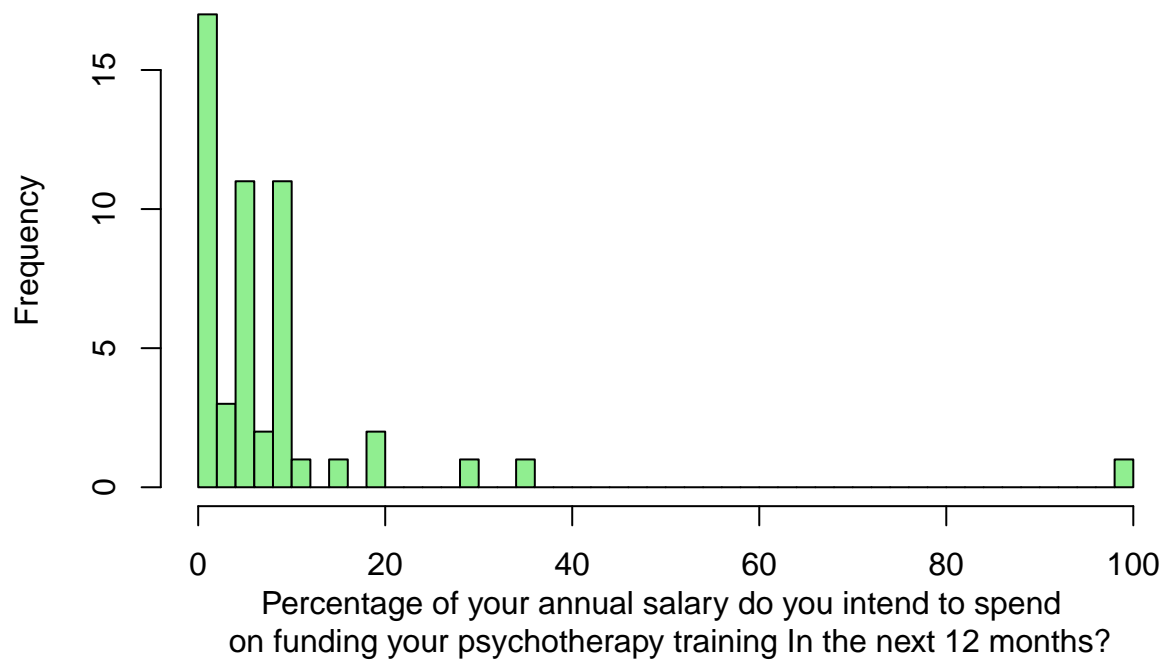
### Motivated to train in Psychotherapy for free?

UEMS recommendations states that psychotherapy training of trainees should be funded publicly and free for trainees.

### Plot: How much would you invest in psychotherapy training ?

```
hist(Czech_Republic_data$q_0018, col="light green",  
     main="% of annual salary for psychiatry training",  
     xlab="Percentage of your annual salary do you intend to spend \n on funding your psychotherapy tra",  
     breaks=c(seq(0,100,2)))
```

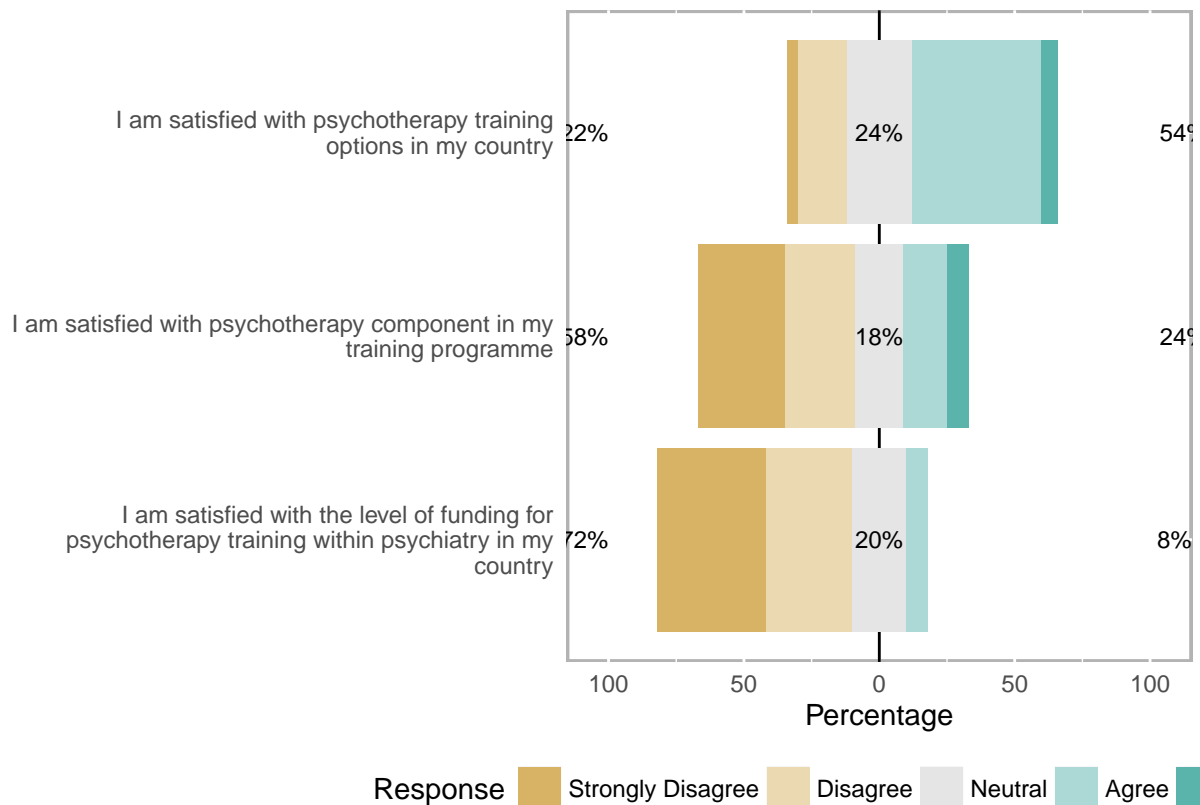
## % of annual salary for psychiatry training



### Plot: Satisfaction group

perhaps we should use likert package to plot likert type items

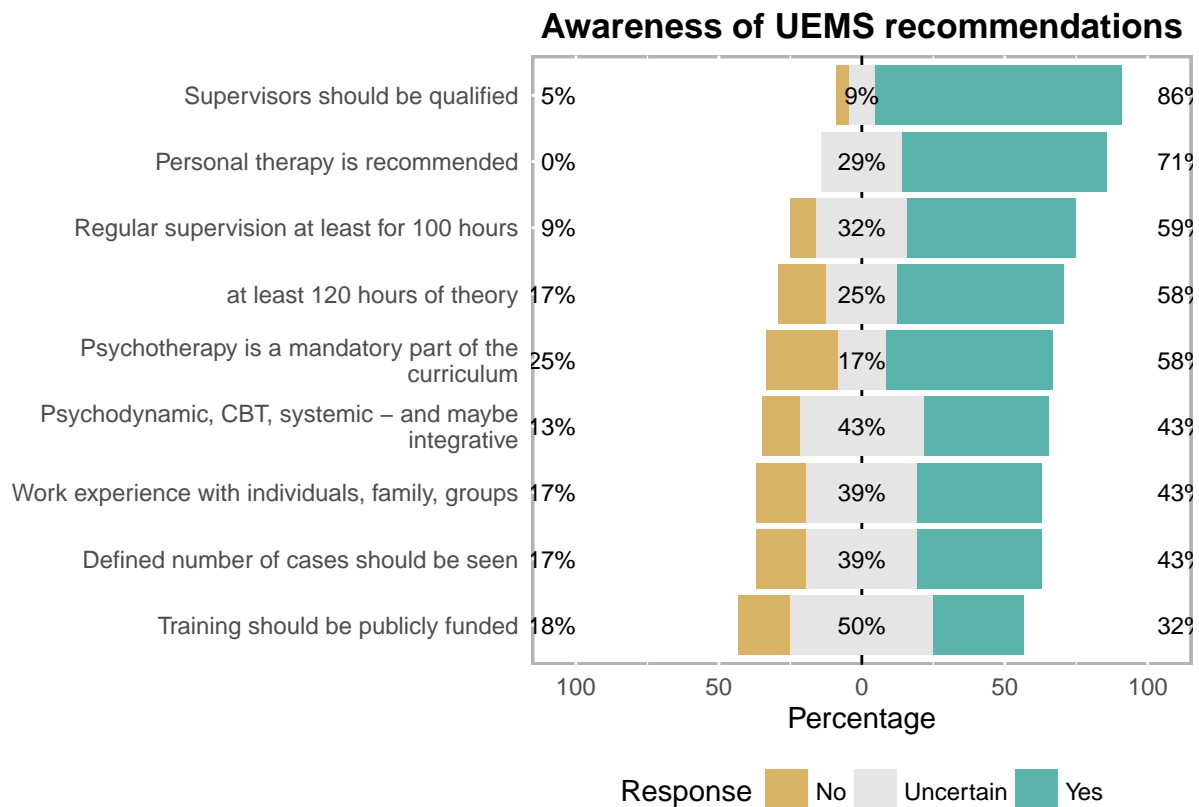
```
# make auxiliary table to hold our likert Czech_Republic_data
sat1<-Czech_Republic_data[,43:45]
# put in correct row names
sat1 <- rename(sat1,c("q_0019_SQ001"="I am satisfied with psychotherapy component in my training program",
  "q_0019_SQ002"="I am satisfied with psychotherapy training options in my country",
  "q_0019_SQ003"="I am satisfied with the level of funding for psychotherapy training within psychiatry
  "))
sat12<-likert(sat1)
plot(sat12)
```



```
# comment out barplots for now
# barplot(table(Czech_Republic_data$q_0019_SQ001), main = "I am satisfied with Psychotherapy component in my training programme")

# well, let's deal with UEMS bits as with likert scales
uems1 <- Czech_Republic_data[,46:54]
uems1[,1] <- factor(uems1[,1],c("No", "Uncertain", "Yes"))
uems1[,2] <- factor(uems1[,2],c("No", "Uncertain", "Yes"))
uems1[,3] <- factor(uems1[,3],c("No", "Uncertain", "Yes"))
uems1[,4] <- factor(uems1[,4],c("No", "Uncertain", "Yes"))
uems1[,5] <- factor(uems1[,5],c("No", "Uncertain", "Yes"))
uems1[,6] <- factor(uems1[,6],c("No", "Uncertain", "Yes"))
uems1[,7] <- factor(uems1[,7],c("No", "Uncertain", "Yes"))
uems1[,8] <- factor(uems1[,8],c("No", "Uncertain", "Yes"))
uems1[,9] <- factor(uems1[,9],c("No", "Uncertain", "Yes"))
# Put nice column names for the plot
uems1 <- rename(uems1,c(
  q_0021_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0021_SQ002="Defined number of cases should be seen",
  q_0021_SQ003="at least 120 hours of theory",
  q_0021_SQ004="Work experience with individuals, family, groups",
  q_0021_SQ005="Psychodynamic, CBT, systemic - and maybe integrative",
  q_0021_SQ006="Personal therapy is recommended",
  q_0021_SQ007="Supervisors should be qualified",
  q_0021_SQ008="Regular supervision at least for 100 hours",
  q_0021_SQ009="Training should be publicly funded"
))
## Plot: UEMS recs awareness
uems12 <- likert(uems1)
```

```
plot(uems12) +
  ggtitle("Awareness of UEMS recommendations") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))
```



Plot: UEMS recommendations awareness

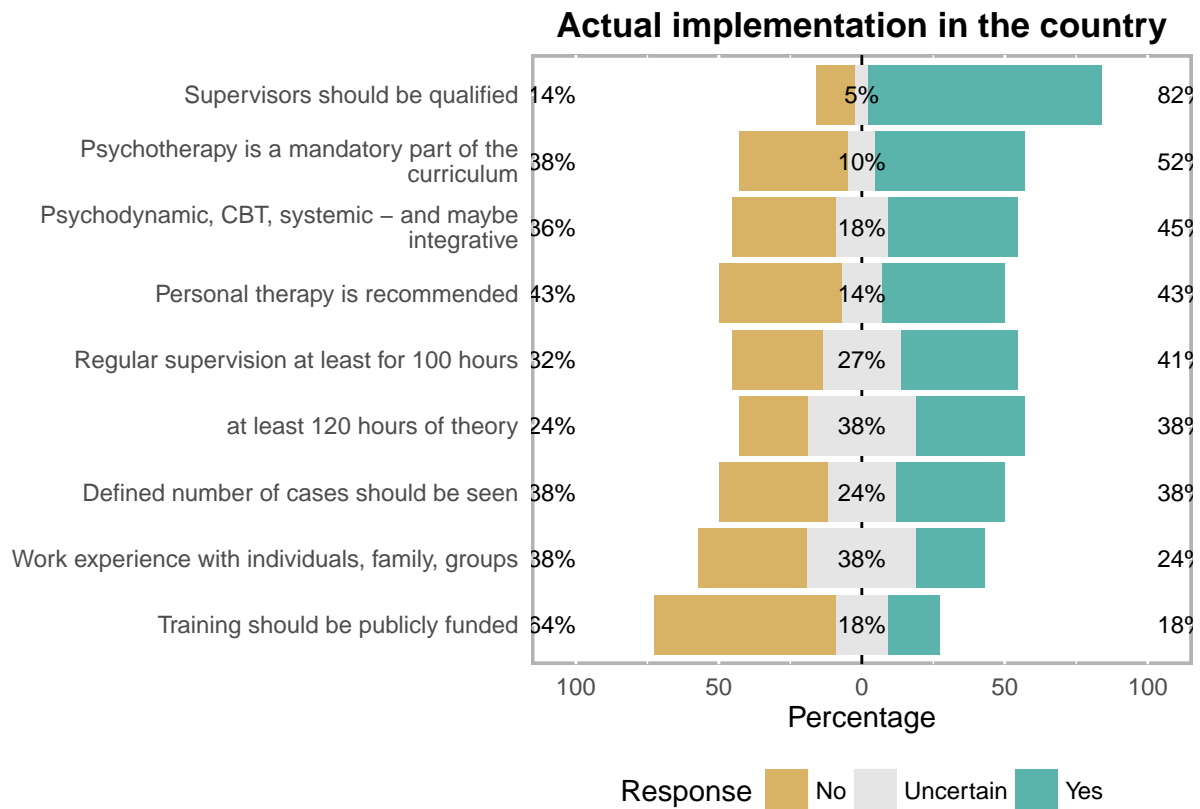
```
# and same with the
uems2 <- Czech_Republic_data[,55:63]
uems2[,1] <- factor(uems2[,1],c("No","Uncertain","Yes"))
uems2[,2] <- factor(uems2[,2],c("No","Uncertain","Yes"))
uems2[,3] <- factor(uems2[,3],c("No","Uncertain","Yes"))
uems2[,4] <- factor(uems2[,4],c("No","Uncertain","Yes"))
uems2[,5] <- factor(uems2[,5],c("No","Uncertain","Yes"))
uems2[,6] <- factor(uems2[,6],c("No","Uncertain","Yes"))
uems2[,7] <- factor(uems2[,7],c("No","Uncertain","Yes"))
uems2[,8] <- factor(uems2[,8],c("No","Uncertain","Yes"))
uems2[,9] <- factor(uems2[,9],c("No","Uncertain","Yes"))

# Put nice column names for the plot
uems2 <- rename(uems2,c(
  q_0022_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0022_SQ002="Defined number of cases should be seen",
  q_0022_SQ003="at least 120 hours of theory",
  q_0022_SQ004="Work experience with individuals, family, groups",
  q_0022_SQ005="Psychodynamic, CBT, systemic – and maybe integrative",
```

```

q_0022_SQ006="Personal therapy is recommended",
q_0022_SQ007="Supervisors should be qualified",
q_0022_SQ008="Regular supervision at least for 100 hours",
q_0022_SQ009="Training should be publicly funded"
))
uems22 <- likert(uems2)
plot(uems22) +
  ggtitle("Actual implementation in the country") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))

```



## Research

UEMS recommendations states that research methodology should be included in psychotherapy training.

## Bibliography

- Please join our [zotero group](#)