Report of the Data Collection on the Challenges with Therapy Sector

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Problem Description

The therapy sector is confronted with various obstacles that affect its ability to provide effective services and support to individuals seeking therapy. These challenges are multi-faceted and require innovative solutions to improve the sector's overall performance and impact.
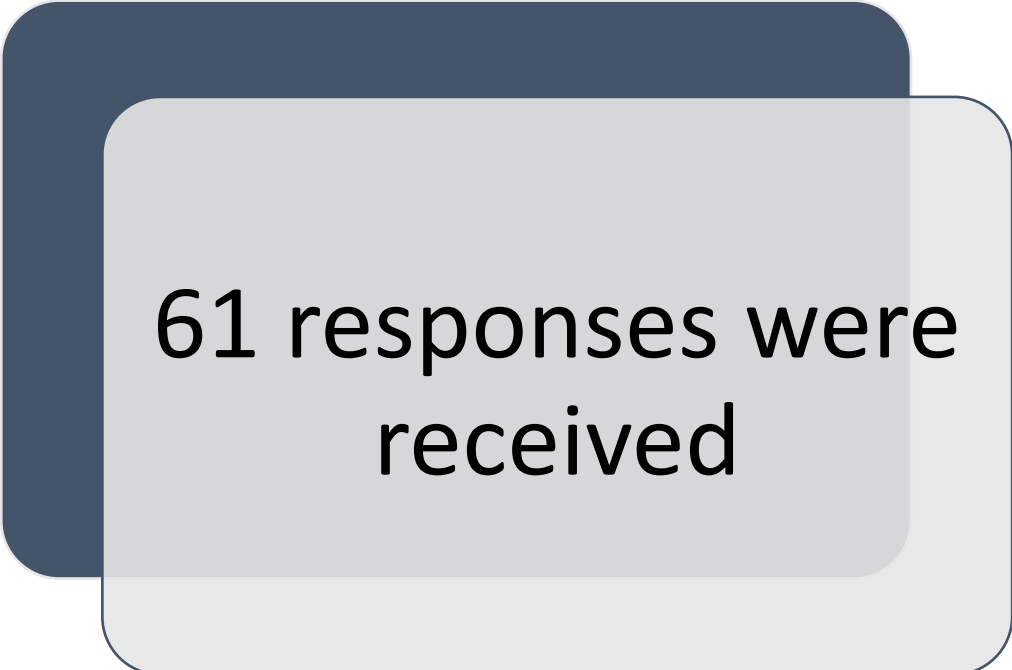
In order to find reliable solutions to these challenges, a questionnaire was developed to seek responses from the general public on better ways to mitigate these challenges. The questionnaire consists of 10 sections and 30 questions to enable us to gather valuable insights and data regarding the challenges within the mental health sector.
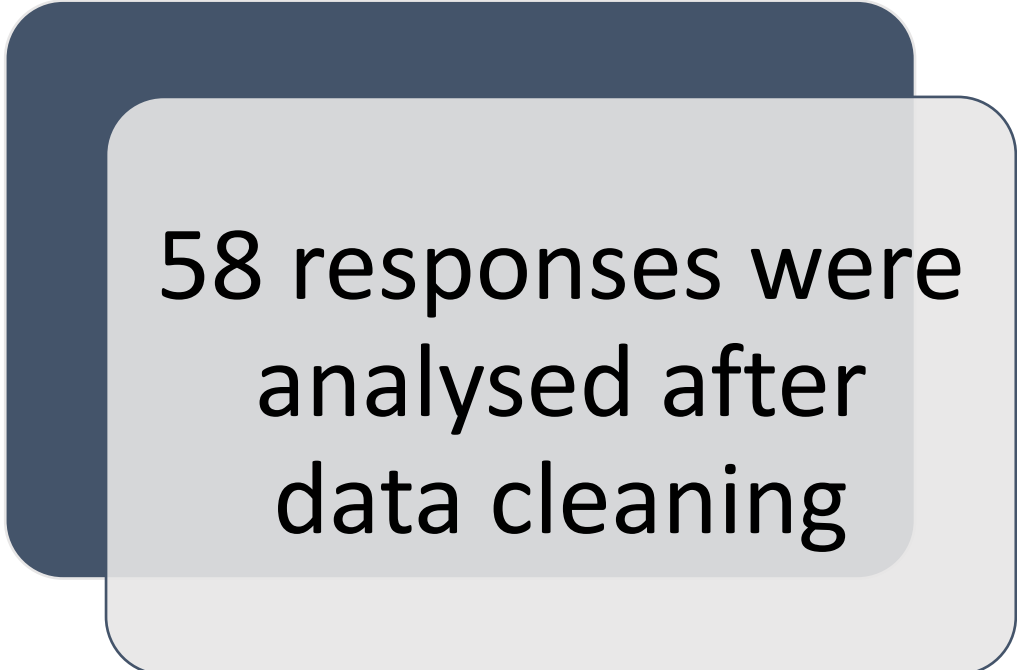
Objectives

- Gather Comprehensive Data: To collect a diverse range of data from the general public through the questionnaire, with the aim of obtaining a holistic understanding of the challenges within the mental health sector, including the identification of specific issues and potential solutions.

- To analyze and interpret the responses from the questionnaire to gain insights into the public's perspectives on addressing mental health challenges. This objective includes identifying common themes, concerns, and innovative ideas proposed by respondents to inform the development of effective solutions

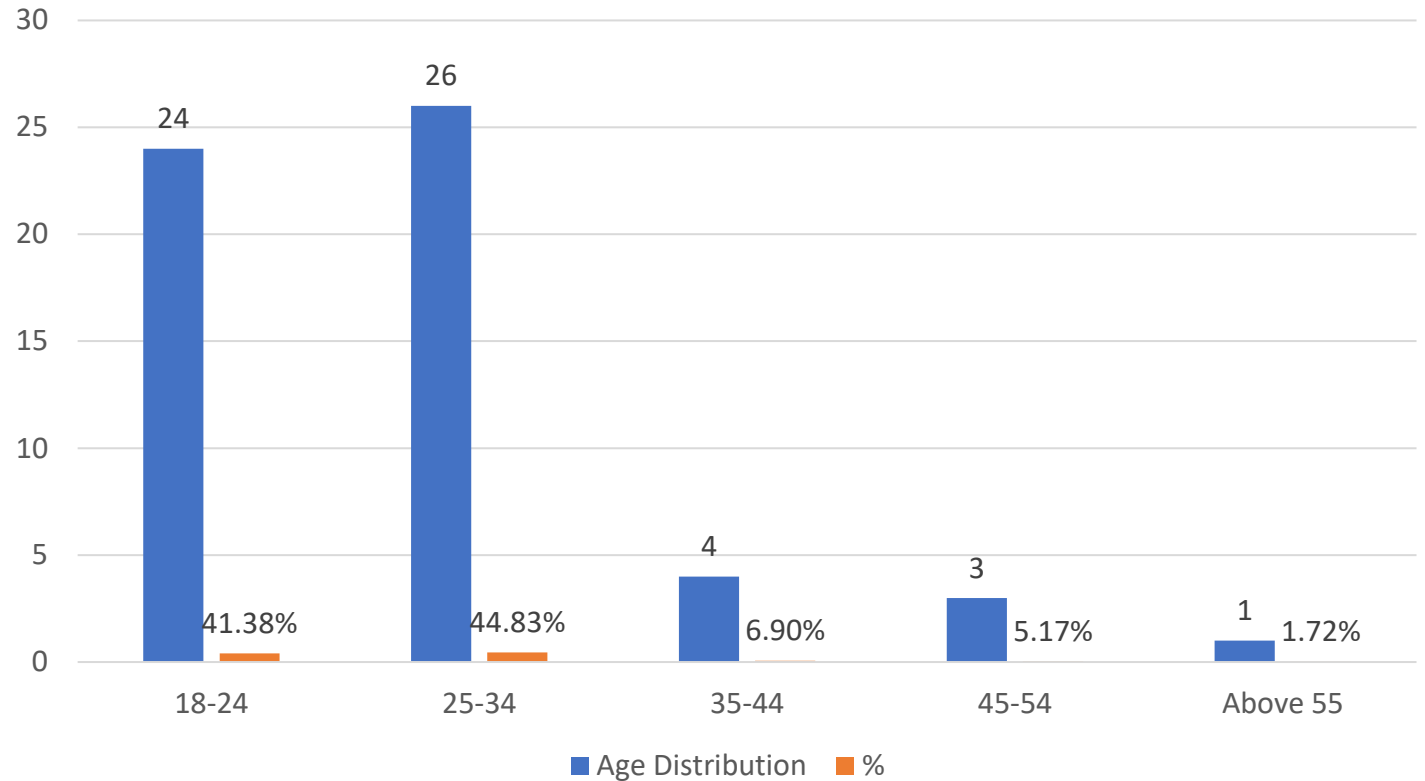# Number of responses received

61 responses were received

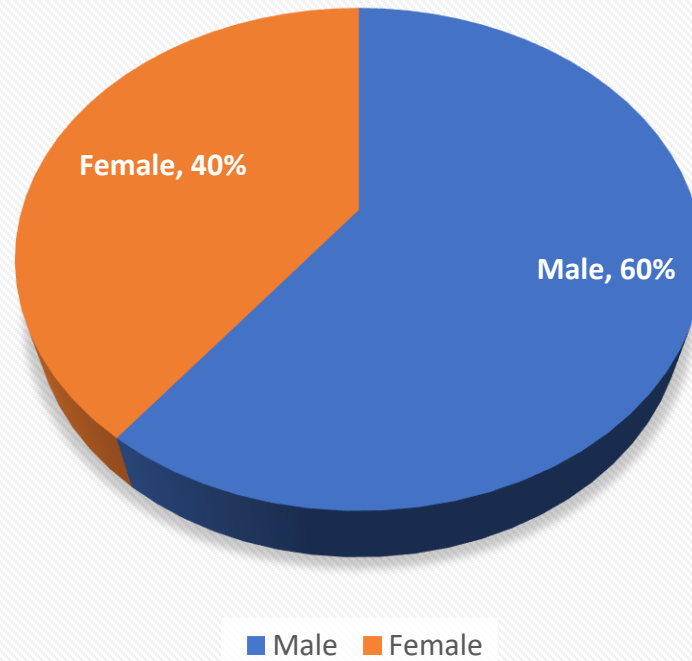58 responses were analysed after data cleaning

Demographic and backround information of Respondents

Age Distribution of the respondents

- Majority of the respondents fall within the age of 25-34 accounting for 44.83% of the total respondents followed by 18-24 age bracket (41.38%)

Gender Distribution

Female, 40%

Male, 60%

Male   Female

Respondents Gender Distribution

- We have more male respondents accounting for 60% of the total respondents during the period
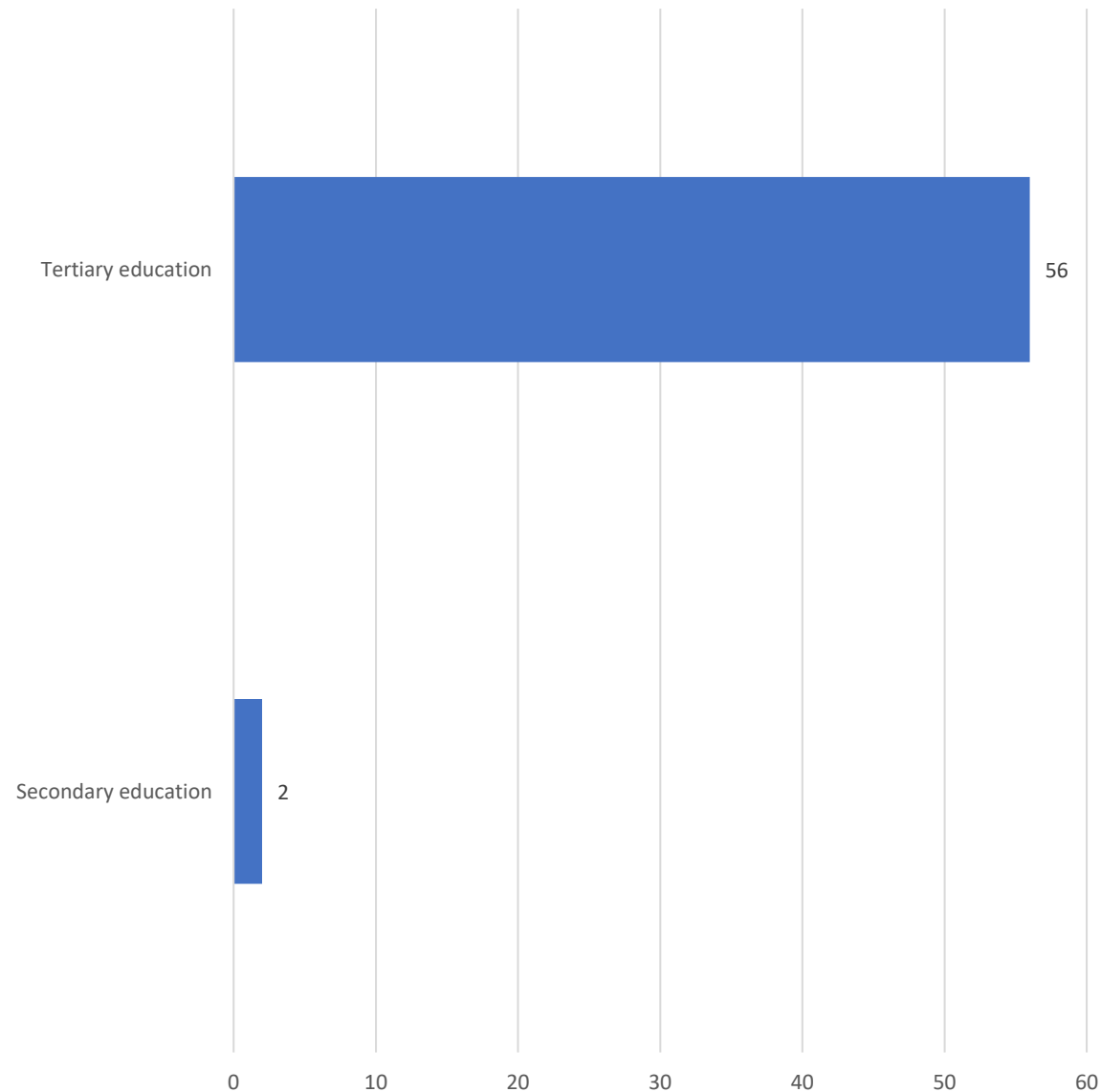
Respondents Location

- Responses were received from respondents in 15 states of Nigeria with Lagos, Kaduna, and Abuja having the highest with 20.69% (Lagos), 18.96% (Kaduna) and 15.52% (Abuja) respectively.

- 12.07% from Oyo, 10.34% from Edo, 5.17% from Plateau and 3.45% from Kano state. Other states have 1.72% each.
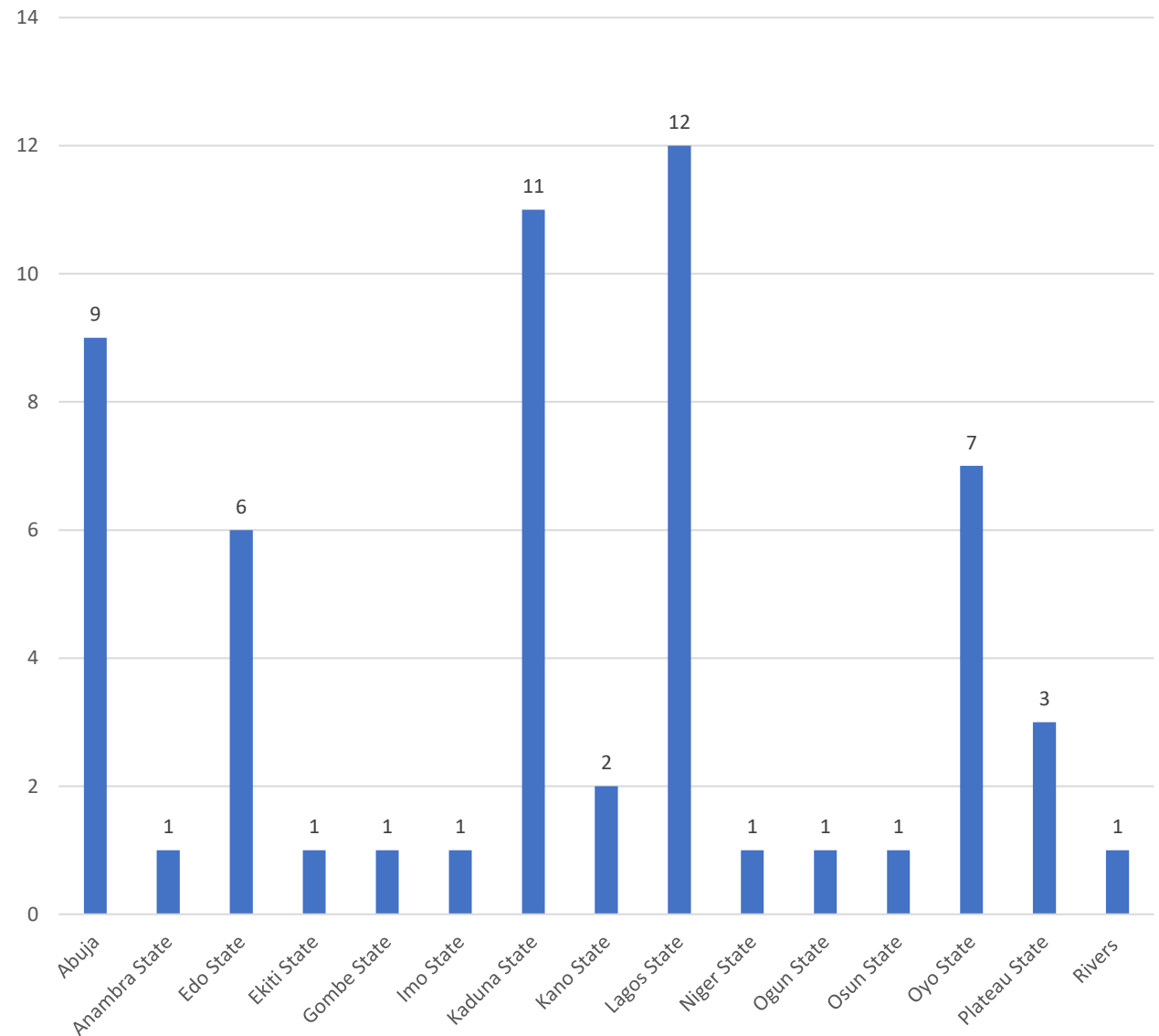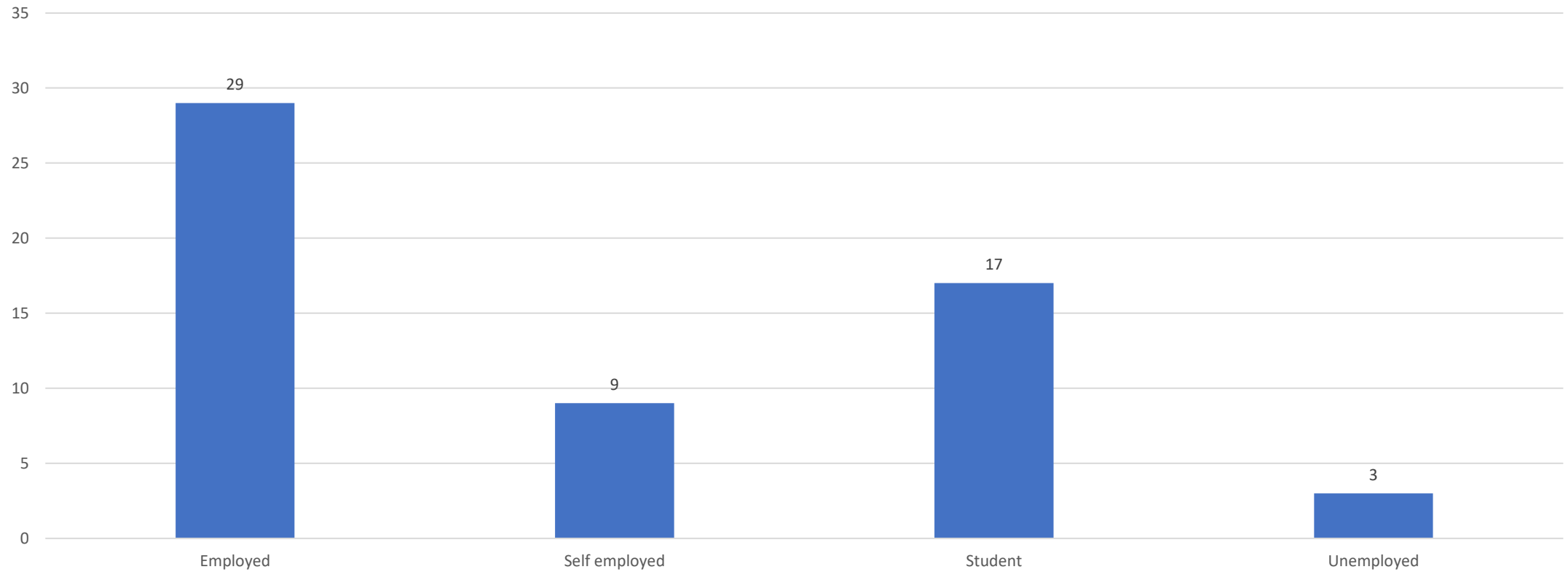
Respondents Employment Status

- 50% of the respondents are employed
- 29.31% are students
- 15.52% are self-employed and
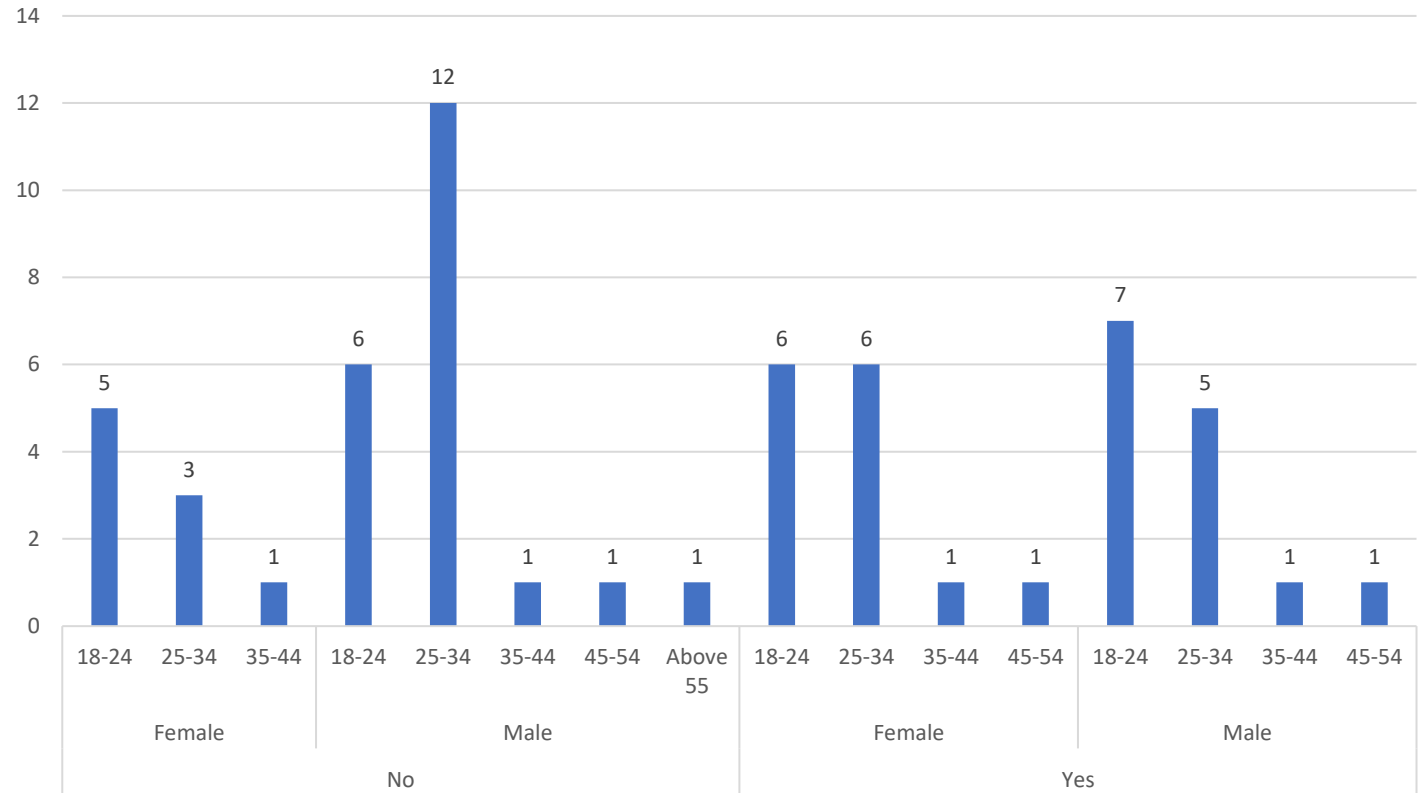- 5.17% are unemployed

Respondents Educational Level

96.55% of the respondents have tertiary education while 3.45% are educated up to secondary school level

Access to Therapy Services

Have you ever sought therapy or counseling services?

- 48.26% of the respondents have previously sought therapy services
- Respondents within the age bracket of 18-34 are the highest both male and female

Reason for seeking therapy

- Depression, stress and anxiety alone accounted for more reasons why they seek therapy services

- There are also respondents who seek therapy for combination of reasons which include depression and stress; anxiety, depression and stress; anxiety, depression and others; etc.
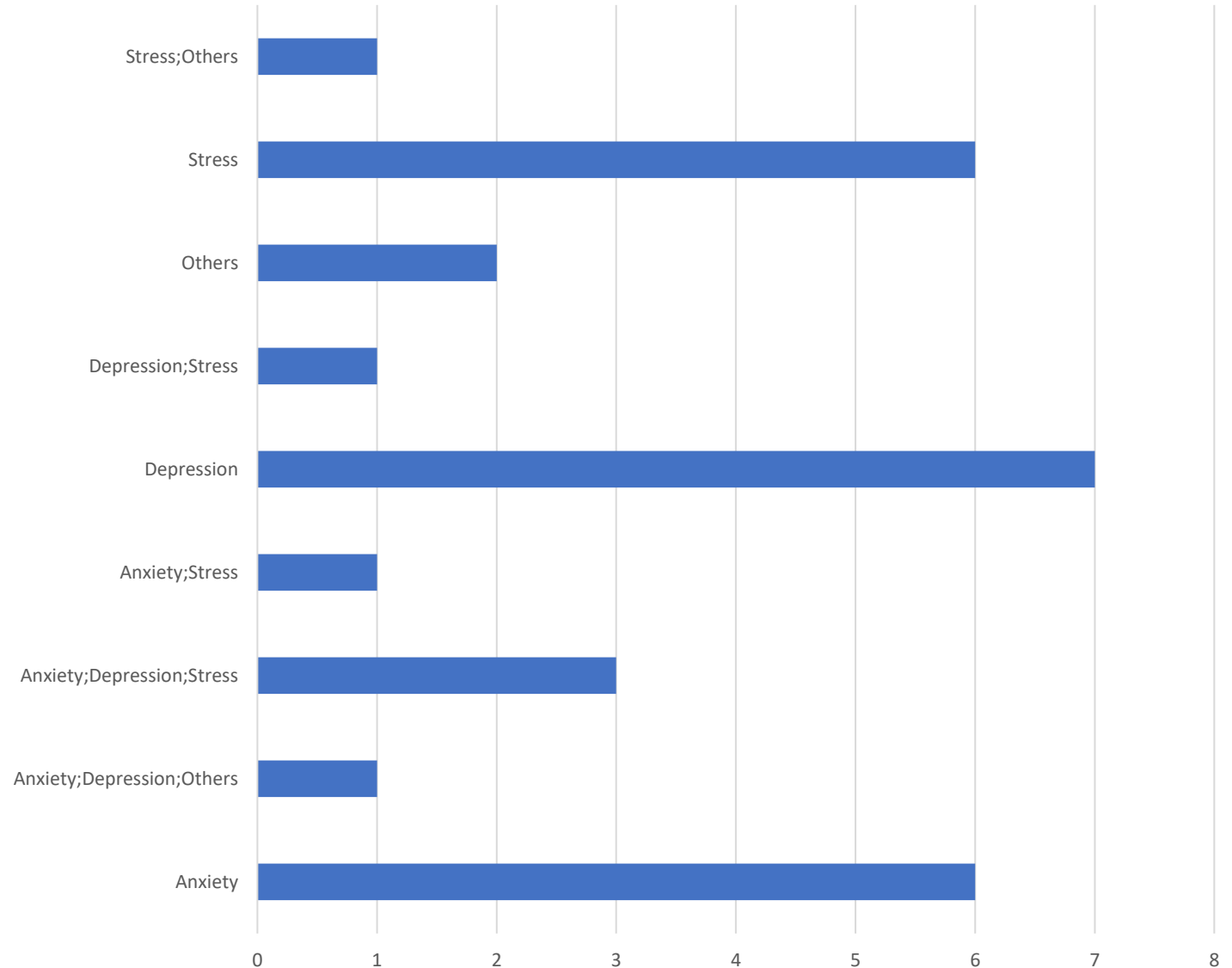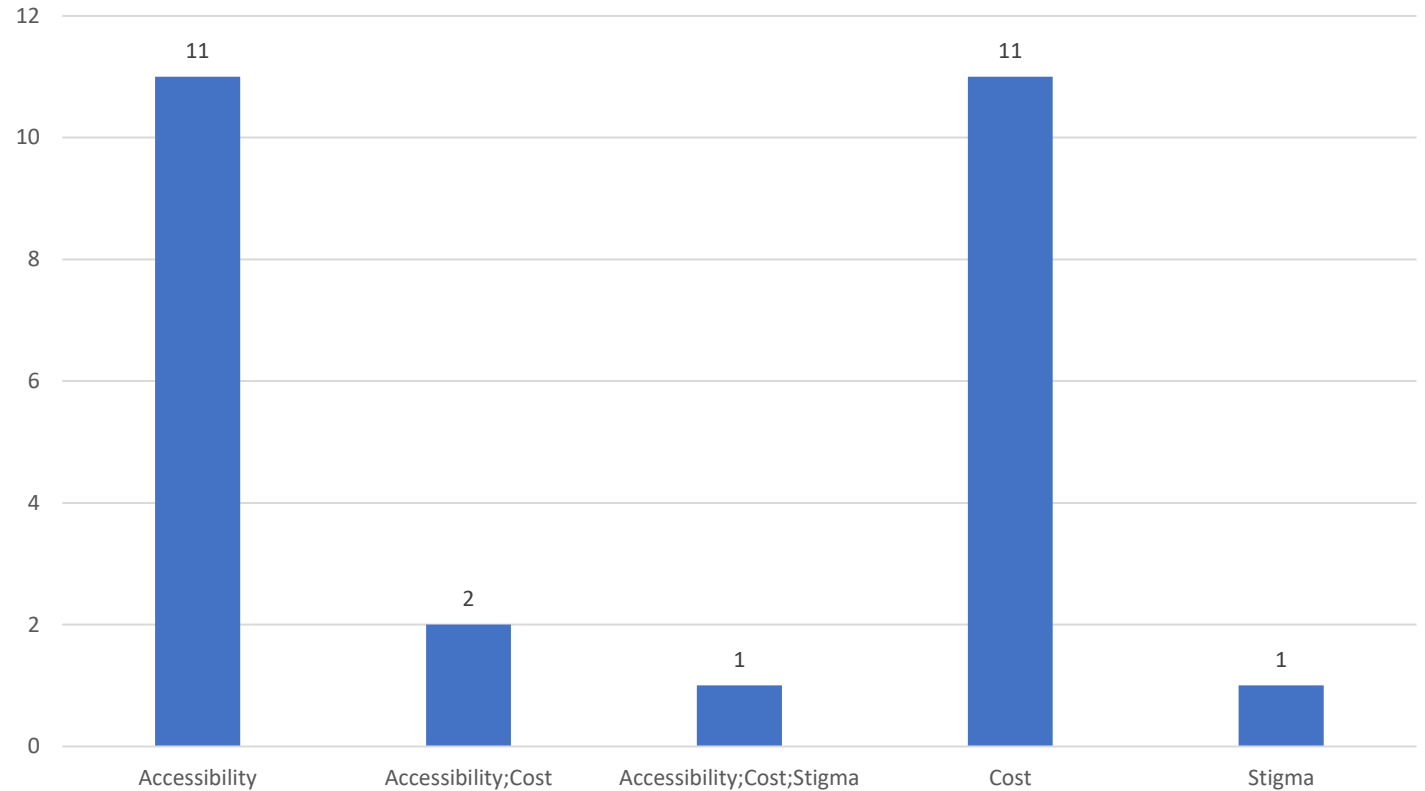
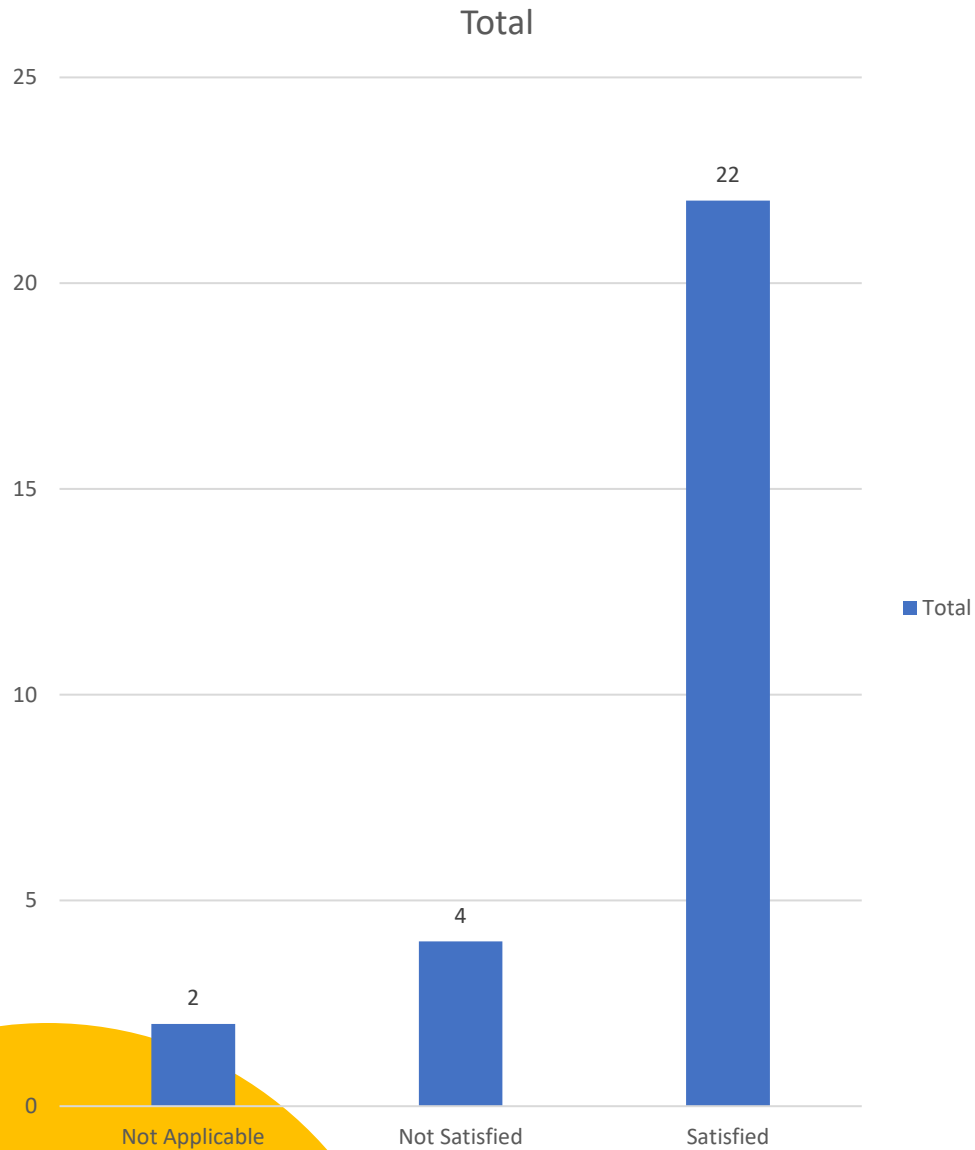# Was the therapy helpful?

- 92.86% of the respondents said the therapy they received were useful to them
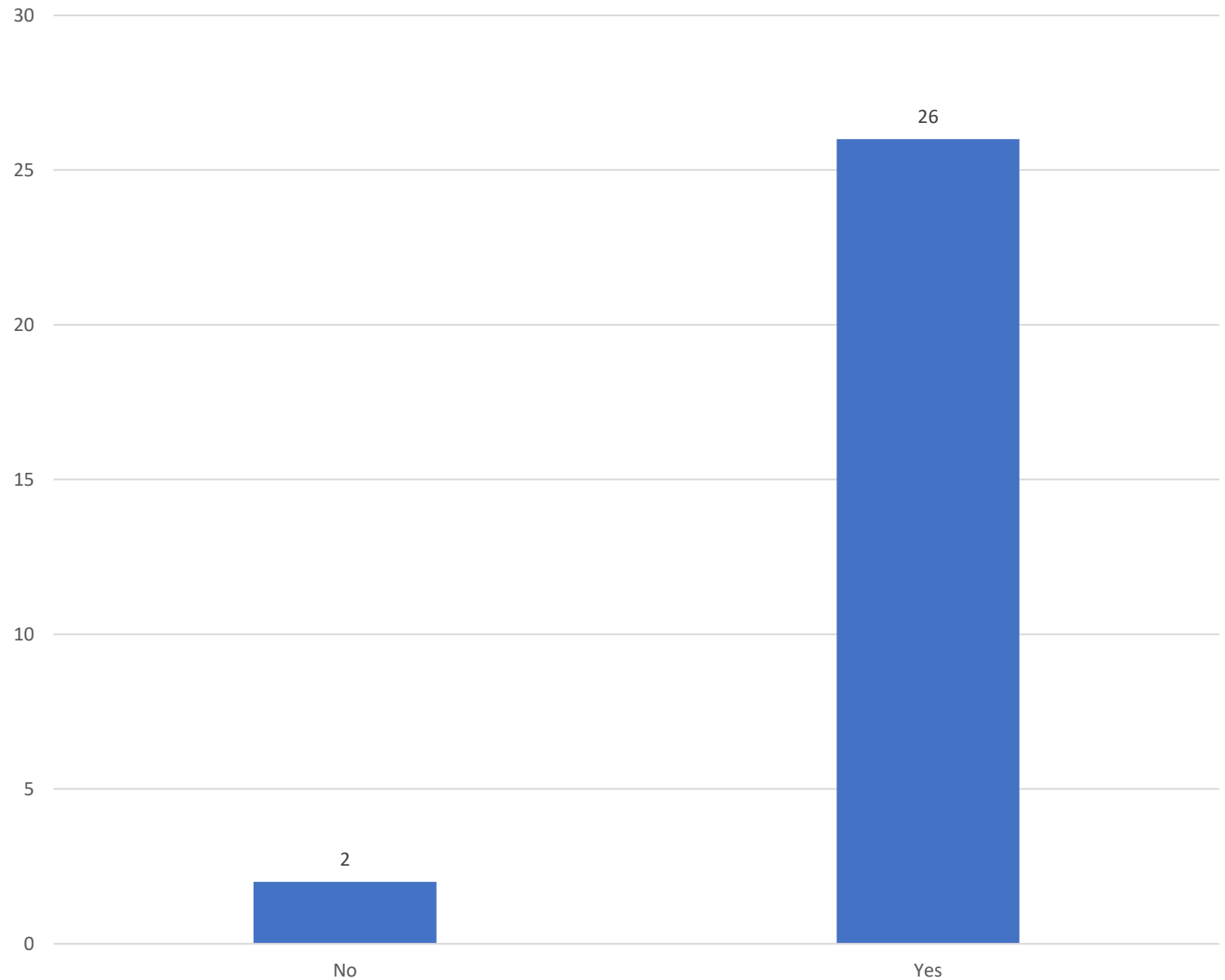
What were the barriers to accessing therapy?

- The respondents identified Accessibility and Cost as the primary obstacles when it comes to obtaining therapy services.

How satisfied are you with the therapy services you have received?

- The majority of respondents (77.42%), expressed satisfaction with the therapy services they have received. This suggests that a significant portion of the respondents who have utilized therapy services reported positive experiences and outcomes.

Did you experience difficulties finding a therapist who met your needs?

- 65.29% among the respondents who were in need of therapy services reported that they indeed experience difficulties finding a therapist who met their needs.
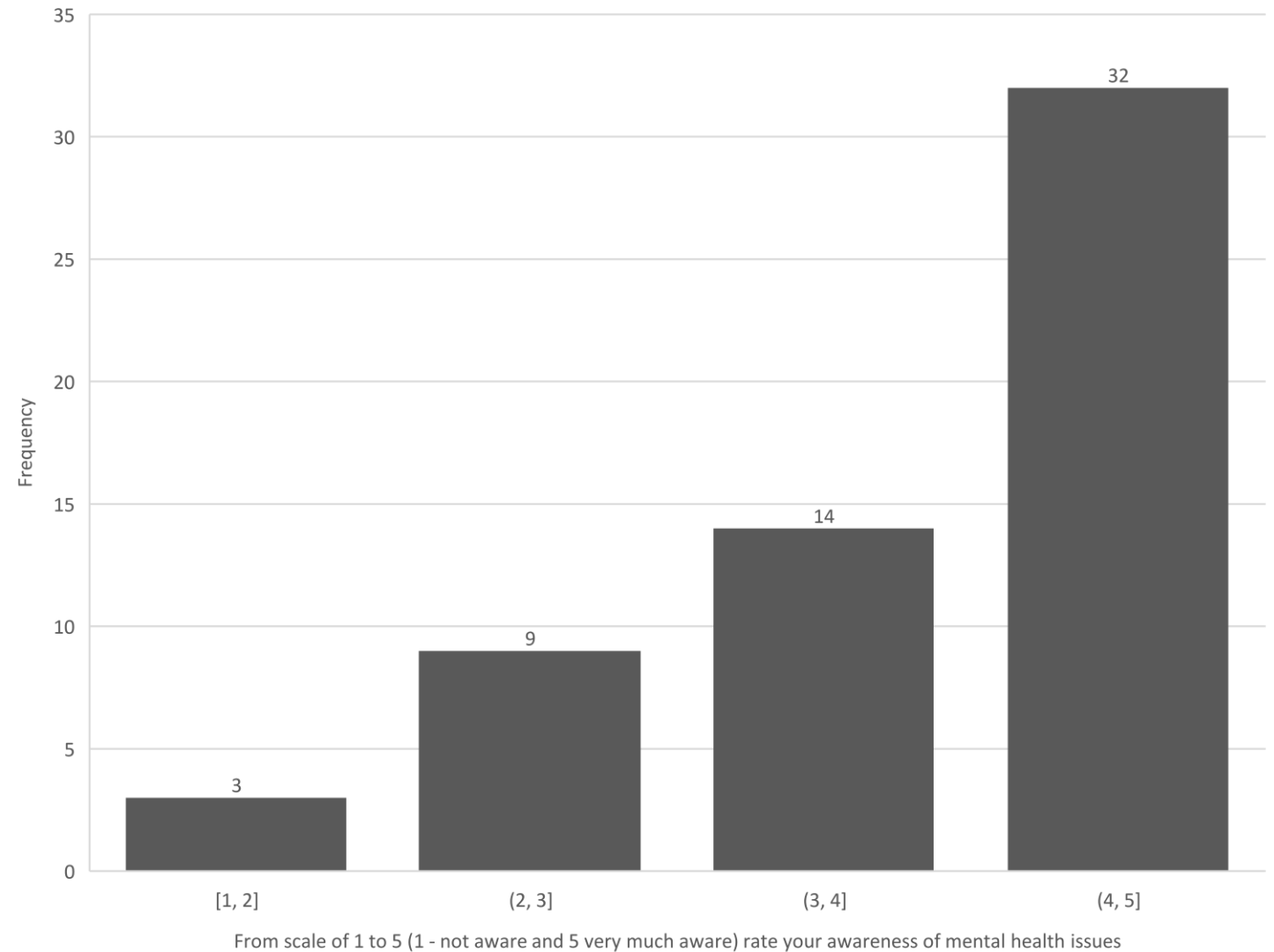

10

18

■ Yes ■ No
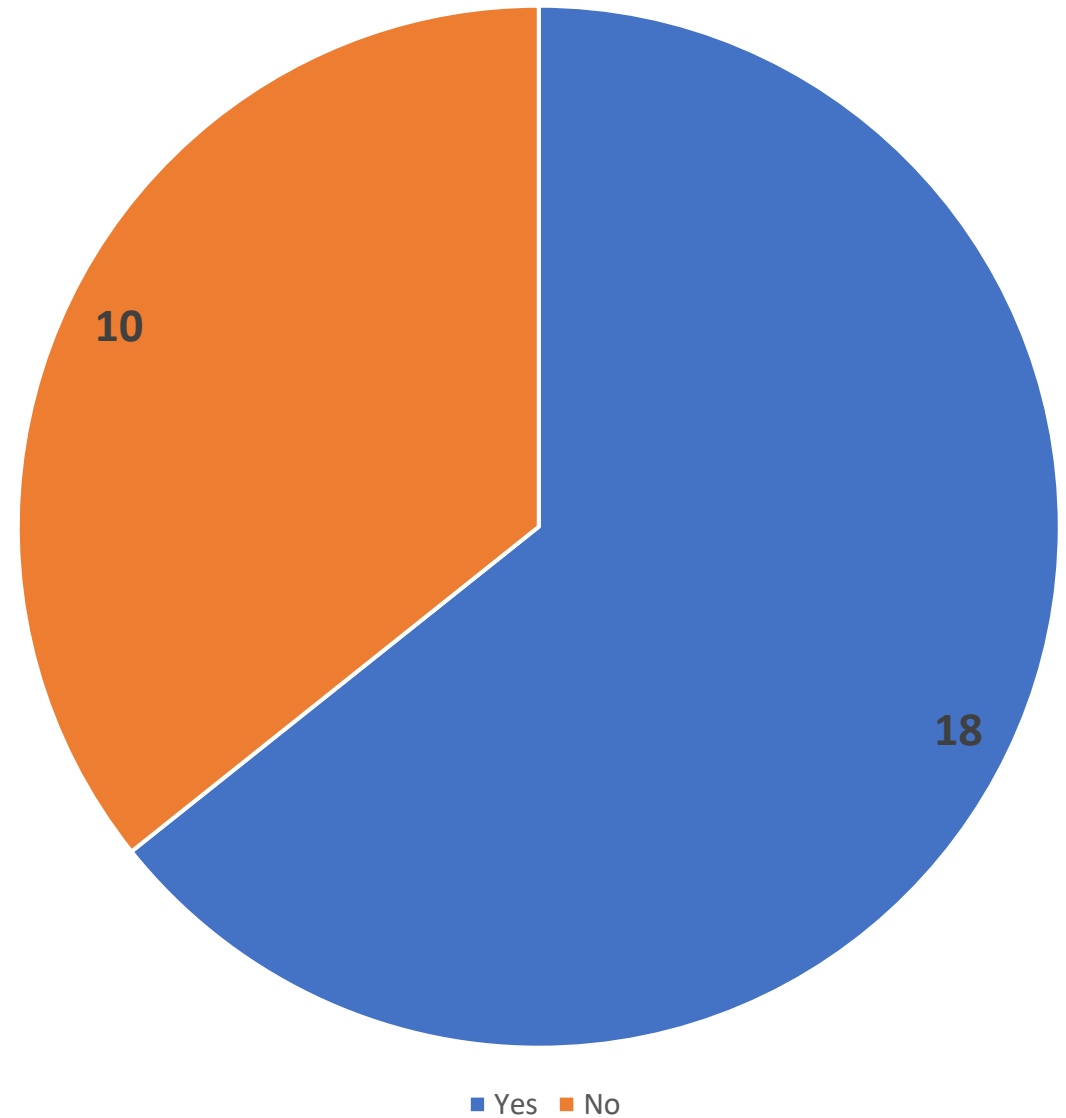
Mental Health Awareness

Respondents' level of awareness of mental health issues

- The majority of respondents rated their awareness of mental health issues as 4 or 5, indicating a relatively high level of awareness.

- There are a few respondents who rated their awareness as 3, suggesting a moderate level of awareness.

- Overall, the data suggests that most of the respondents have a moderate to high level of awareness of mental health issues, with only a small percentage indicating low awareness.

From scale of 1 to 5 (1 - not aware and 5 very much aware) rate your awareness of mental health issues

Are you aware of availability of therapy services in your community?

- Majority of respondents (72.41%) are not aware of the availability of therapy services in their community.

- This is, however, in contrast with the high level of awareness of mental health issues among the respondents. While 79.31% of the respondents have a moderate to high level of awareness of mental health issues, 72.41% are not aware of the availability of therapy services in their community. There is a need, therefore, for further exploration to be able to discern the reasons behind these discrepancies.
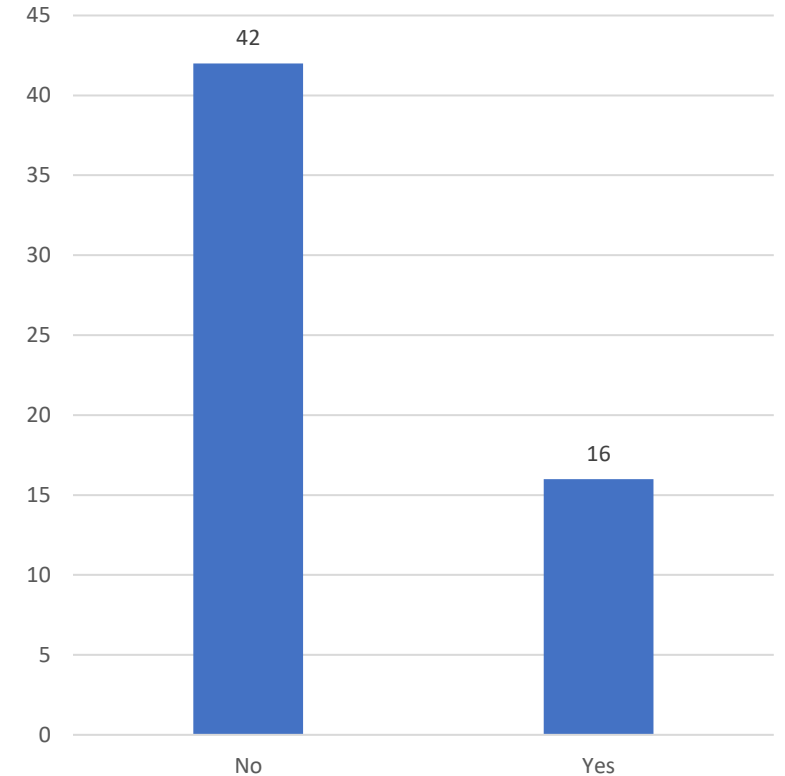
What initiatives or strategies would help raise awareness about mental health and therapy?

The following were suggested strategies that would help to raise awareness about mental health and therapy by the respondents:

- Social Media

- Public Enlightenment

- Radio/TV Jingles

The respondents highlighted a consensus on the importance of utilizing social media and public awareness campaigns as key strategies to raise awareness about mental health and therapy. Additionally, radio and TV jingles are suggested as a potential creative tool for conveying these messages effectively by the respondents

Stigma and Perception

Do you feel there is a stigma associated with seeking therapy or counseling?

- There is a diversity of opinions and perceptions regarding the stigma associated with seeking therapy or counseling among respondents. While 44% of respondents believe there is a stigma associated with seeking therapy or counseling, 20% of them think otherwise. However, there is also 36% of the respondents who are uncertain or have mixed feelings about whether there is a stigma associated with seeking therapy or counselling
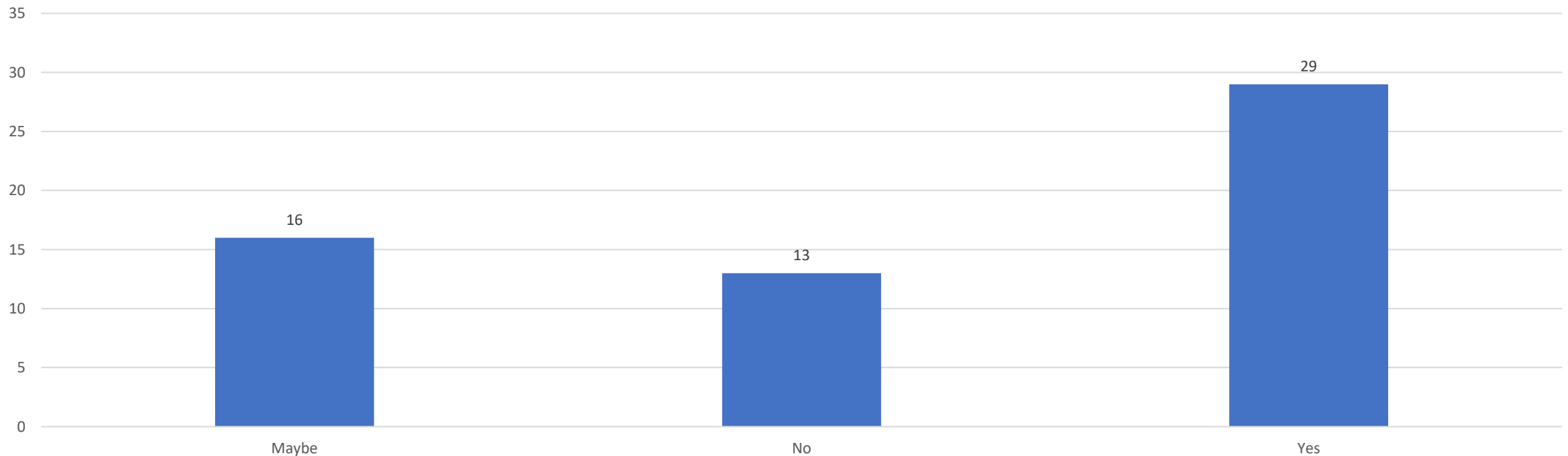
Have you personally experienced or witnessed stigma related to mental health therapy?

- 24.14% of the respondents who believed that there is stigma associated with seeking mental health therapy services, have experienced stigma themselves who seeking for the services

What do you think could help reduce stigma around mental health issues and therapy?

- The respondents provided suggestions on various strategies and actions that could help reduce stigma around mental health issues and therapy.

- Awareness

- Outreach

- Empowerment

These responses indicate a consensus that a multi-faceted approach, including awareness-raising, outreach, and empowerment, is essential to reduce the stigma around mental health issues and therapy.

What improvement would you suggest to enhance the quality of therapy services

The respondents suggested the following as a way to enhance the quality of therapy services:

- Easy Access , Awareness, More Research,, Availability and Accessibility, Low Cost, Proximity, Employment of Competent and Professional Personalities, Subsidized Services, Follow-Up services, Technology-Aided Services

Implementing these recommendations could potentially lead to higher-quality and more widely accessible mental health services.

Mental Health Technology

Have you used any mental health related technology for support or therapy
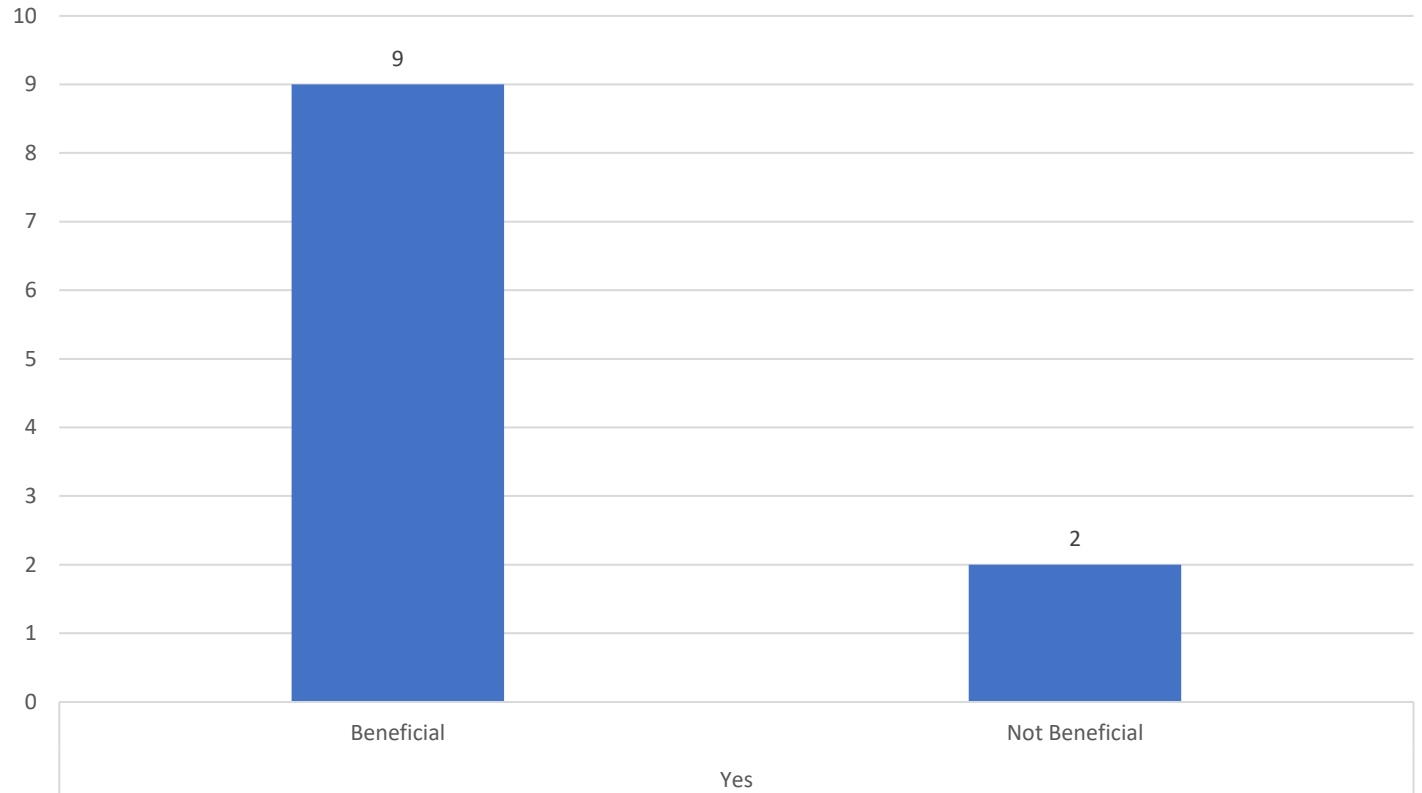
- Majority of the respondent (79.31%) have not used any mental health related technology for support or therapy.

- Out of the 18.97% of the respondents that have used mental health related technology, 81.82% said it was beneficial for them

How can technology be better integrated into therapy services?

The respondents listed the following technology to be integrated into the therapy services:

- Mental health apps (44.23% of the respondents)

- Teletherapy (25% of the respondents)

- Anonymous online community (21.15% of the respondents)

- AI-driven chatbots (5.77% of the respondents)

- Others (3.85% of the respondents)

Based on this, mental health apps, Teletherapy and anonymous online communities are a good way of integrating technology into therapy services.

Therapist-Patient Relationship:

From a scale of 1 to 5 (with 1 not being important and 5 being very important), rate how important is the rapport and trust you have with your therapist?
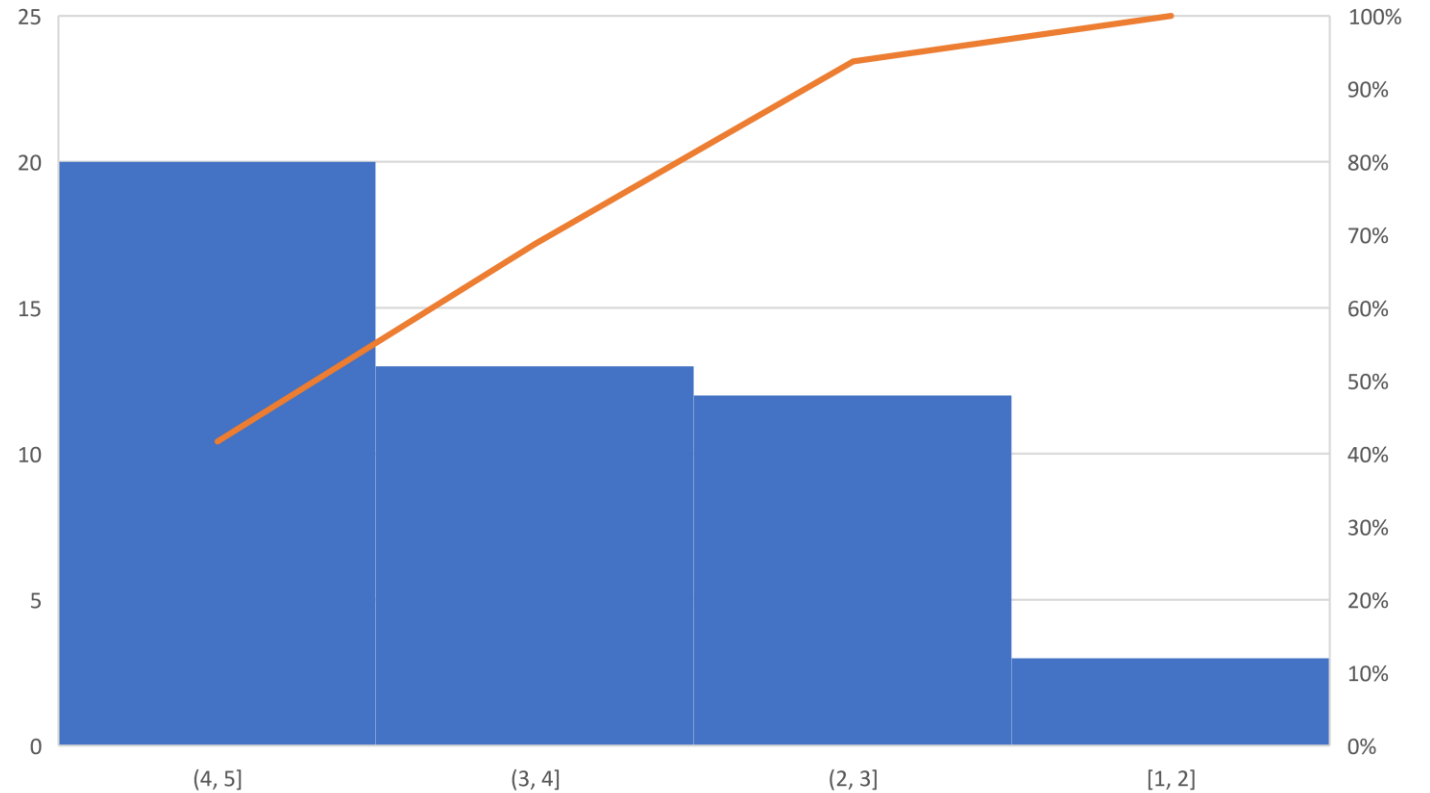
- The majority of respondents (approximately 70%) rated the importance as 4 or 5, indicating that they consider rapport and trust with their therapist to be quite important.

Have you had positive or negative experience with a therapist?
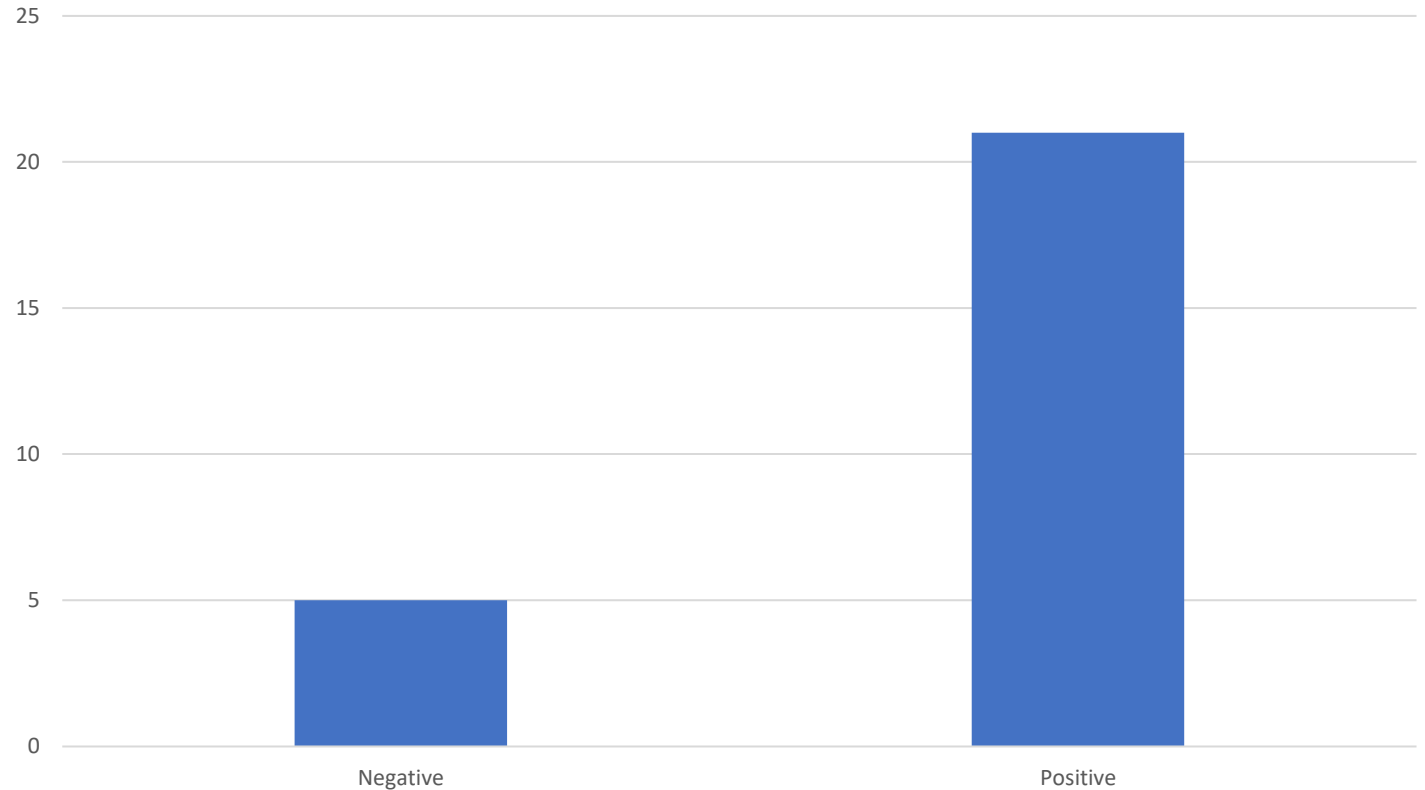
- Majority of the respondents who have accessed therapy services said rated their experience with their therapists to be a positive one

List the qualities you value in a therapist?

- Based on this analysis, respondents seem to value empathy and trust the most in a therapist, with approximately 34.21% and 31.58% of mentions, respectively. Patience is also considered important, with around 19.74% of mentions, and friendliness. These results suggest that qualities related to empathy and trust are highly regarded when choosing a therapist.
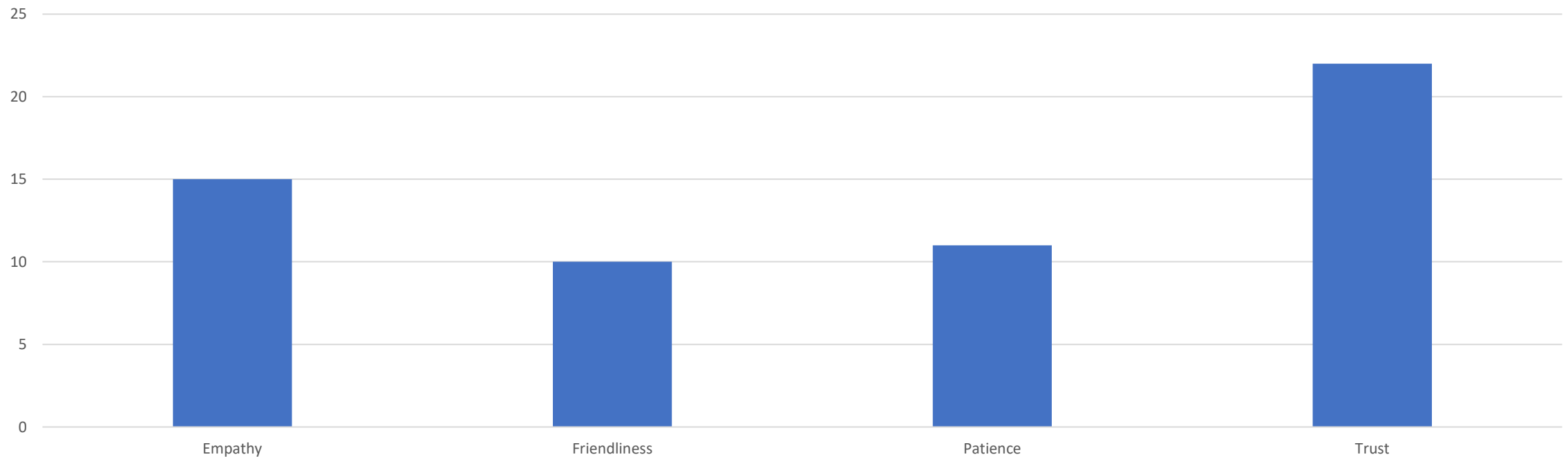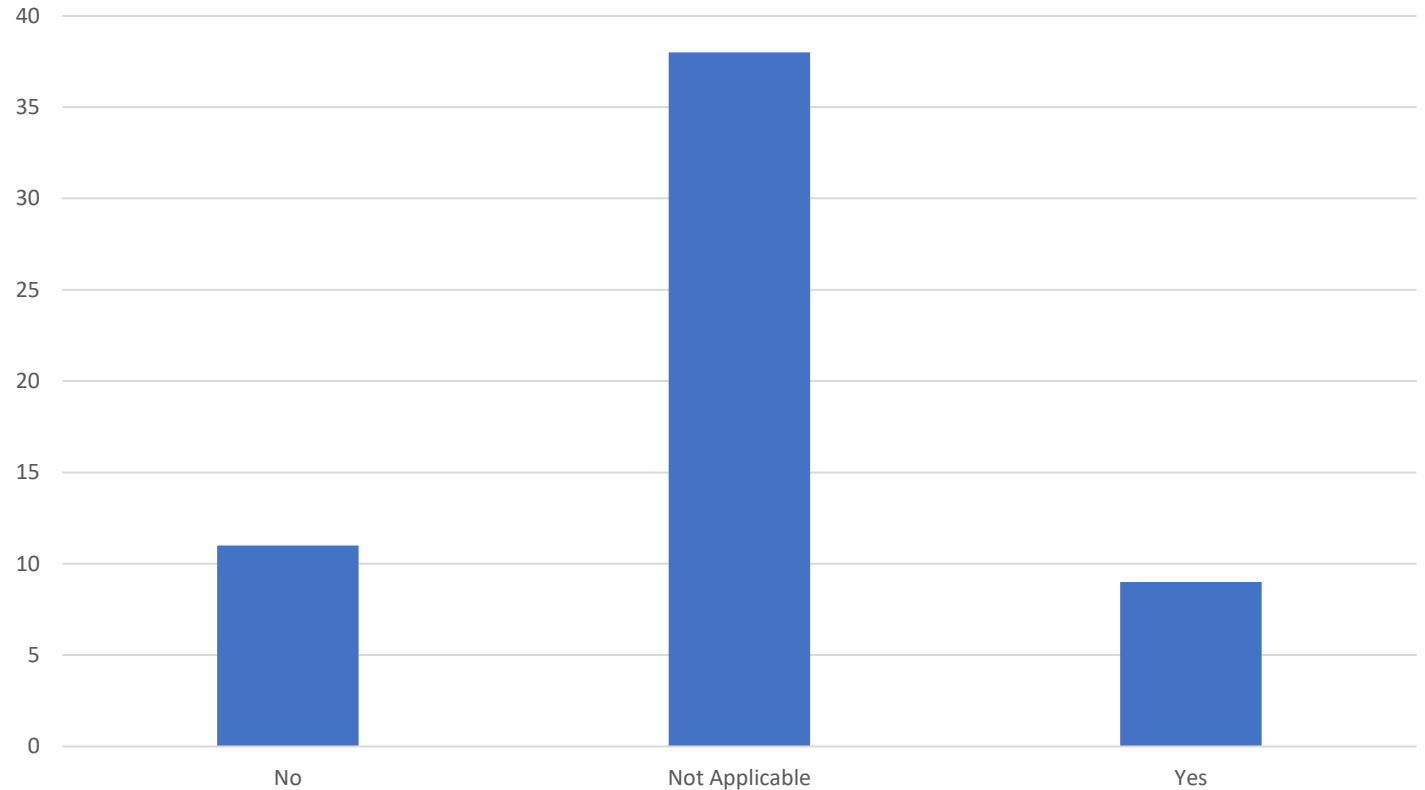
Insurance and Costs

Is therapy cost covered by your insurance plan or HMO?
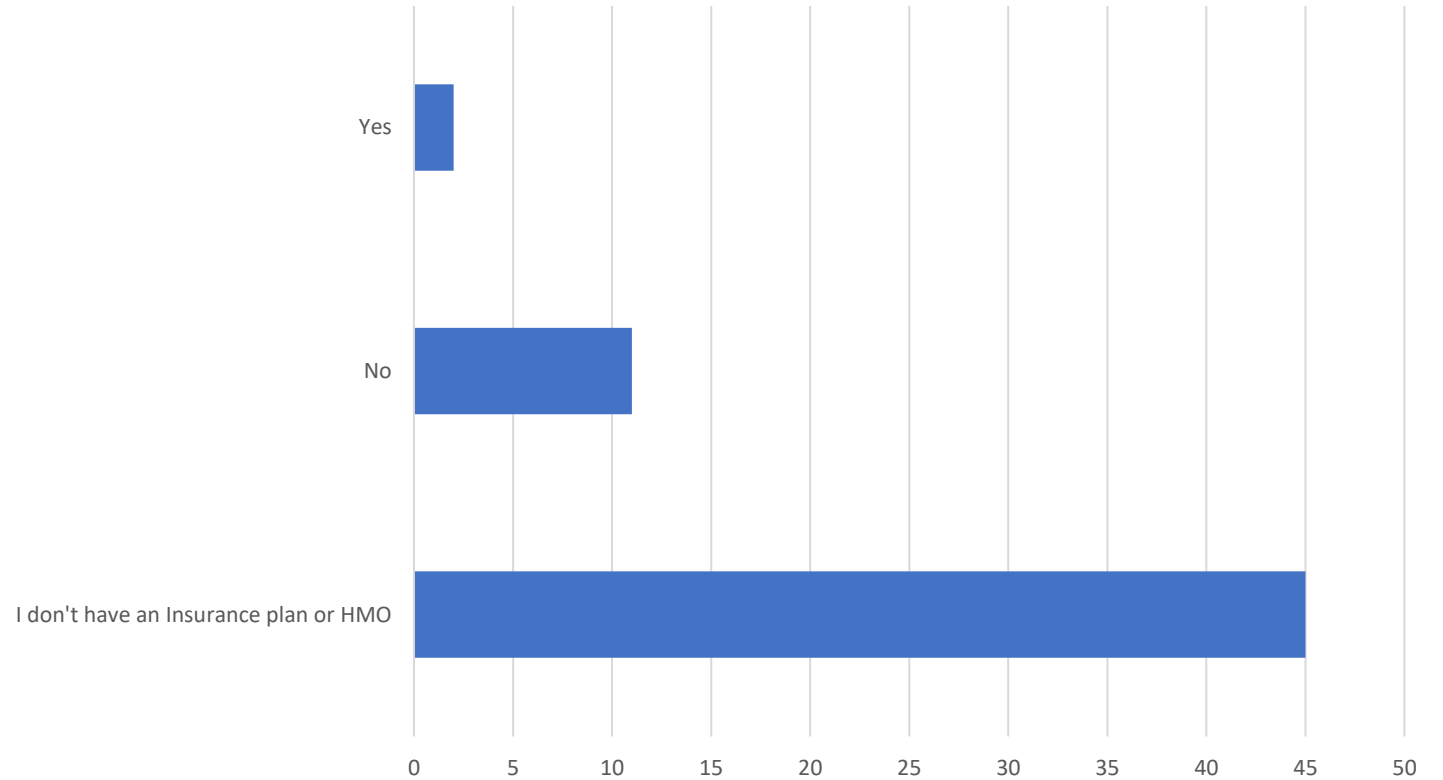
- Majority of the respondents don't have insurance policy

Have you faced challenges with insurance coverage for mental health services?

- This question is not applicable to majority of the respondents because they fall within the category of respondents without insurance policy.

- However, 15.52% of the respondents, some of which have insurance policy reported having challenges with insurance coverage for mental health services

What can be done to improve the accessibility and affordability of mental health therapy?

- Based on this analysis, healthcare reform is the most frequently mentioned solution for improving the accessibility and affordability of mental health therapy, with approximately 43.55% of mentions. Government policies are the second most mentioned solution, at around 30.65%,
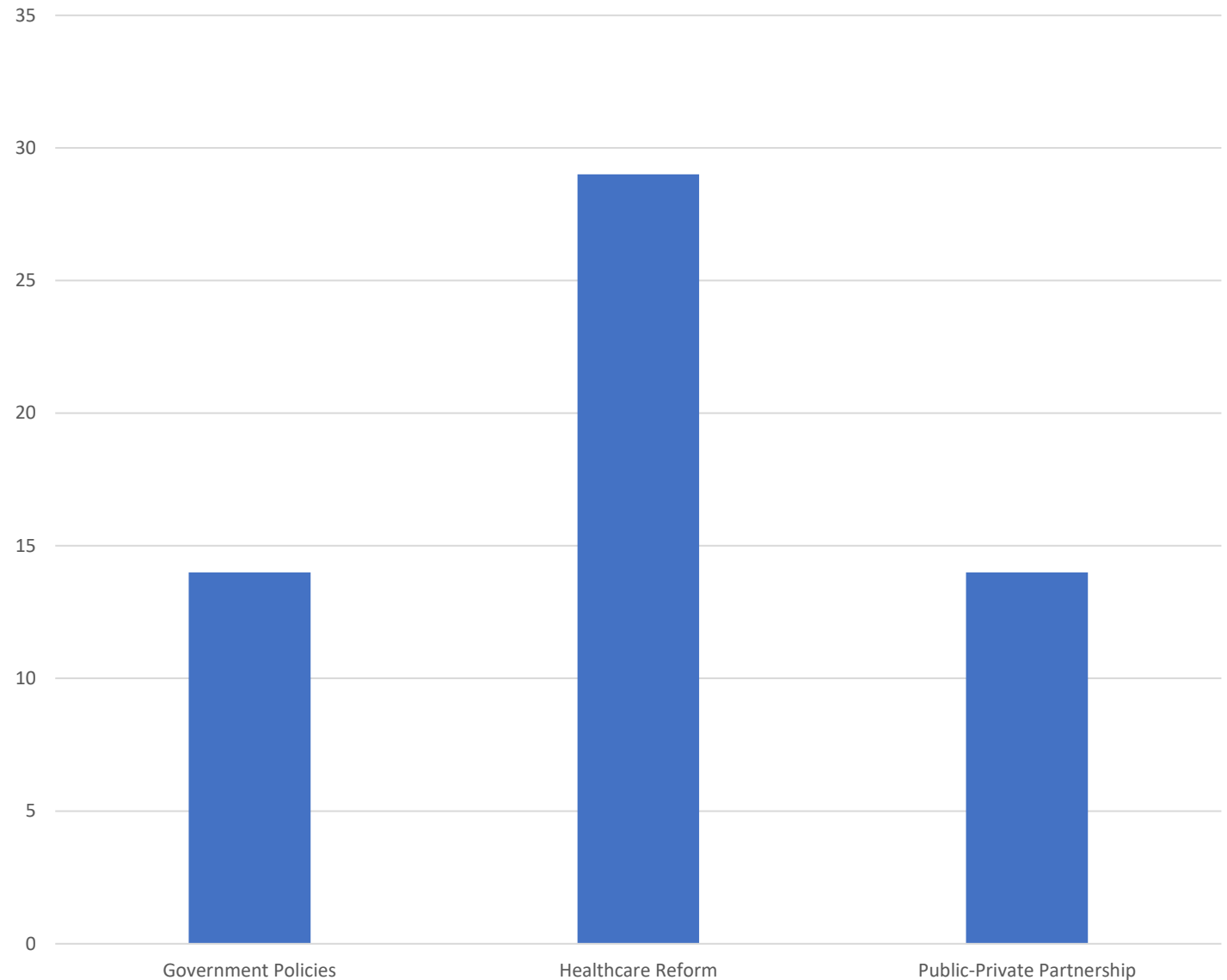
Mental Health Workforce

Are there enough mental health professionals in your community?

- The majority of respondents (55.17%) believe that there are not enough mental health professionals in their community. 43.10% are unsure about the availability of mental health professionals in their community.
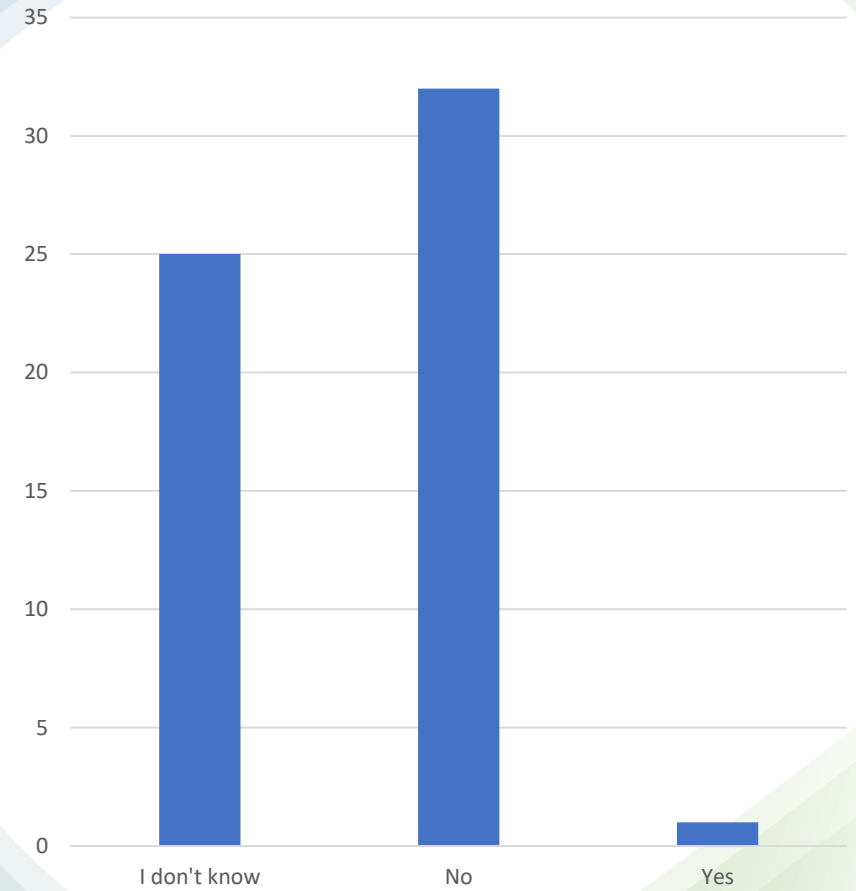
What do you think can attract more individuals to work in the mental health sector?

- Below are the suggestions from the respondents
- Financial Incentives (Higher Pay, Lucrative Salaries, Good Remuneration)
- Awareness and Education (Publicity, Mental Health Awareness, Career Awareness, Enlightenment, Informative Measures)
- Access and Accessibility (Easy Access to Therapists, Making Training and Employment Accessible)
- Reducing Stigma (Reduce Stigma, No Stigma Attached)
- Support Systems and Welfare (Good Support Systems, Proper Welfare, Security Insurance)
- Government and Policy (Health Reform, Patronage, Government Action)
- Passion for the Work
- Community and Public Awareness (Social Media Awareness, Community Involvement)
- Good Working Conditions

Conclusion & Summary of Key Findings

- Most respondents place a relatively high level of importance on building rapport and trust with their therapist

- Depression, stress, and anxiety alone accounted for more reasons why they seek therapy services

- The respondents identified accessibility and cost as the primary obstacles when it comes to obtaining therapy services.

- There exists some bottleneck in accessing therapy services as the majority of the respondents who need the services experienced difficulties finding a therapist who met their needs.

- While 79.31% of the respondents have a moderate to high level of awareness of mental health issues, 72.41% are not aware of the availability of therapy services in their community.

Conclusion & Summary of Key Findings

- There is stigma associated with seeking therapy or counseling services according to 44% of respondents' responses and 24.14% of the respondents who have experienced stigma themselves while seeking the services

- There is consensus that a multi-faceted approach, including awareness-raising, outreach, and empowerment, is essential to reduce the stigma around mental health issues and therapy.

Conclusion & Summary of Key Findings

- The use of mental health related technology is not popular among the respondents as 79.31%) said they have not used any of such technology for support or therapy. They, however, suggested that mental health apps, Teletherapy and anonymous online communities are a good way of integrating technology into therapy services.