

# Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

For the following question, by "therapy", we mean talking therapy or counselling, that can help with mental health issues (e.g. stress, anxiety, depression etc.). Therapy can be provided by either the NHS or a private medical service and can be offered in different ways such as face-to-face, in a group, over the phone, through an online course etc. Have you EVER had therapy?

	Base	1002	388	614	191	201	201	202	207
Yes, I have	100%	100%	100%	100%	100%	100%	100%	100%	100%
No, I haven't	-	-	-	-	-	-	-	-	-
Don't know/ can't recall	-	-	-	-	-	-	-	-	-
Prefer not to say	-	-	-	-	-	-	-	-	-

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

For the following question, by "therapy", we mean talking therapy or counselling, that can help with mental health issues (e.g. stress, anxiety, depression etc.). Therapy can be provided by either the NHS or a private medical service and can be offered in different ways such as face-to-face, in a group, over the phone, through an online course etc. Have you EVER had therapy?

Base	777	292	490	115	366	192
Yes, I have	100%	100%	100%	100%	100%	100%
No, I haven't	-	-	-	-	-	-
Don't know/ can't recall	-	-	-	-	-	-
Prefer not to say	-	-	-	-	-	-

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

You previously said you have had therapy (e.g. talking therapy, counselling, etc.)...

Which, if any, of the following types of therapy have you ever received? (Please select all that apply)

Base: Adults that have had therapy	1002	388	614	191	201	201	202	207
Counselling (i.e. talking therapy, usually short term, centred around identifying specific problems in your life and taking positive steps to address them)	78%	76%	79%	76%	80%	73%	82%	77%
Psychotherapy (i.e. talking therapy, over a longer period of time exploring emotional problems and difficulties to gain deeper understanding of one's thought processes)	29%	31%	28%	28%	28%	31%	25%	33%
Cognitive Behavioural Therapy (i.e. behaviour-oriented therapy, usually short-term, helping clients deal with specific problems by taking control of how they interpret and react to their environment)	49%	46%	51%	55%	56%	54%	46%	35%
Other	6%	6%	6%	3%	4%	7%	8%	7%
Don't know/ can't recall	1%	1%	0%	1%	1%	1%	1%	0%
Prefer not to say	0%	1%	0%	1%	-	1%	1%	-

MVT\_Q1. For the following question, please think about the most recent form of therapy you have had. If you are currently having therapy, please indicate how long in total you expect to stay in therapy.

Approximately, how long were you having this form of therapy for? (Please select the option that comes closest)

Base: Adults that have had therapy	1002	388	614	191	201	201	202	207
Less than 1 month	11%	11%	12%	16%	9%	10%	11%	11%
One month, up to 3 months	37%	36%	37%	31%	42%	35%	36%	39%
Longer than 3 months, up to 6 months	19%	16%	21%	24%	15%	19%	18%	20%
Longer than 6 months, up to 9 months	6%	6%	6%	7%	6%	7%	6%	2%
Longer than 9 months, up to 1 year	6%	7%	6%	4%	6%	8%	6%	7%
Longer than 1 year, up to 2 years	8%	8%	7%	7%	10%	6%	7%	7%
Longer than 2 years, up to 3 years	2%	2%	2%	3%	2%	1%	3%	3%
Longer than 3 years	8%	9%	7%	4%	5%	7%	11%	9%
Don't know	3%	3%	3%	3%	2%	5%	2%	1%
Prefer not to say	1%	1%	0%	2%	-	1%	-	0%

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Sample Size: 1,000 Adults

Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

You previously said you have had therapy (e.g. talking therapy, counselling, etc.)...

Which, if any, of the following types of therapy have you ever received? (Please select all that apply)

Base: Adults that have had therapy	777	292	490	115	366	192
Counselling (i.e. talking therapy, usually short term, centred around identifying specific problems in your life and taking positive steps to address them)	100%	71%	69%	83%	80%	77%
Psychotherapy (i.e. talking therapy, over a longer period of time exploring emotional problems and difficulties to gain deeper understanding of one's thought processes)	27%	100%	33%	18%	13%	26%
Cognitive Behavioural Therapy (i.e. behaviour-oriented therapy, usually short-term, helping clients deal with specific problems by taking control of how they interpret and react to their environment)	44%	56%	100%	31%	47%	57%
Other	5%	8%	6%	6%	4%	2%
Don't know/ can't recall	-	-	-	2%	1%	1%
Prefer not to say	-	-	-	-	-	-

MVT\_Q1. For the following question, please think about the most recent form of therapy you have had. If you are currently having therapy, please indicate how long in total you expect to stay in therapy.

Approximately, how long were you having this form of therapy for? (Please select the option that comes closest)

Base: Adults that have had therapy	777	292	490	115	366	192
Less than 1 month	12%	7%	7%	100%	-	-
One month, up to 3 months	38%	16%	35%	-	100%	-
Longer than 3 months, up to 6 months	19%	17%	22%	-	-	100%
Longer than 6 months, up to 9 months	6%	9%	7%	-	-	-
Longer than 9 months, up to 1 year	6%	12%	7%	-	-	-
Longer than 1 year, up to 2 years	7%	14%	8%	-	-	-
Longer than 2 years, up to 3 years	2%	5%	2%	-	-	-
Longer than 3 years	7%	15%	8%	-	-	-
Don't know	2%	3%	2%	-	-	-
Prefer not to say	0%	1%	0%	-	-	-

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

Which, if any, of the following attributes are important to you for a therapist/ counsellor to have? (Please select all that apply. If you would not seek out anything in particular from a therapist/ counsellor, please select the 'Not applicable' option)

	1002	388	614	191	201	201	202	207
<b>Base: Adults that have had therapy</b>								
Specialisation in conditions/ issues/ situations related to my therapy	51%	50%	52%	47%	49%	54%	56%	49%
Several years of experience as a therapist/ counsellor	44%	43%	44%	37%	42%	42%	47%	50%
Affordability	45%	41%	47%	45%	57%	51%	39%	34%
Close to my home and/ or place of work	44%	39%	47%	43%	52%	44%	40%	42%
Someone I personally get along with/ feel comfortable with	68%	64%	71%	68%	69%	67%	66%	72%
Similar age to me	4%	4%	5%	5%	2%	3%	4%	7%
Older than me	10%	8%	12%	21%	16%	7%	6%	2%
Younger than me	0%	0%	0%	-	-	-	1%	1%
Same gender as me	13%	3%	19%	29%	14%	6%	7%	10%
Different gender to me	3%	6%	1%	4%	3%	3%	3%	4%
Same religious background and/ or beliefs as me	5%	6%	4%	3%	4%	4%	4%	7%
Different religious background and/ or beliefs to me	1%	-	1%	2%	1%	-	-	0%
Same race as me	3%	3%	3%	4%	4%	3%	2%	3%
Different race to me	1%	0%	1%	1%	-	1%	-	1%
Other	3%	2%	3%	3%	1%	5%	1%	2%
Don't know	2%	3%	2%	1%	2%	4%	1%	1%
Not applicable - I would not seek out anything in particular from a therapist/ counsellor	10%	10%	10%	10%	10%	6%	10%	14%
Prefer not to say	1%	1%	1%	1%	1%	1%	1%	1%

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Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

Which, if any, of the following attributes are important to you for a therapist/ counsellor to have? (Please select all that apply. If you would not seek out anything in particular from a therapist/ counsellor, please select the 'Not applicable' option)

	777	292	490	115	366	192
<b>Base: Adults that have had therapy</b>						
Specialisation in conditions/ issues/ situations related to my therapy	52%	57%	55%	45%	51%	52%
Several years of experience as a therapist/ counsellor	44%	47%	43%	41%	40%	46%
Affordability	46%	47%	45%	43%	47%	47%
Close to my home and/ or place of work	45%	43%	49%	40%	43%	48%
Someone I personally get along with/ feel comfortable with	70%	77%	71%	66%	64%	77%
Similar age to me	4%	4%	5%	4%	4%	5%
Older than me	10%	12%	12%	16%	8%	12%
Younger than me	0%	0%	1%	-	1%	1%
Same gender as me	13%	16%	15%	18%	11%	16%
Different gender to me	3%	5%	5%	1%	3%	3%
Same religious background and/ or beliefs as me	5%	7%	4%	6%	5%	4%
Different religious background and/ or beliefs to me	0%	0%	1%	-	1%	1%
Same race as me	3%	3%	3%	4%	3%	4%
Different race to me	1%	1%	1%	-	1%	-
Other	3%	4%	2%	1%	2%	2%
Don't know	2%	1%	1%	2%	3%	-
Not applicable - I would not seek out anything in particular from a therapist/ counsellor	10%	7%	9%	11%	13%	8%
Prefer not to say	1%	0%	0%	1%	1%	1%

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Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

Thinking about the most recent time you had therapy...

In general, how supportive, if at all, were the following when you told them you were going to have therapy?  
(Please select one option on each row)

### People who I thought would be supportive

Base: Adults that have had therapy	1002	388	614	191	201	201	202	207
Very supportive	40%	39%	41%	41%	45%	38%	36%	41%
Fairly supportive	29%	30%	29%	29%	31%	34%	25%	26%
Not very supportive	5%	4%	5%	8%	3%	2%	5%	5%
Not at all supportive	3%	3%	2%	1%	2%	3%	4%	2%
Not applicable - I did not tell them	17%	16%	17%	16%	13%	14%	20%	20%
Don't know	6%	7%	5%	4%	5%	6%	8%	6%
Prefer not to say	1%	1%	1%	2%	1%	2%	1%	-
<b>Net: Supportive</b>	<b>69%</b>	<b>68%</b>	<b>70%</b>	<b>70%</b>	<b>76%</b>	<b>72%</b>	<b>61%</b>	<b>67%</b>
<b>Net: Not supportive</b>	<b>7%</b>	<b>7%</b>	<b>7%</b>	<b>9%</b>	<b>5%</b>	<b>5%</b>	<b>10%</b>	<b>7%</b>

### People who I did not think would be supportive

Base: Adults that have had therapy	1002	388	614	191	201	201	202	207
Very supportive	8%	8%	9%	6%	12%	7%	8%	9%
Fairly supportive	20%	22%	19%	23%	21%	17%	17%	22%
Not very supportive	5%	5%	6%	5%	5%	4%	7%	6%
Not at all supportive	2%	3%	2%	2%	1%	4%	2%	3%
Not applicable - I did not tell them	52%	48%	54%	53%	50%	53%	54%	48%
Don't know	11%	13%	10%	9%	10%	13%	10%	12%
Prefer not to say	1%	1%	1%	2%	1%	1%	1%	-
<b>Net: Supportive</b>	<b>29%</b>	<b>30%</b>	<b>28%</b>	<b>29%</b>	<b>33%</b>	<b>24%</b>	<b>26%</b>	<b>31%</b>
<b>Net: Not supportive</b>	<b>8%</b>	<b>7%</b>	<b>8%</b>	<b>7%</b>	<b>5%</b>	<b>8%</b>	<b>9%</b>	<b>9%</b>

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Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

Thinking about the most recent time you had therapy...

In general, how supportive, if at all, were the following when you told them you were going to have therapy?  
(Please select one option on each row)

People who I thought would be supportive						
<b>Base: Adults that have had therapy</b>	777	292	490	115	366	192
Very supportive	40%	43%	42%	29%	43%	42%
Fairly supportive	30%	29%	31%	20%	29%	34%
Not very supportive	5%	5%	5%	8%	3%	6%
Not at all supportive	2%	3%	3%	2%	1%	3%
Not applicable - I did not tell them	17%	15%	13%	33%	17%	12%
Don't know	6%	5%	5%	7%	6%	3%
Prefer not to say	1%	1%	1%	2%	1%	-
<b>Net: Supportive</b>	<b>70%</b>	<b>72%</b>	<b>73%</b>	<b>49%</b>	<b>73%</b>	<b>76%</b>
<b>Net: Not supportive</b>	<b>7%</b>	<b>8%</b>	<b>8%</b>	<b>10%</b>	<b>4%</b>	<b>9%</b>
People who I did not think would be supportive						
<b>Base: Adults that have had therapy</b>	777	292	490	115	366	192
Very supportive	9%	8%	8%	9%	9%	11%
Fairly supportive	21%	20%	20%	13%	19%	19%
Not very supportive	5%	7%	5%	2%	4%	7%
Not at all supportive	2%	3%	3%	-	1%	4%
Not applicable - I did not tell them	51%	51%	51%	64%	54%	53%
Don't know	11%	11%	11%	11%	11%	6%
Prefer not to say	1%	1%	1%	1%	1%	-
<b>Net: Supportive</b>	<b>29%</b>	<b>28%</b>	<b>28%</b>	<b>22%</b>	<b>28%</b>	<b>30%</b>
<b>Net: Not supportive</b>	<b>8%</b>	<b>9%</b>	<b>9%</b>	<b>2%</b>	<b>6%</b>	<b>11%</b>

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

For the following question, by 'talk about', we mean anything from simply letting them know that you are having therapy, to having a more in-depth conversation about your experience. If you have never spoken about your therapy to this person/ group, or this group does not apply to you, please select the relevant 'Not applicable' option. Still thinking about the most recent time you had therapy...At what stage, if any, did you talk about your therapy with each of the following people/ groups? (Please select all that apply in each column) \*\*\* RESULTS REBASED to exclude those who selected 'Not applicable - this group does not apply to me'\*\*\*

### My partner

Base: Adults that have had therapy and spoke to someone and this group applies.	683	270	413	108	142	139	138	156
Before I started my therapy	64%	64%	64%	48%	64%	71%	61%	72%
During my time having therapy	42%	39%	44%	44%	50%	38%	43%	37%
After I finished my therapy	34%	34%	35%	39%	42%	39%	35%	20%
Not applicable - I have never spoken about my therapy to this person/ group	10%	9%	10%	9%	8%	7%	17%	8%
Don't know/ can't recall	4%	4%	4%	6%	4%	5%	5%	1%
Prefer not to say	2%	3%	2%	6%	1%	1%	1%	2%

### My close friend(s)

Base: Adults that have had therapy and spoke to someone and this group applies.	918	349	569	181	187	183	183	184
Before I started my therapy	25%	19%	29%	30%	29%	30%	19%	19%
During my time having therapy	44%	38%	47%	50%	47%	43%	39%	40%
After I finished my therapy	32%	30%	33%	36%	37%	31%	30%	26%
Not applicable - I have never spoken about my therapy to this person/ group	23%	27%	21%	17%	19%	23%	29%	28%
Don't know/ can't recall	4%	5%	4%	5%	4%	4%	5%	3%
Prefer not to say	2%	3%	1%	2%	1%	1%	3%	2%

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

For the following question, by 'talk about', we mean anything from simply letting them know that you are having therapy, to having a more in-depth conversation about your experience. If you have never spoken about your therapy to this person/ group, or this group does not apply to you, please select the relevant 'Not applicable' option. Still thinking about the most recent time you had therapy...At what stage, if any, did you talk about your therapy with each of the following people/ groups? (Please select all that apply in each column) \*\*\* RESULTS REBASED to exclude those who selected 'Not applicable - this group does not apply to me'\*\*\*

My partner						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	529	189	321	81	264	115
Before I started my therapy	65%	67%	73%	59%	66%	70%
During my time having therapy	41%	51%	52%	28%	41%	46%
After I finished my therapy	33%	38%	41%	37%	35%	30%
Not applicable - I have never spoken about my therapy to this person/ group	10%	5%	6%	15%	10%	11%
Don't know/ can't recall	4%	4%	3%	2%	3%	3%
Prefer not to say	2%	2%	2%	1%	3%	3%
My close friend(s)						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	708	263	446	104	337	176
Before I started my therapy	26%	28%	28%	19%	26%	28%
During my time having therapy	44%	56%	49%	25%	41%	55%
After I finished my therapy	33%	31%	36%	26%	35%	38%
Not applicable - I have never spoken about my therapy to this person/ group	22%	17%	20%	38%	24%	15%
Don't know/ can't recall	5%	2%	3%	5%	6%	2%
Prefer not to say	1%	2%	2%	3%	2%	1%

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	Total	Gender		Age				
		Male	Female	18-24	25-34	35-44	45-54	55+
<b>My wider friend(s)</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	860	332	528	167	175	176	170	172
Before I started my therapy	4%	4%	5%	4%	5%	5%	5%	2%
During my time having therapy	15%	14%	16%	17%	17%	15%	13%	15%
After I finished my therapy	21%	20%	21%	22%	22%	19%	19%	20%
Not applicable - I have never spoken about my therapy to this person/ group	57%	57%	57%	56%	56%	59%	56%	58%
Don't know/ can't recall	8%	8%	8%	7%	7%	8%	9%	7%
Prefer not to say	2%	2%	1%	2%	1%	1%	2%	1%
<b>My sibling(s)</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	786	303	483	150	165	157	167	147
Before I started my therapy	17%	15%	19%	28%	19%	18%	10%	12%
During my time having therapy	26%	25%	27%	25%	30%	25%	24%	28%
After I finished my therapy	21%	21%	21%	20%	21%	24%	20%	20%
Not applicable - I have never spoken about my therapy to this person/ group	46%	46%	46%	44%	45%	43%	51%	45%
Don't know/ can't recall	6%	6%	6%	6%	6%	8%	5%	4%
Prefer not to say	2%	3%	1%	3%	-	1%	3%	2%
<b>My parent(s)</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	827	301	526	182	190	180	165	110
Before I started my therapy	39%	34%	43%	58%	43%	49%	21%	15%
During my time having therapy	35%	29%	38%	40%	42%	37%	29%	20%
After I finished my therapy	23%	21%	25%	23%	31%	27%	17%	15%
Not applicable - I have never spoken about my therapy to this person/ group	31%	34%	29%	24%	21%	25%	44%	49%
Don't know/ can't recall	4%	6%	3%	3%	5%	2%	3%	7%
Prefer not to say	1%	2%	1%	2%	-	1%	2%	3%
<b>My extended family</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	862	338	524	166	182	168	169	177
Before I started my therapy	13%	14%	11%	5%	12%	16%	12%	17%
During my time having therapy	21%	22%	19%	13%	18%	18%	24%	29%
After I finished my therapy	16%	20%	14%	10%	12%	14%	21%	25%
Not applicable - I have never spoken about my therapy to this person/ group	58%	51%	63%	75%	62%	60%	56%	41%
Don't know/ can't recall	5%	7%	4%	3%	7%	5%	5%	5%
Prefer not to say	1%	2%	1%	2%	1%	1%	2%	-

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	Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months
<b>My wider friend(s)</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	657	242	416	96	321	161
Before I started my therapy	4%	8%	5%	4%	3%	3%
During my time having therapy	15%	22%	17%	9%	11%	19%
After I finished my therapy	21%	22%	22%	13%	22%	25%
Not applicable - I have never spoken about my therapy to this person/ group	56%	51%	55%	66%	59%	58%
Don't know/ can't recall	8%	7%	7%	9%	9%	4%
Prefer not to say	1%	2%	1%	2%	2%	1%
<b>My sibling(s)</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	608	224	393	89	296	146
Before I started my therapy	16%	18%	19%	15%	18%	19%
During my time having therapy	26%	34%	31%	13%	19%	37%
After I finished my therapy	22%	21%	21%	27%	20%	23%
Not applicable - I have never spoken about my therapy to this person/ group	46%	41%	44%	48%	50%	42%
Don't know/ can't recall	6%	5%	5%	9%	6%	2%
Prefer not to say	1%	2%	2%	-	2%	1%
<b>My parent(s)</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	635	240	414	90	307	152
Before I started my therapy	39%	42%	43%	41%	37%	39%
During my time having therapy	35%	40%	39%	23%	30%	39%
After I finished my therapy	24%	22%	27%	22%	22%	28%
Not applicable - I have never spoken about my therapy to this person/ group	31%	30%	29%	34%	32%	34%
Don't know/ can't recall	4%	2%	3%	3%	4%	1%
Prefer not to say	1%	1%	1%	-	2%	1%
<b>My extended family</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	672	239	422	98	317	173
Before I started my therapy	12%	15%	14%	12%	13%	14%
During my time having therapy	22%	23%	23%	15%	17%	25%
After I finished my therapy	17%	16%	18%	9%	15%	22%
Not applicable - I have never spoken about my therapy to this person/ group	58%	54%	57%	64%	63%	55%
Don't know/ can't recall	5%	5%	4%	5%	5%	2%
Prefer not to say	1%	2%	1%	2%	1%	-

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

	Total	Gender		Age				
		Male	Female	18-24	25-34	35-44	45-54	55+
<b>My colleague(s) (excluding boss/ manager)</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	711	290	421	129	154	139	150	139
Before I started my therapy	10%	9%	10%	10%	9%	10%	11%	9%
During my time having therapy	20%	19%	21%	16%	19%	22%	22%	20%
After I finished my therapy	16%	18%	15%	13%	14%	16%	21%	17%
Not applicable - I have never spoken about my therapy to this person/ group	59%	58%	59%	67%	62%	58%	55%	53%
Don't know/ can't recall	5%	6%	5%	2%	6%	6%	5%	8%
Prefer not to say	1%	2%	0%	2%	1%	1%	1%	1%
<b>My boss/ manager</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	712	299	413	125	162	140	151	134
Before I started my therapy	19%	21%	17%	7%	18%	24%	21%	23%
During my time having therapy	21%	26%	17%	14%	20%	26%	21%	23%
After I finished my therapy	13%	16%	10%	8%	12%	16%	17%	10%
Not applicable - I have never spoken about my therapy to this person/ group	55%	48%	60%	74%	57%	49%	52%	46%
Don't know/ can't recall	5%	5%	5%	2%	4%	5%	6%	7%
Prefer not to say	1%	2%	1%	3%	1%	1%	1%	1%
<b>My GP</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	940	366	574	176	189	187	192	196
Before I started my therapy	54%	56%	53%	48%	53%	64%	53%	52%
During my time having therapy	21%	21%	21%	22%	23%	14%	25%	20%
After I finished my therapy	16%	18%	16%	17%	20%	10%	17%	18%
Not applicable - I have never spoken about my therapy to this person/ group	25%	25%	25%	30%	28%	22%	22%	25%
Don't know/ can't recall	4%	4%	4%	4%	4%	4%	4%	5%
Prefer not to say	1%	1%	0%	2%	-	1%	1%	1%
<b>An anonymous helpline or mental health charity</b>								
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	626	256	370	120	143	119	121	123
Before I started my therapy	12%	14%	10%	10%	10%	12%	13%	13%
During my time having therapy	7%	8%	7%	10%	6%	5%	7%	8%
After I finished my therapy	6%	8%	4%	3%	7%	5%	8%	4%
Not applicable - I have never spoken about my therapy to this person/ group	71%	63%	76%	74%	73%	73%	66%	68%
Don't know/ can't recall	7%	8%	7%	4%	8%	8%	7%	11%
Prefer not to say	1%	3%	0%	3%	1%	1%	2%	1%

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

	Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
	Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months
<b>My colleague(s) (excluding boss/ manager)</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	560	183	342	83	272	146
Before I started my therapy	10%	14%	12%	16%	7%	13%
During my time having therapy	20%	25%	24%	10%	17%	29%
After I finished my therapy	17%	14%	18%	14%	18%	16%
Not applicable - I have never spoken about my therapy to this person/ group	58%	56%	57%	65%	59%	58%
Don't know/ can't recall	6%	5%	4%	6%	5%	3%
Prefer not to say	1%	2%	1%	1%	1%	-
<b>My boss/ manager</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	554	184	345	81	277	139
Before I started my therapy	18%	16%	22%	14%	21%	21%
During my time having therapy	21%	23%	25%	7%	18%	30%
After I finished my therapy	13%	11%	15%	10%	14%	14%
Not applicable - I have never spoken about my therapy to this person/ group	55%	54%	52%	68%	55%	54%
Don't know/ can't recall	5%	7%	3%	5%	4%	3%
Prefer not to say	1%	2%	1%	4%	1%	-
<b>My GP</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	730	278	466	98	348	181
Before I started my therapy	54%	54%	62%	44%	54%	54%
During my time having therapy	22%	29%	25%	8%	14%	25%
After I finished my therapy	17%	19%	20%	11%	14%	20%
Not applicable - I have never spoken about my therapy to this person/ group	25%	21%	17%	37%	28%	27%
Don't know/ can't recall	4%	4%	4%	6%	5%	2%
Prefer not to say	0%	1%	0%	1%	0%	-
<b>An anonymous helpline or mental health charity</b>						
<b>Base: Adults that have had therapy and spoke to someone and this group applies.</b>	487	171	299	72	227	127
Before I started my therapy	13%	15%	14%	6%	9%	14%
During my time having therapy	7%	13%	8%	6%	2%	7%
After I finished my therapy	6%	9%	6%	6%	4%	3%
Not applicable - I have never spoken about my therapy to this person/ group	70%	64%	70%	78%	78%	75%
Don't know/ can't recall	8%	7%	6%	3%	6%	6%
Prefer not to say	1%	2%	1%	3%	1%	-

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

For the following question, if you have had therapy more than once for the following, please think about therapy you've had most recently. In general, how effective, if at all, was the following type of therapy you've had?

### Counselling

Base: Adults that have had counselling	777	294	483	146	161	146	165	159
Very effective	20%	20%	20%	14%	23%	18%	21%	23%
Fairly effective	45%	44%	46%	48%	39%	46%	49%	45%
Not very effective	22%	24%	21%	21%	25%	21%	18%	25%
Not at all effective	10%	9%	11%	16%	8%	10%	10%	7%
Don't know	3%	4%	2%	2%	4%	4%	3%	-
Prefer not to say	0%	-	0%	-	1%	1%	-	-
Net: Effective	65%	64%	66%	62%	61%	64%	70%	68%
Net: Not effective	32%	33%	31%	36%	34%	31%	27%	32%

### Psychotherapy

Base: Adults that have had psychotherapy	292	121	171	53	57	63	51	68
Very effective	30%	25%	35%	28%	37%	30%	25%	31%
Fairly effective	41%	45%	39%	42%	40%	43%	37%	43%
Not very effective	17%	20%	15%	17%	16%	13%	22%	18%
Not at all effective	7%	7%	7%	8%	5%	8%	12%	4%
Don't know	4%	3%	5%	6%	2%	6%	4%	4%
Prefer not to say	-	-	-	-	-	-	-	-
Net: Effective	72%	69%	73%	70%	77%	73%	63%	74%
Net: Not effective	24%	27%	22%	25%	21%	21%	33%	22%

### Cognitive Behavioural Therapy

Base: Adults that have had Cognitive Behavioural Therapy	490	179	311	105	112	108	93	72
Very effective	20%	19%	20%	18%	22%	22%	16%	18%
Fairly effective	36%	34%	36%	34%	36%	40%	32%	35%
Not very effective	25%	25%	25%	29%	23%	19%	28%	29%
Not at all effective	17%	19%	16%	13%	15%	19%	22%	17%
Don't know	2%	3%	2%	5%	3%	1%	2%	1%
Prefer not to say	0%	-	1%	1%	1%	-	-	-
Net: Effective	55%	53%	56%	52%	58%	62%	48%	53%
Net: Not effective	42%	44%	41%	42%	38%	37%	49%	46%

## Experience Of Therapy - Internal

Fieldwork: 8th - 12th July 2019

Sample Size: 1,000 Adults

Type of therapy			For the following question, please think about the most recent form of therapy you have had. If you are		
Counselling	Psychotherapy	Cognitive Behavioural Therapy	Less than 1 month	One month, up to 3 months	Longer than 3 months, up to 6 months

For the following question, if you have had therapy more than once for the following, please think about therapy you've had most recently. In general, how effective, if at all, was the following type of therapy you've had?

Counselling						
<b>Base: Adults that have had counselling</b>	777	208	338	96	292	148
Very effective	20%	20%	17%	13%	15%	22%
Fairly effective	45%	45%	46%	36%	49%	56%
Not very effective	22%	23%	25%	32%	21%	16%
Not at all effective	10%	10%	9%	18%	11%	7%
Don't know	3%	3%	3%	1%	4%	-
Prefer not to say	0%	-	-	-	-	-
<b>Net: Effective</b>	<b>65%</b>	<b>64%</b>	<b>63%</b>	<b>49%</b>	<b>64%</b>	<b>78%</b>
<b>Net: Not effective</b>	<b>32%</b>	<b>33%</b>	<b>34%</b>	<b>50%</b>	<b>32%</b>	<b>22%</b>
Psychotherapy						
<b>Base: Adults that have had psychotherapy</b>	208	292	164	21	47	49
Very effective	31%	30%	29%	14%	30%	35%
Fairly effective	43%	41%	41%	38%	26%	47%
Not very effective	14%	17%	16%	33%	19%	10%
Not at all effective	7%	7%	9%	14%	19%	6%
Don't know	4%	4%	5%	-	6%	2%
Prefer not to say	-	-	-	-	-	-
<b>Net: Effective</b>	<b>74%</b>	<b>72%</b>	<b>70%</b>	<b>52%</b>	<b>55%</b>	<b>82%</b>
<b>Net: Not effective</b>	<b>22%</b>	<b>24%</b>	<b>24%</b>	<b>48%</b>	<b>38%</b>	<b>16%</b>
Cognitive Behavioural Therapy						
<b>Base: Adults that have had Cognitive Behavioural Therapy</b>	338	164	490	36	173	109
Very effective	20%	18%	20%	6%	18%	21%
Fairly effective	32%	29%	36%	36%	38%	45%
Not very effective	28%	28%	25%	11%	22%	22%
Not at all effective	18%	24%	17%	39%	18%	11%
Don't know	2%	2%	2%	8%	3%	1%
Prefer not to say	-	-	0%	-	1%	-
<b>Net: Effective</b>	<b>52%</b>	<b>46%</b>	<b>55%</b>	<b>42%</b>	<b>56%</b>	<b>66%</b>
<b>Net: Not effective</b>	<b>46%</b>	<b>52%</b>	<b>42%</b>	<b>50%</b>	<b>40%</b>	<b>33%</b>