

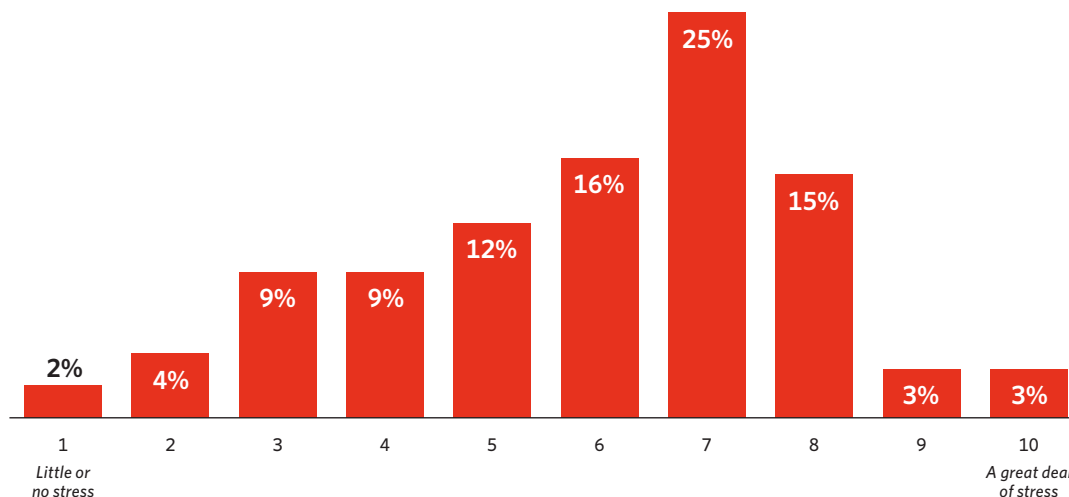


Psychologists Practice Self-care in Responding to the Coronavirus Pandemic

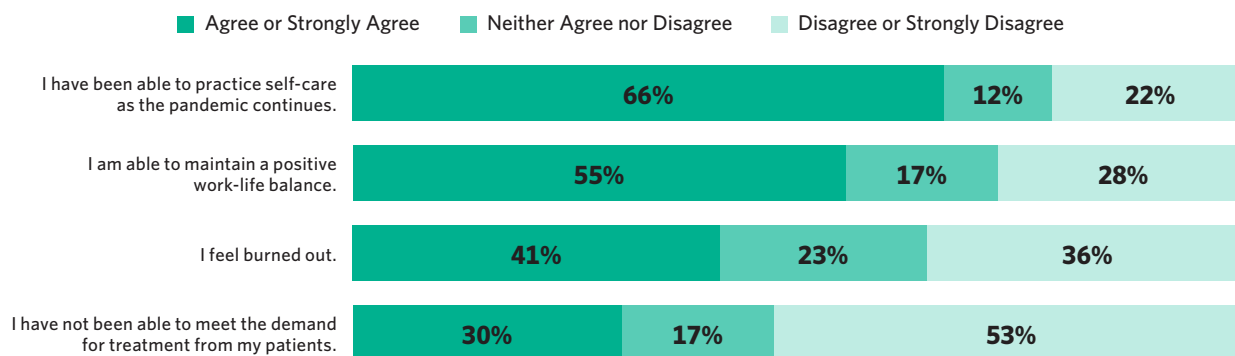
In response to a survey in September 2020,¹ U.S. psychologists reported a mean stress level of 5.9 related to the coronavirus pandemic, on a scale of 1-10;² 24% reported stress levels during the past month under 5, 68% reported stress levels of 5-8, and 6% reported a stress level of 9 or 10.

More than four in ten psychologists (41%) said that they felt burned out and 30% said that they have not been able to meet the demand for treatment from their patients. However, a majority of psychologists reported that they have been able to practice self-care (66%) and maintain a positive work-life balance (55%).

STRESS LEVEL OF PSYCHOLOGISTS IN SEPTEMBER 2020



MENTAL HEALTH OF PSYCHOLOGISTS IN SEPTEMBER 2020



¹ Results were from the American Psychological Association's COVID-19 Telehealth Practitioner Survey. The survey was distributed to a geographically representative sample of U.S. psychologists including both APA Members and non-Members. The survey was fielded from Aug. 28 - Oct. 5, 2020. A total of 1,787 psychologists responded to the survey. This is a non-probability sample, and as such it is not possible to calculate confidence intervals or margins of error.

² The overall stress level for psychologists (5.9) is comparable to the stress level of U.S. population (5.9). American Psychological Association. Stress in America™ 2020. <https://www.apa.org/news/press/releases/stress/2020/stress-in-america-covid.pdf>