

Promoting the Science of Psychology: What Can CPA Do?

Final Report of Survey Results

September 2009

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Key among CPA's mandate is its promotion for science by:

- promoting excellence and innovation in psychological research, education and practice; and
- promoting the advancement, development, dissemination and application of psychological knowledge.

CPA is involved in many research and science-specific activities which include representation and partnerships related to the advancement of science. These include, but are not limited to:

- steering committee membership on the Canadian Consortium for Research;
- liaisons with the national granting councils (e.g., most recently with SSHRC around funding for post-baccalaureate masters students);
- appointment to national committees such as the Experts Table for research with human participants; and
- liaisons with federal departments wanting to participate in the practical and research training of psychologists in order to contribute to and recruit the psychologist workforce.

Goal of the Survey:

As a discipline, the CPA wanted to know what else it could be doing to support the science underlying psychological research, education and practice. Accordingly, we designed a survey to find out what CPA's members would like to see CPA do more of or differently in support of the science of psychology.

Who Completed the Survey?

Notice of the survey was sent out via various channels during the months of May and June, 2009 to both members and non-members of CPA.

Eighty-six people responded to the survey; respondents were students, faculty members, chairs of departments, researchers, and private practitioners from across the country and represented various areas of psychology.

Of the respondents, 71/86 (or 83%) were current CPA members. Among those who were not CPA primary members, the majority indicated that they were members of other associations which they felt better met their needs from a science-perspective.

Results:

Respondents were asked five questions pertaining to their involvement in research and science-related activities, funding challenges, challenges facing the promotion of science, and CPA's involvement in research and science-related activities. Results are as follows:

1. In what research and science-related activities are you currently involved (check all that apply)?

| Research and Science-related Activities | Percentage |
|---|------------|
| Representation on Funding Committees | 3% |
| Representation on Research Committees | 10% |
| Partnerships with Research Committees | 7% |
| Grant Recipient | 50% |
| Proposal Reviewer | 24% |
| Other: | 45% |
| ongoing education | |
| scientist or contract-funded researcher | |
| promote best practices through teaching and | |
| clinical practice | |
| fundraising | |
| program evaluation | |
| student | |
| research assistant/associate | |
| work in graduate studies and scholarships | |
| journal reviewer | |
| member of ethics board | |

2. Funding is an ongoing issue related to conducting psychological research. Aside from funding, what do you think are some of the challenges related to conducting psychological research?

Challenges Related to Conducting Psychological Research

- Funding and Decisions re: Research
 - Need for clarification by tri-council funding agencies re: funding for psychology given that psychology spans all three councils
 - Lack of funding
 - Federal Government's involvement in determinations regarding research agendas and funding
 - researchers are not adequately involved in decision-making
 - Need for a central database of all public and private funding resources searchable by region, university affiliation, sub-discipline, area of research interest, etc.
- Students
 - Attracting stellar graduate students
 - o Limited space for excellent candidates in graduate programs
 - o Problems recruiting graduate students to smaller research universities
 - o Difficult for students to balance involvement in research activities due to academic commitments
 - o Motivating students to follow research careers
 - o Undergraduates and early graduate students lack technical expertise

University Infrastructure

- Existing infrastructure is not current does not reflect current state of funding, research, teaching goals, etc.
- Lack of support for continuing education in the use of new tools (e.g., software, hardware)
- Lack of time to conduct research given teaching loads
- Lack of space within universities to conduct research (despite having funding for research equipment and staff)
- Pressure to teach more
- Downloading of administrative duties to departments and faculty members, thereby cutting into research time

Advocacy

 Inadequate political advocacy and support by legislators at provincial, federal and multi-national levels

Ethics Committees

- Becoming too medical-research oriented
- At the national level, ethics reviews do not tend to be timely or appropriate
- Different disciplines have different ethics requirements which can hinder interdisciplinary research
- Obtaining ethics approval particularly difficult if involving external agencies
- o Difficulties obtaining approval from school boards to collect data in their elementary and high schools
- Ethics committees only seem to approve studies using surveys any deception in a study means research is not approved, despite having proper debriefing strategies built in

Conducting Research

- Ensuring sufficient participant recruitment
 - subject pool development and usage
 - representativeness of research population (e.g., outside of university setting, vulnerable populations)
- Pressure to use new data instead of existing databases
- Accessing current and up-to-date research
 - Even after extensive literature reviews in a given field, it is hard for researchers to know what has been done, what has worked and not worked, what area remains a gap
- Having up-to-date equipment for research studies
- Software access
- Having to tailor research instruments to the needs of research participants (potentially affecting psychometric properties of tests/instruments)
- Developing community partnerships
- Overcoming challenges to meaningful interdisciplinary collaboration
- o Difficult to find out who is interested and doing work in fields of interest
- o Limited access to research opportunities for early career psychologists
- Applying the research to practice
 - asking the right questions
 - filling the gap between research and practice
- o Lack of vision and innovation in research questions and designs
- Departmental and organizational politics that restrict innovation and maintain the status quo
- Isolation among researchers working at universities in small cities

- limited opportunities for collaboration
- collaboration with researchers outside of one's region is difficult due to funding limitations
- o Getting the proper training in doing proper research
- Staying on top of the most current and advanced methods of statistical analyses
- o Adequately and appropriately reporting (complex) results
- o Lack of time to conduct research for those in clinical positions
- Lack of administrative support personnel
- o Investigating areas that are not necessarily applied
- Feeling the need to conduct research that is of interest to reviewers and publishers
- o Cost differential between areas of psychology in doing research
- Lack of respect for psychological research in some science communities

Dissemination Issues

- Difficult to find novel and effective ways to disseminate results that will reach public, academics, policy makers
- Aside from research databases and conferences, few incentives for disseminating research within the psychological community
- o Finding ways to collaborate and share knowledge with other mental health professionals, health care professionals and practitioners
- Difficult to obtain news on the latest up-to-date research being conducted
- Difficult to apply socio-psychological research to real-world situations and then not only getting this knowledge to policy makers but getting them to depend on scientific knowledge rather than ideology to guide policy initiatives

Publication Issues

o Other disciplines have higher acceptance rate for peer-reviewed journals

Public Awareness

- o Re: the relevance of psychology as a science
- Recognition of importance and value of research

Research Connections

o Lack of connections with fellow students and professors in the same field

Broadening the Scope of Research

- o Making research an integral component of clinical practice
- No recognition of behaviour analysis
- Linking psychological research with other disciplines such as medicine and sociology
- Misunderstandings related to the value of research completed by students enrolled in clinical programs

Contribution of Qualitative Research

- Continued inclusion of qualitative research into the efficacy of psychoanalytic treatments
- Recognition of value and contribution of qualitative research equal to that of quantitative research – both bring different yet important perspectives to complex issues

Recognition for Contribution of Psychology

- Selling the importance of psychosocial factors within a context of mental health research focused on biological determinants
- Selling the importance of theory-driven, basic research as a foundation for advancement of knowledge

- Scientific Evidence
 - o To rebuild public image, important to sever associations with weak or poorly supported forms of therapy or topics with little scientific evidence
- 3. What do you think are some of the challenges facing the promotion of the science of psychology?

Challenges Related to Promoting the Science of Psychology

- Lack of Models and Money for Promotion
 - o Develop a model similar to APA's for promoting the science of psychology
 - o Invest more money into promoting psychology both as a profession and as a science
- Funding and Advocacy
 - Limited funding
 - Demonstrating the usefulness of psychology to funders
 - Funding is not equal for all areas of psychology
 - A lot of interesting research doesn't get funded
 - o Difficulties convincing politicians of the value of psychological research
 - Lack of political awareness of the breadth of psychological research; psychology is more than just therapy
 - o Lack of resources and personnel to do advocacy at the necessary levels
- Public Awareness
 - o To combat existing myths, such as *psychiatrists and psychologists are* the same and *psychology equals therapy*
 - o Re: evidence and best practices
 - Re: what psychological research is and what it involves
 - Public is suspicious of activities they see as wasteful or impractical
 - Public doesn't know of the diverse areas within psychology
 - Public sees psychology as an inexact science
 - Public is skeptical re: the role and responsibilities of the science of psychology and psychological practitioners
 - Lack of awareness of what psychologist are/do
 - Despite most people taking Psychology Introductory courses, most are skeptical of psychological science
 - o TV psychologists are how the public defines psychology
 - Public knowledge of general science and that psychology is a science is low
 - Lay person view that psychology is only clinical or counseling psychology
 - contributes to view that psychology is a "soft" helping profession rather than recognizing the solid science underlying it
 - Limited avenues or vehicles (e.g., TV, publications) with which to increase public awareness
 - o Limited willingness for public discourse re: research
 - students become discouraged from pursuing fundamental research and politicians become wary of funding it
 - Lack of education and awareness of the impact mental health has on quality of life
 - Psychologists not considered an essential service; psychologists are different from other health professionals
 - o Definition of psychological science in mainstream consciousness

Media

- o Connects with media (e.g., more media releases)
- o Ensure psychology write-ups are in health section
- Ensure media understand that psychology is a science
- Not using all of the available media resources to promote psychology to the general public and explaining psychology's unique contributions above and beyond other similar areas (e.g., social work, nursing, psychiatry)

Publication Issues

- O Public does not read journals in which we publish they have expensive subscription fees and are difficult to read given formatting and language
- Need more publications in non-peer reviewed and popular journals and be given the credit in the academic milieu for such publications

Dissemination and Knowledge Translation

- o Lack of mediums by which to disseminate psychological research
- o Difficult to disseminate research findings to public
- Science of psychology is not sufficiently publicized for application by professional bodies and potential user organizations
- Difficult to put research into concise and clear write-ups that people outside of the discipline can understand and will not misinterpret
- Tend to not to do a good job of showing how research results can be implemented and/or applied; tend to not show how results can influence policy and/or the delivery of health care services
- o Ensure dissemination of current interventions

Conducting Research

- o Difficult to find participants in given research areas
- o Large gaps between research and practice
 - research often fails to reach those who could most benefit from information
- o Lack of support for basic research in psychological stream
- Some psychological research may be seen as elitist rather than helping the public good

Interdisciplinary Research, Other Disciplines

- Develop better linkages with other disciplines (e.g., medicine) to augment the relevance and image of psychological research
- Science of psychology is not sufficiently interdisciplinary nor driven by issues and real needs
- o Some scientific fields see psychology as a "soft" science

Provision of Care

- o Need for increased referrals to psychologists by physicians
- Psychologists provide primary care and as such should not be listed as "allied" by insurance companies

Diversity Within the Discipline of Psychology

- Wide variety of types of research in psychology
- Clarity in public and student perception of the range of psychological research
- Too much emphasis on applied clinical
 - experimental psychology often provides basis for effectiveness of clinical treatments
- Put more emphasis on psychology as a social science than a natural science
- Recognition of behaviour analysis

- Competing Agendas from Private Agencies (such as pharmaceutical companies)
- Focus on Psychological Research Conducted Outside of Academia
- Scientific/Empirical Evidence
 - Detrimental to science of psychology when connected with methods, therapies and topics for which there is little scientific evidence
 - o Public is exposed to too much pop psychology that is not based in science
 - Stigma surrounding psychotherapeutic work and research which undermines it
 - Difficult to establish universal validity for the science in terms of absolute measurement strategies that are globally acceptable there is an infinite number of variables that define and influence human nature
 - Psychology tries to fit into science models of other disciplines needs to take the risk and embrace learning its own scientific principles and be supported to do so by policy and funding
- Students and Universities
 - Lack of communication between students and professors nation-wide
 - Ensuring adequate research training for psychology students, and communication to scientific community of such training
 - Teaching of scientific methodology is often weak leading students afraid of the science rather than embracing it
 - o Insufficient number of spots in university graduate programs
 - Some graduate students don't seem to have a passion for psychological research
 - Not all students can afford to go to university; not tapping into a pool of students/people with innovative ideas who have learned from adversity
 - Lack of faculty positions for new graduates with new and innovative research ideas
- Marketing Psychological Research
 - Need more "buy-in" within the discipline of psychology
 - Historically, psychology hasn't self-promoted and as a result has less influence than other disciplines
 - Lack of integration between academia and the public/government
- Licensing
 - Few incentives for those with psychology training (outside of clinical and counseling training) to become licensed psychologists – if interested, supervisors are difficult to find
- Labeling
 - Psychology is divided in terms of labels applied psychologist or neuroscientist?
- 4. CPA is involved in a number of science- and research-related activities. Please list all of the activities with which you are familiar.

| CPA Science and Research Activities with which Respondents were Familiar | Number of Respondents |
|---|--------------------------|
| Health Care Reform | 1 |
| Publications/Journals | 12 |
| Lobbying | |
| o Government | 6 |
| Tri-Council Funding Agencies | 20 |
| Science Directorate | 3 |

| Conferences | |
|--|----|
| Conferences Approach CRA Constantion | 25 |
| o Annual CPA Convention | 25 |
| o Conferences and meetings with a psychology focus | 6 |
| o Poster sessions at CPA Convention | 1 |
| o Pre-CPA-convention workshops | 2 |
| News Releases | 1 |
| Involvement in Psychology Month | 1 |
| Awards and Scholarships | _ |
| o Student | 5 |
| o Faculty/Researchers | 4 |
| Position Papers | 1 |
| Representation on Committees with Research Focus (e.g., | 5 |
| CCR) | |
| Science position on CPA Board | 1 |
| Scientific Affairs Committee | 1 |
| Science write-ups/updates | |
| o Pynospis | 2 |
| o CPA Newsletter | 2 |
| Mental Health Institutional Development | 1 |
| Section Structure within CPA | 1 |
| Ethics Guidelines | |
| Universal declaration of ethical principles for | 1 |
| psychologists | |
| Contribution to revising ethics for human research | 2 |
| guidelines | |
| CPA Website – posts information on several issues | 1 |
| Workshops | 2 |
| Mental Health Week | 1 |
| Training Sessions | 1 |
| Continuing Education | 1 |
| CPA Fact Sheets | 1 |
| Supporting Field Research | 1 |
| Supporting Collaboration with Different Research Areas | 1 |
| Partnerships with Other Associations (e.g., APA, Mental Health | 2 |
| Commission of Canada) | _ |
| Accreditation of Clinical Programs | 1 |
| | • |

5. What do you feel CPA could be doing more of or doing differently to support the science of psychology?

Recommendations for CPA re: Supporting the Science of Psychology

- Specific Recommended Activities re: Promoting Science of Psychology
 - o Focus on universities and research across Canada
 - o Highlight day-to-day relevance of research
 - Emphasize that psychological research is as important as economics and medical research
 - Consider involving psychologists who work in business/industry to tell their stories re: the role of research
 - Organize events in Ottawa for MPS, senators and their staff to introduce them to scientific psychology and its contribution to Canada

- To current government, emphasize contributions that relate to S&T 2007 goals
- o Continue participating on CCR
- Create mechanisms to increase CPA member involvement in lobbying (e.g., letter-writing campaigns, communicating with their own MPs)
- Provide workshops on how to advocate for psychological science and/or how to disseminate research results widely
- More articles, links and resources related to the science of psychology available through the CPA website
- o Provide more opportunities for researchers to interact and share ideas
- o Increase membership fees and use this money to promote psychology
- More of an emphasis on the science of psychology as opposed to clinical psychological practice
- Have high profile websites that promote our field and define its unique contribution

Tri-Council Funding Agencies

- Focused activities around tri-council agreements
- Tri-council ethics policy advocacy
- Provide granting agencies with good reasons to fund psychological research as opposed to medical research
- o Continued advocacy for grant money for psychology research
- Advocate for provision of funding targeted at researchers working at smaller institutions or institutions with heavy teaching loads
- o Increase availability of funding by providing additional smaller awards
- o Increased funding for non-clinical graduate students
- More funding for student research
- Coordinate lobbying efforts with CSBBCS

Advocacy

- More at a national and provincial level for funding for research and treatment
- Develop a better advocacy, inter-governmental and parliamentary relations function to ensure psychological research is considered in policy making
- Have a dedicated staff person to increase the intensity of activity; same staff could be dedicated person that federal partners would contact
- Provide link between academia/research and government policy at the Provincial and Federal levels

Media Work

- Do more that is coordinated at the national level rather than just leaving it to the provincial associations
- o Hire a media person at the national level
- o More media releases
- Media campaign highlighting the scientific work/research of psychologists
- o Ensure that psychology is portrayed more accurately in the media
- Greater coverage of psychological research by mainstream media in doing so, will show the importance of psychological knowledge and contribute to government seeing its contribution and being willing to provide funds for research and practice
- Use television ads to promote psychology (not just mental health)

Publications

- o More journals on par with those of APA
- o Free distribution of psychological articles/journals

Marketing

- Greater marketing of psychology to the public, scientific agencies and policy makers
- Advertising the notable and contemporary works of past and present Canadian psychology pioneers

• Dissemination of Research Results

- Highlight psychological research conducted in Canada
- o Post summaries of recently published research on the CPA website
- o Issue press releases as research summaries are posted on website
- Distribute weekly or monthly e-mail notices of research findings that are relevant to members' interests – would facilitate networking and knowledge translation
- o Invite researchers to summarize their findings in the CPA newsletter

Linkages with Universities

- Increased communication with universities
- Connect with CPA accreditation program administrators, professors and deans to ensure they are up-to-date with funding situations, particularly as pertains to students
- Organize workshops within each university targeted at undergraduate and graduate students to promote the science of psychology
- More variety of courses
- More science-based courses
- o More co-ops in the undergraduate level
- College of Psychologists to establish similar guidelines for admission to all Canadian universities offering a graduate program (e.g., academic performance versus having secured a thesis advisor)
- Facilitate communication with university programs re: retiring professors and continuity of programs

Students

- Get undergraduate students involved earlier on
- Better support for students
- Create incentives for graduate students to get involved in promoting the science of psychology

Public Education/Awareness

- o Make contributions of psychology better known via various media
- Convey current research directions to the public via public seminars or documentation

Career Opportunities

- o Provide workshops and/or documents on various careers in psychology
- Develop a program to facilitate early career researchers' mentorship by senior researchers across Canada
- CPA should highlight the benefits of psychology students and professionals (other than clinical) becoming licensed and offer support for professionals to find supervisors and become licensed

Conducting/Facilitating Research

- o Facilitate linkages to recruit participants
- Facilitating regional/specialized research conferences
- Facilitating time to conduct research
- Recognize existing and potential diversity of research areas and methodologies
- Better communication and outreach in connecting people in the same program and streams of research

- Strengthen the science application, NGO dialogue and inter-disciplinary mandate of all sections within CPA
- CPA Funding
 - For students
 - Salary awards
 - More lobbying for funding
- Scientific/Empirical Evidence
 - o Promote only those endeavours that have empirical backing
 - o Emphasize importance of behaviour analysis
- Represent all Psychologists
 - Ensure focus is more than on just accreditation, Mental Health Commission of Canada, PsyD
 - Ensure a broad perspective on what constitutes 'science' as psychology has both basic and social sciences elements
 - Support quantitative and qualitative research equally
 - Stronger recognition of diverse areas within psychology (i.e., non-clinical aspects) beyond clinical and counseling
 - Separation of clinicians and other kinds of psychologists is counterproductive
 - o CPA isn't seen as being very involved in the science of psychology
- Annual CPA Convention
 - o More representation of basic science in posters, papers and presentations
 - o Include material on the impact of the brain as a physiological system that influences mental state and behaviour
 - Organize specialty conventions
 - Provide workshops on statistical analyses and pertinent reading materials to help improve the quality of research being conducted
 - o Have convention 2 times per year
 - o Different sections should host pre-convention workshops
 - Researchers cannot afford the conference
 - o Better advertisement of sessions, particularly those of a new type, at the annual convention
 - better "at a glance" document if not going to have paper abstract book
- Collaborating with Other Organizations
 - Work more closely and coordinate meetings with CSBBCS
 - Work more closely with CAN
 - Re-establish relationship with CSBBCS as split between two associations hurt CPA's scientific visibility
 - Establish closer connections with experimental psychology and nonclinical areas