



# Mentoring: Results from the Australian Psychological Society College of Health Psychologists Professional Mentoring Survey

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# Survey Need

- A key purpose of APS College of Health Psychologists (CHP) is to provide **professional support for Health Psychologists**
- Professional mentoring provides opportunities for new practitioners, to be matched with established practitioners, to assist with transition to professional practice
- This project aims to **better understand members' needs**, for future support/development opportunities

# Process

- **Mentoring Survey** - Health Psychologists comprising all membership categories and final-year post-graduate Health Psychology students were invited were invited to complete a mentoring survey **online**
- Ethics approval - Bond University
- N=52 (Vic, then Qld)
- 80% knew the process for becoming Health Psychology-endorsed, whilst half (56%) knew requirements for CHP membership

# Eligibility

- Associate Members of the College of Health Psychologists or anyone who has completed a post-graduate psychology program (e.g. Masters, Doctorate or Professional Psychology Diploma) within the past 5 years

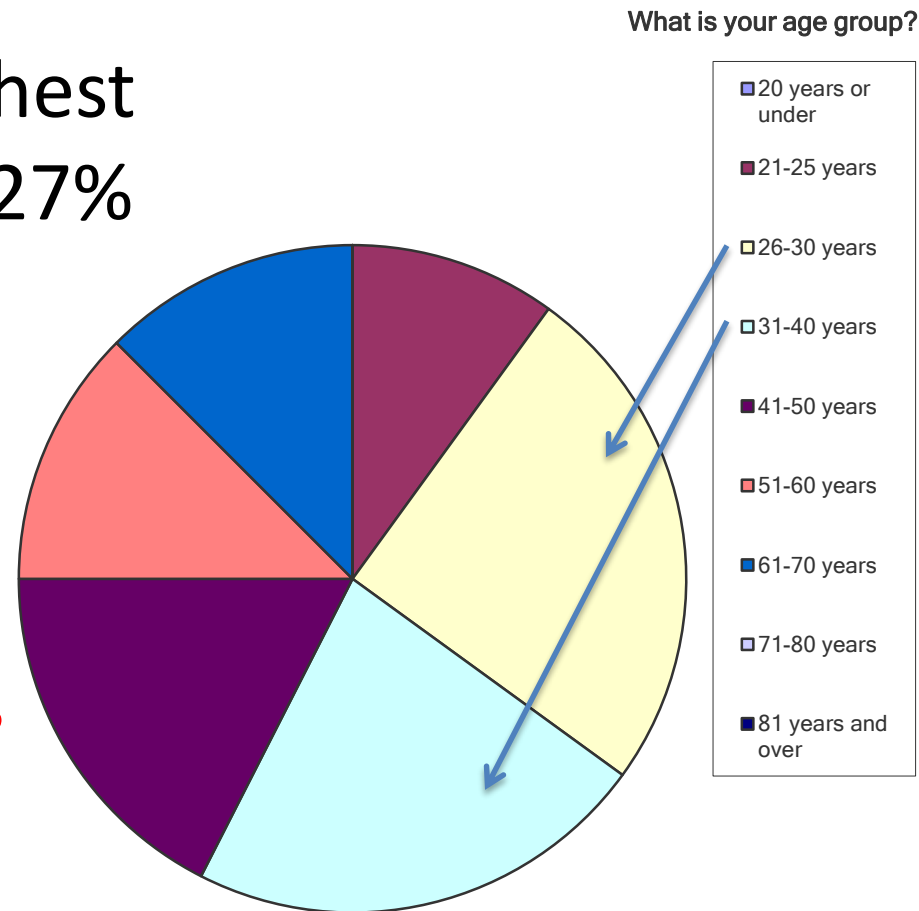


College of  
Health  
Psychologists

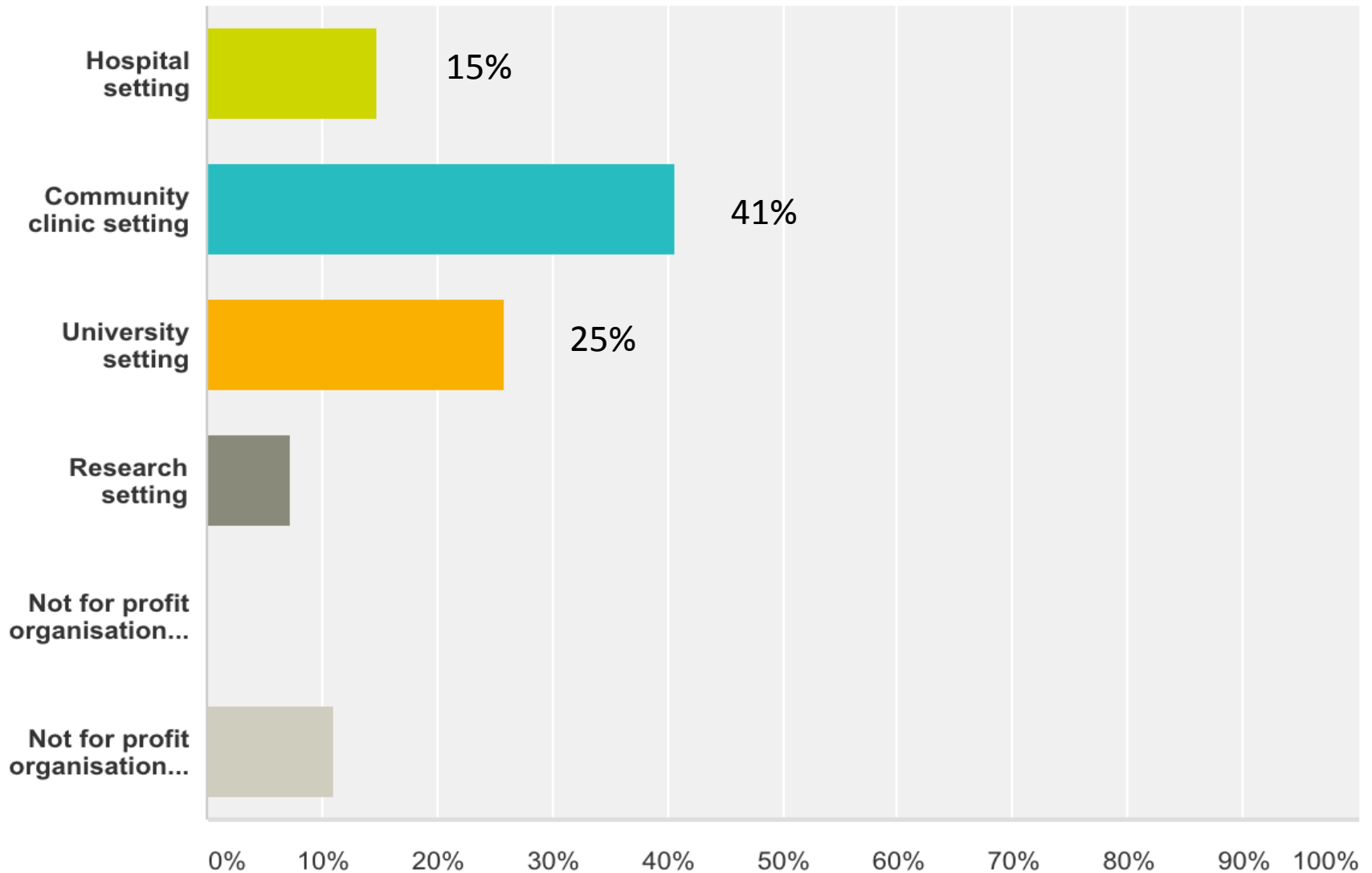
*Think Better, Live Better, Be Better*

# Demographics

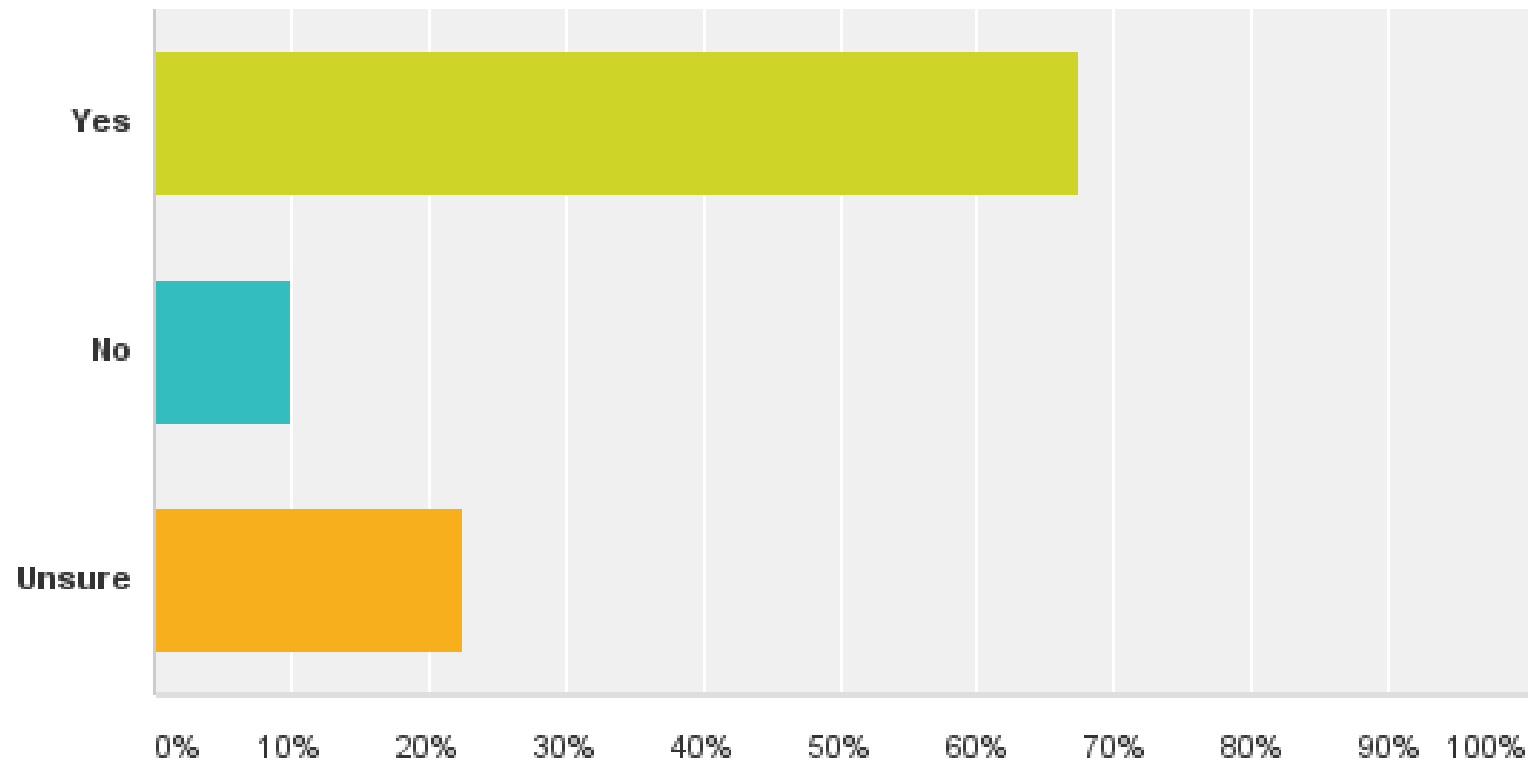
- 87% female; 12% male
- 57% graduated from highest degree within six years, 27% post-grads
- 66% Health Psychology Masters/PhD
- 62.5% employed (FT, PT)
- **75% were CHP members**



# Primary Work Place

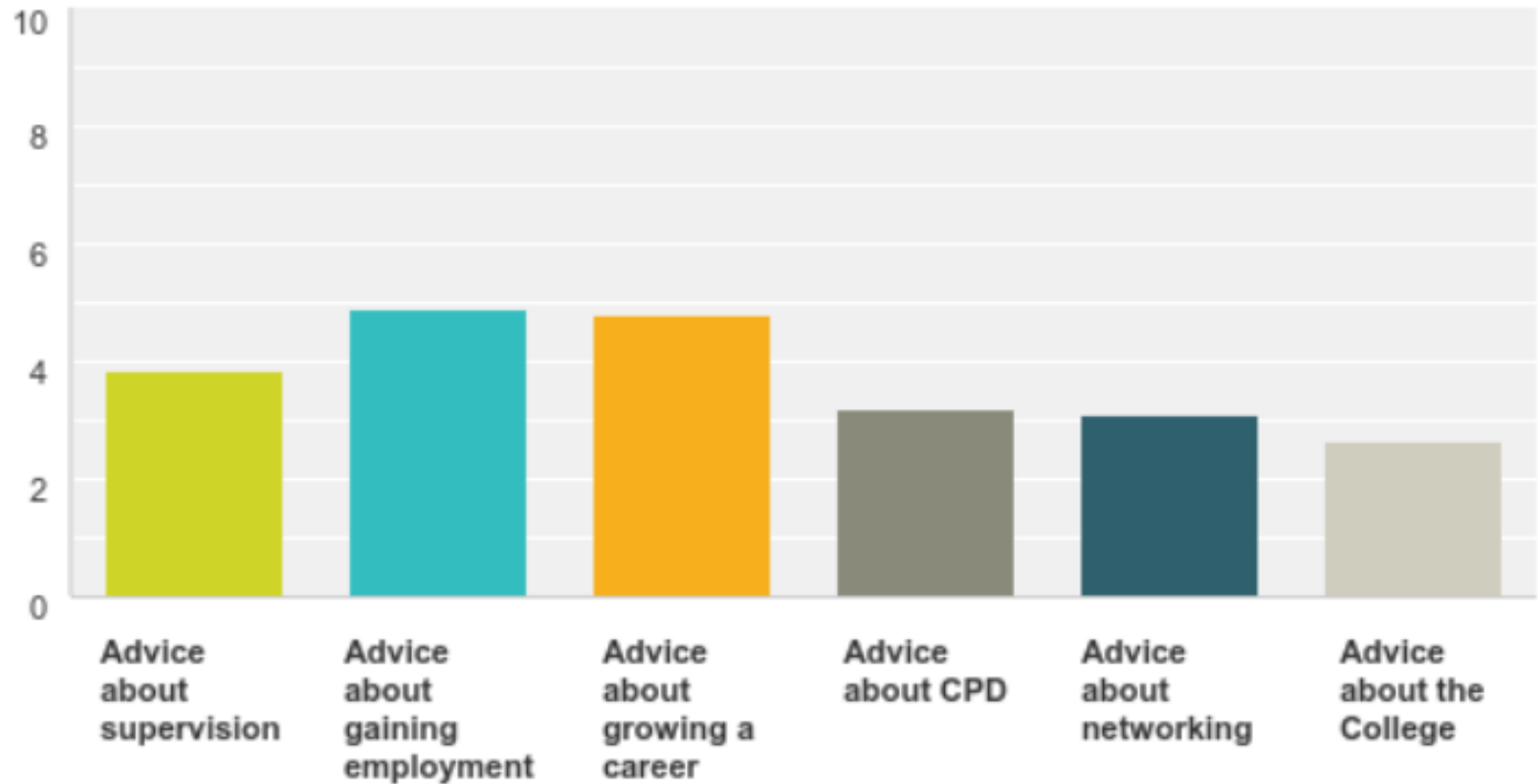


# 67% would recommend Health Psychology as a Career



# 73% interested in a mentoring program

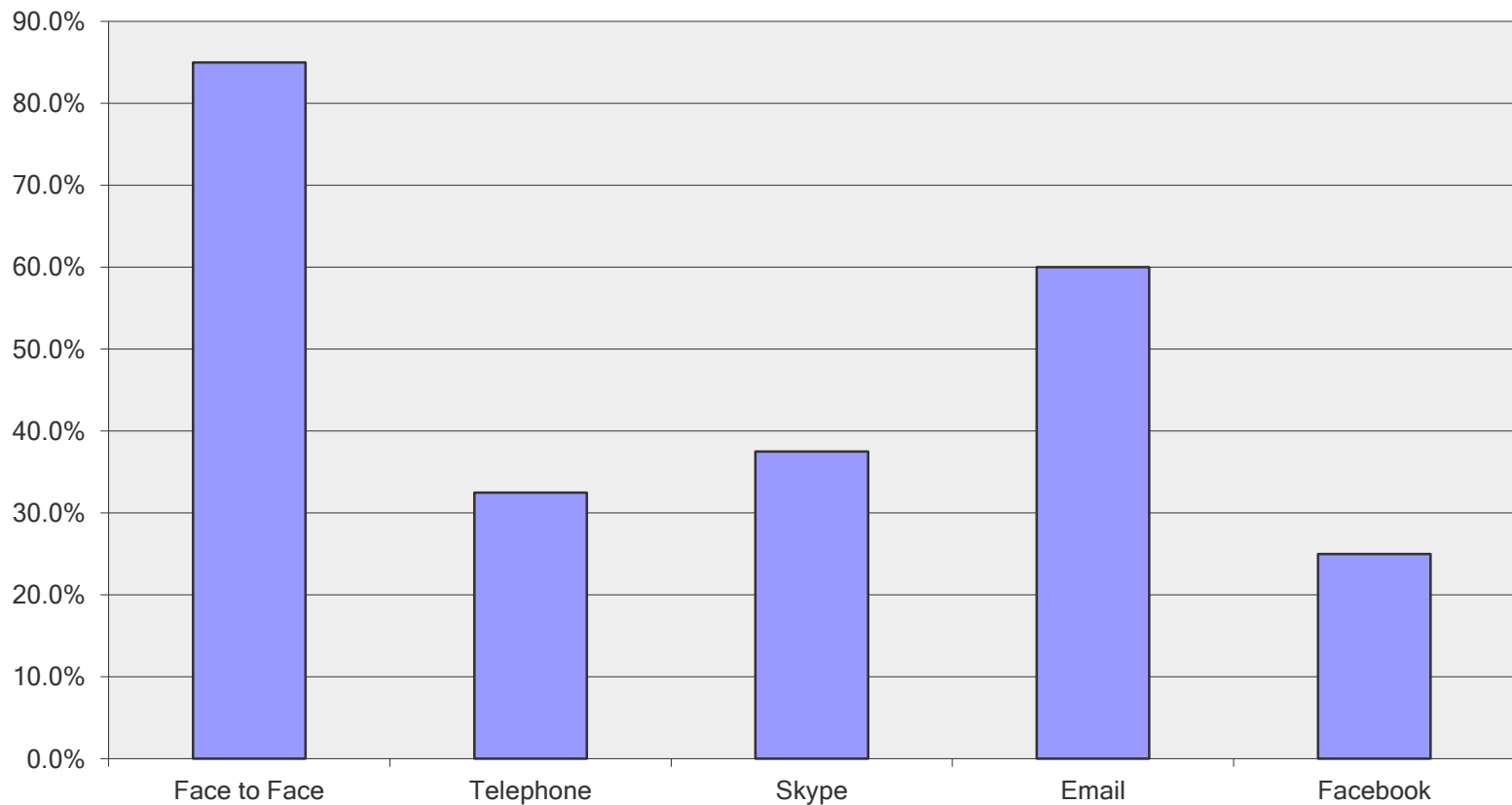
Advice about endorsement requirements, employment and growing a career in health psychology were the **most important**





# Communication Preferences

Which methods of communication would you prefer to use in such a mentoring program?



# Qualitative Aspect

## *The Need for Mentoring*

- *There are a limited number of health psychology supervisors so I would appreciate any mentoring opportunities*
- *I would like to be a health psychologist but there are so few around and available that it is difficult to identify clear pathways and access supervision*
- *Broadening my knowledge base from a more experienced health psychologist is always going to be a valuable experience*
- *There is some fear and uncertainty for new graduates regarding the future of the discipline. Having a mentor would assist in providing guidance, feedback regarding professional identify, and networking opportunities, leading to employment*

# Qualitative Aspect: The Barriers

*Remuneration  
/ Cost*



*Lack of time with  
current work and  
family  
commitments*

# Future Program

1. Development of a mentoring platform to support the professional and workforce development needs of Health Psychologists in Australia
2. Tailor other APS CHP services to better meet the needs of recent graduates/early-career Health Psychologists
3. Use of technology to create face to face (teleconference)

# Contact

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## Health College APS

- Facebook:  
<https://www.facebook.com/auspschp/>
- Twitter: APS Health Psych @APS\_HealthPsych
- Web: <https://groups.psychology.org.au/chp/>



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Questions?

