
Abstract

A survey of telepsychological support from the early stages of the COVID-19 pandemic to the end of the declared state of emergency

TANIGUCHI, Aya

Konan Institute of Human Sciences, Konan University

YAMANE, Takahiro

Graduate School of Human Development and Environment, Kobe University

NOGAMI, Keiko

Graduate School of Human Development and Environment, Kobe University /

Japan Society for the Promotion of Science

ADACHI, Tomonori / ITO, Toshiki / KAWASAKI, Yoshiko / YOSHIDA, Keigo /

AIZAWA, Naoki / KIYOHARA, Maiko

Graduate School of Human Development and Environment, Kobe University

The purpose of this study was to clarify the status of telepsychological support from the early stages of the COVID-19 pandemic in Japan to after the state of emergency was lifted and to discuss the implementation issues in developing such support. An online survey of 242 psychologists found that 100 had provided telepsychological support at some point during the COVID-19 pandemic and up to the present, using telephone and web conferencing applications. The challenges in implementing telepsychological support included issues such as privacy and the communication environment; in order to smoothly introduce telepsychological support, it is necessary to address these issues. In addition, although many psychologists and telepsychological support providers felt the usefulness and necessity of telepsychological support, some had not yet introduced it, and some facilities had stopped providing telepsychological support after a short period of time. In order to expand telepsychological support in Japan in the future, it is desirable to examine the factors that may pose barriers to its introduction and continuation.

Keywords: telepsychology, psychological support, COVID-19
