

The Role of Clinical Psychologist as Perceived by Psychiatrists at the National Center for Mental Health

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Abstract

The present study aims at finding out the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health in Jordan. The study sample consisted of (33) male and female working psychiatrists at NCMH. The researcher has designed an instrument to measure the main functions of the clinical psychologist represented by diagnosis, psychotherapy, and psychological counseling. The instrument was applied to the current study sample.

The results of the study show differences between male and female psychiatrists. Results indicate that there are differences in the role of the clinical psychologist as perceived by the psychiatrists, the differences are in favor of experienced psychiatrists, besides indicating that the experience (over 10 years) obtains the highest rate for the role of the clinical psychologist. The results show that the age (greater than 45 years) is the highest rated for the role of the clinical psychologist. The results show no statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the role of clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the rank of career where the value (V) = 0.314. In light of these results the researcher put forward a number of recommendations and suggestions.

Keywords: clinical psychologist. Psychiatrist

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Introduction

With the development of therapeutic practice of Mental Disorders, and the advent of modern enterprises, which are based on the provision of integrated mental health services and works in the fields of psychological disorder prevention and treatment, there was a need for cooperation among different disciplines to integrate their efforts under a single goal of providing assistance to patients in the form of modern and organized psychological service. (Mustafa, 2003),

Hence the idea of the therapeutic team has been arisen, which includes a number of psychologists in various fields coordinating with each other so that the distribution of roles of every member of this team is achieved.

The team includes therapists who provide mental health services, the psychiatrist who acts as the leader of the team and assumes the medical duties beginning from diagnosis to treatment plan with drugs, electroconvulsive therapy or other means.

Other treatment is based on medical expertise and clinical experience of the specialized psychiatrist and his clinical psychologist is usually allocated after careful study and training in the field of clinical psychology, which provides a suitable background about the nature of mental disorders, and the measurement of psychological skills, and methods of psychotherapy (Khalidi, 2006),

As well as the social worker, who investigates aspects of social and family situations and follows the conditions of the patient at home and work during the period of treatment and follow-up, other members of the psychiatric nursing or psychological rehabilitation therapists or others might join the therapeutic team (Malika 0.2010).

The Psychologist contributes to the diagnostic process using psychometric diagnostics, and psychotherapy, while the psychiatrist treats the patient using the methods of pharmacotherapy and the social worker helps the patient in order to get the full support outside the therapeutic environment. At the present time, and as a result of the dismissal of the institutional system to psychopaths the perception to psychologist and social worker have changed, as they are viewed as contributors to psychotherapy and developing plans for subsequent care (Shakir, 2002).

They are of particular importance for cooperation and coordination among the members of the therapeutic team for good results, this is done through distribution of roles in the team, where everybody should know his role in the process of diagnosis, treatment and follow-up. It must also be done through a well-known and organized criteria, where everyone knows his assigned specific tasks in the diagnoses process, dealing with cases, preparation of reports, carrying out measurement, testing, guidance, counseling for patients and their relatives, and follow-up of cases in different treatment stages according to plan adhered to members of the treatment team (Zahran, 2005).

Because of the similarity in the tasks performed by both psychologist and psychiatrist, most psychiatrists assert that tasks of diagnosis and psychotherapy are the core of the psychiatrist work while psychologist is unable to exercise these functions. They justify it in that the psychologist lacks training, especially in the medical field, where many psychiatrists see that psychological counseling is very important, but they believe that the clinical psychologist lacks training and rehabilitation in order to exercise this role in a good manner (Khtatna 2010),

Study Problem

The understanding of the role of the clinical psychologist by the general public and the lack of clarity of this role by the rest of the therapeutic team members especially the psychiatrist poses a major issue. The present study tries to examine how far the psychiatrist realizes the role of the clinical psychologist in the team work and in the therapeutic process

Study objectives:

- Identify the the factors that affect the relationship between the psychiatrist and clinical psychologist.
- Identify the gender impact and the perception of the clinical psychologist.
- Determine the impact of experience and the relationship between the psychiatrist and clinical psychologist.

Clinical psychologist:

The clinical psychologist is defined as "a person who has a doctoral degree in clinical psychology, and also received enough training in the clinical field so that he can be able to diagnose and treat mental disorders".

Psychologist:

The psychologist is defined as "the person who graduated in the field of diagnosis and psychological treatment, and is specialized in measurement and psychological testing, study customer behavior and attitude of the public, besides helping the therapist (Zahran,2003).

Psychiatrist:

Timothy, (2007) identifies the psychiatrist as a "doctor graduated from a medical college, joined a training program in psychiatry, focuses on the diagnosis and treatment of mental disorders and the use of drugs, such program is usually conducted in mental health hospitals.

Importance of the study:

Few studies focused on the relationship between the clinical psychologist and the rest of the therapeutic team, especially those of psychiatrist capabilities of the psychologist clinical skills and roles. The importance of this study stems of that it is the first local one– up to researcher knowledge _ to study the psychiatrist perception to clinical psychologist in Jordan environment.

Theoretical framework:

Psychologists classification as shown by Binet, Ruhr, and Wexler is not more than measurement psychologists classification, where their jobs are limited to applying and interpreting of psychological tests only. Since World War II there has been a significant shift in identifying the roles and tasks of psychologists, social workers and psychiatrists in the field of mental health.

Psychologists contribute to the diagnostic process using psychometric diagnosis, while psychiatrist treats the patient using the psychotherapy methods and pharmacotherapy, and the social worker helps the patient in order to get the full support outside the therapeutic environment (Rabia (2005).

Many researchers view the roles of the clinical psychologist as a clinical diagnosis, treatment of mental disorders, conduct of psychological research, and providing psychological counseling as well as therapeutic work for individuals and institutions. Goldenberg determines the roles played by clinical psychologist as follows:

1. Conducting psychological tests and interviews for the clinical diagnosis situation.
- 2- Counseling and psychotherapy for individuals, couples, families and groups.
- 3- Conducting psychological research for personality growth, functions, causes of mental illness, and methods of psychotherapy etc.
- 4- Testing and training groups of non-professional assistants in the field of mental health and voluntary groups and supervising them.
- 5- Providing psychological counseling for treatment institutions for the development of therapeutic programs for the treatment and prevention of mental disorders.

In the same direction Ojrista (Agresta, 2004) defines the role of the psychologist as follows:

1. Conducting psychological tests.
2. Counseling and individual and collective psychotherapy.
3. Offering Psychological counseling.

Lewis (2010) indicates that the clinical psychologist plays the following roles:

- 1- Measuring intelligence and general ability: this activity does not include only individual's current ability measuring, but also includes an estimate of his/her potentials, and competencies, and the impact of problems or other circumstances on his/her mental functioning.
- 2- Measuring, describing and evaluating the personality and diagnosing can the behavior problem or abnormal or non-harmonic psychotherapy.

Literature Review:

(Al-Otaibi, 2011) studied the role of the clinical psychologist as perceived by the workers in public hospitals. The study population consisted of staff of some hospitals in the city of Riyadh (physicians, nurses, psychiatrists and psychologists). The study sample consisted of 181 respondents where the researcher used the descriptive survey, and the questionnaire as a tool for the study. The results were as follows:

1. The study sample often agreed that the most important primary roles of a clinical psychologist) are measuring intelligence and general abilities, and then identifying the medical history of the patient.
2. There were statistically significant differences at the level of significance ($\alpha \leq 0.01$) in the trends of the sample members towards the role and functions of the psychologists favor psychologists.

Al-Rabiah Study (1996). was conducted to identify the views of psychiatrists working in mental health hospitals in Saudi Arabia in the process of psychiatric diagnosis . The researcher prepared a tool to measure the views of psychiatrists in the process of psychiatric diagnosis. The study consisted of 22 item, while the tool was applied to a sample included (63) male and female psychiatrists selected randomly from different psychiatric hospitals in the Kingdom. The study found the following results.

1. Majority of psychiatrists favored the process of psychiatric diagnosis.
2. There were statistically significant differences in the degree of support of psychiatrists to the diagnosis process depending on the psychologists theoretical attitudes.
3. No statistically significant differences in the degree of support for the process of psychiatric diagnosis according to work and the number of years of experience.
4. Most psychiatrists rely on the process of psychiatric diagnosis to know the symptoms of mental disorder and on the use of the International Classification (Cd 10) of psychotherapy.

(Fatima, 2010) study aimed at identifying the sources of stress and the most important difficulties facing the psychologist during psychological practices to overcome these difficulties in the future to ensure of successful and meaningful psychological practices with no obstacles. The researcher used the descriptive analytical method which fits more with this study, the study sample consisted of 136 psychologists having enough experience in the practice of psychology. The study demonstrated the following results :

1. Professional difficulty attributed to the lack of professional experience and the difficulty of dealing with complex situations, lack of psychologist's skills or lack of understanding of the client's to the

psychologist directions or hiding important information from the psychologist due to the lack of confidence in psychologist.

2. Difficulty in treatment: the client may refuse treatment or some therapeutic techniques used by the psychological practitioner as remedy of couples or group therapy due to the lack of psychological culture or it does not fit with some cases.
3. The difficulty in determining the profession identity due to intervention of others in the treatment methods or lack of respect to the privacy of the profession, administrative obstacles, and lack of the understanding of the manager and colleagues at work.
4. Difficulties in identifying the professional class to which he belongs, sometimes he is classified as administrative, though he practices psychological or educational tasks, in addition to the poor pay.
5. social difficulties: the negative look to the psychiatrist career in the society that are still ambiguous.

Norcross and his colleagues (2005) used an exploratory survey method to find out which activities are the most clinically practiced in psychotherapy, diagnosis, assessment, teaching, clinical supervision, research / writing, consulting, and management.

The study showed:

1. different forms of psychotherapy are the most common activity among clinicians that engage about 80% of their time.
2. Continuation of the diagnosis and evaluation as they are the two main activities in turn.
3. As scientific research is growing compared to the previous years, studies conducted in this area included 14% of respondents Activities.

(Bremer et al.2001) conducted a study aimed to find out people's opinions about the efficiency of the clinical psychologist and his ability to perform his professional role. The study sample consisted of 132 persons aged between 18 and 68 years. The findings showed that the clinical psychologist and psychiatrist were most capable members of the treatment team in treating mental disorders such as severe depression.

(Blumenthal & Lavender, 2007) conducted a study on the role of the clinical psychologist as understood by the treatment team members in a sample of (55) members of the social workers, psychiatrists, counselors, and nurses. The results showed a consensus among respondents that the psychiatric diagnosis, and psychological counseling, and practicing methods of cognitive behavioral therapy is one of the most important activities

practiced by clinical psychologist. It indicated that 96% of respondents said that the mental diagnosis is the tasks of the clinical psychologist, 83% of them reported that psychological counseling is the core function of the clinical psychologist, while 72% of them reported that the practice of cognitive behavioral therapy techniques come in the third place.

Pryor & Knowles, 2001) investigated the attitudes of public doctors towards the clinical psychologist in a sample of (105) members aged between 26 and 69 years old.

This study revealed that doctors attitudes in general towards clinical psychologist were acceptable. These results also showed that doctors believe that training of psychologist is inadequate. On the other hand the study indicated that female psychiatrists transfer patients to psychologist more than male psychiatrists are doing, this procedure may reflect positive attitude towards clinical psychologist and their confidence in him and in his skills and capabilities. Finally, the results of this study showed that the majority of male and female psychiatrists believe that the psychologist is able to actively participate in the programs of medical care.

(Al-Rabiah, 2005) study about the role of the clinical psychologist as perceived by the psychiatrist. The study sample consisted of (64) male and female psychiatrists working in mental health hospitals in Saudi Arabia. The researcher has designed a tool to measure the main tasks of the clinical psychologist such as diagnosis, psychotherapy, and psychological counseling, the tool was applied to the current study sample. The results of the study showed differences between male and female psychiatrists in diagnosis and counseling, to the favor of female psychiatrists. Results also showed differences between less and more experienced male and female psychiatrists, in all study aspects.

These differences favor the more experienced psychiatrists. Finally, the results of the study did not reveal any differences between male and female psychiatrists.

Method and procedure:

The descriptive analytical approach was adopted in this research. This approach fits the procedures and the application of this study.

Study population:

The study population consisted of all 42 psychiatrists working in the National Center for Mental Health in Jordan.

The study sample:

A sample of 33 psychiatrists working in the National Center for Mental Health was selected. They were distributed as follows: 9 spsychologists and 24 residents, including 2 from Arab nationalities. Table 1 shows the distribution of the sample individuals according to gender, age and experience.

Table (1) Distribution of the sample according to gender, experience and age.

variable	Variable category	number
gender	Male	21
	Female	12
position	Spsychologist	9
	Resident	23
experience	< 5 years	9
	5-10 years	14
	> 10 years	10
age	< 35	11
	35 -45	13
	> 45	9
TOTAL		33

Study Instrument:

To accomplish the study objectives , the researcher prepared and used a questionnaire consisted of basic information page and a questions page consisting of 26 item that must be answered at 5 degrees on the Likert scale begins with Strongly agree =5 points, , agree =4, neutral =3, disagree =2, and strongly disagree =1.

study procedures :

- The researcher adopted the following steps while applying this study.
- After reviewing the theoretical framework related to research subject and the access to topic literature , the researcher requested the National Center for Mental Health to facilitate his task through:
 - distribution of questionnaires to the doctors at the National Center
 - Collection the responded questionnaire forms .
 - Data has been entered into the computer to perform necessary statistical processing .

Research limitation:

Human limitations: where the sample consisted of doctors at the National Hospital for Mental Health.

Spatial limitation: The National Hospital for Mental Health has been selected because it represents the only largest compound place for psychiatrists in Jordan.

Research variables are as follows: Gender, Age, years of Experience and position.

Results:

The first question: What is the level of the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health ?

To answer the question the means and standard deviations averages were calculated, as shown in Table 2.

Table (2) Means and standard deviations of the level of the role of clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health

No	paragraph text	median	Standard deviation	order	Level
1	I can consult the clinical psychologist in some cases	2.27	91	25	low
2	I can ask for his help in the diagnosis	3.06	3.06	13	medium
3	I can send him some cases to follow up treatment	3.03	1.44	14	medium

No	paragraph text	median	Standard deviation	order	Level
4	I feel confident of the treatment through the use of the drugs only	2.57	1.39	22	medium
5	I can ask him to evaluate some cases	3.30	1.26	8	medium
6	I Can take his opinion about the appropriate treatment of the case	2.73	1.25	20	medium
7	I think he will be a source of great help and benefit in all stages	3.33	1.38	7	medium
8	I prefer to work in the same specialization because we have common language	3.39	0.82	5	medium
9	I discuss with the clinical psychologist before determining the appropriate treatment	3.00	1.39	15	medium
10	I consider the clinical psychologist as a competitor in the profession	2.97	1.01	16	medium
11	I feel that the clinical psychologist is more capable to diagnose diseases than me.	2.70	1.18	21	medium
12	I prefer the clinical psychologist to be one of the treatment team	3.15	1.37	11	medium
13	I feel that the clinical psychologist qualification is low	3.42	1.54	4	medium
14	I think the place of the clinical psychologist is not the hospital	3.09	1.31	12	medium
15	When a clinical psychologist conduct a test I take the result seriously	2.21	1.34	26	medium

No	paragraph text	median	Standard deviation	order	Level
16	I guess I do not need his services	3.36	1.32	6	medium
17	I can ask him to observe situations and watch behaviors	2.91	1.28	17	medium
18	I can ask him to apply specialized tests	2.85	1.28	18	
19	He /She may be of benefit in some cases but not in our field	3.21	1.36	9	
20	I can ask him/her to apply an intelligence tests	3.91	88	1	
21	I can ask him to evaluate the level of some cases	3.48	1.09	3	
22	I can ask him to do a study case	3.54	1.39	2	
23	I always consult the clinical psychologist	2.33	1.21	24	low
24	I can take his opinion in diagnostic accuracy	2.82	1.31	19	
25	I feel that the clinical psychologist ability to diagnose some symptoms is better than me	3.18	1.28	10	
26	I feel that his power is less than me	2.42	1.09	23	
Total		3.01	.45	26	

Table 3 shows that clinical psychologist level of role as perceived by the psychiatrist at the National Center for Mental Health(NCMH) was medium with a mean of (3.01) and standard deviation (0.45). Item No. 20 obtained a high level score with a mean of (3.91) and standard deviation of (0.88), while item (15) obtained a medium level, by a mean of (2.21) and standard deviation (1.34

The second question: are there statistically significant differences at the level of significance (<0.05) in the role of a clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the gender

To answer the question a test was conducted for two independent samples (Independent T Test) on the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health according to gender, as shown in table (3) .

Table (3) Test Results (v) for independent samples of significant differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health according to gender

Gender	number	mean	St.dev	Degree of freedom	T value	significance
Male	21	2.82	.41	31	-3.776	
Female	12	3.34	32.			

Table (3) indicates statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the gender where the value (V) = -3.776, the mean shows that the differences were to the of favor female psychiatrists.

The Third question: Is there any statistically significant difference at the level of significance ($\alpha < 0.05$) in the role of a clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the experience?.

To answer the question analysis of variance (One Way ANOVA) as in the table (4) has been used.

Table (4) Analysis of ANOVA (One Way ANOVA) for the significance of differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health depending on experience

Experience	No.	Mean	St. dv	Variance source	Total sq.	Temp. deg	Sq. mean	f	significance
< 5 years	9	2.78	.35	Between the group	1.853	2	.927	5.996	.006
5-10 years	14	2.91	.46	Inside the group	4.636	30	.155		
> 10 years	10	3.36	.30	Total	6.489	32			

Table (4) shows statistically significant differences in the role of the clinical psychologist at the National Center for Mental Health attributed to experience as perceived by the psychiatrists the, where the value of (P) is equal to (5.996), and this value is statistically significant at the level of significance ($\alpha \leq 0.05$). To find out the trend of the differences we applied Scheffe posterior test for comparisons as shown in (Table 5)

Table (5) Scheffe posterior comparisons test of the trends differences in the role of a clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health depending on experience

Significance	Mean differences	experience(d)	experience(c)
.762	-.12454	5- 10 yrs	Less than 5 yrs
.012	-.57949*	>10 yrs	
.031	-.45495*	> 10 yrs	5- 10 yrs

Function at the level of significance ($\alpha \leq 0.0$)

Table (5) indicates that the differences in the role of clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health between experienced (over 10 years) on one hand and experienced (less than 5 years), (5 _ 10 years) on the other hand in favor of the experienced (over

10 years). The differences are in favor of the highly experienced psychiatrist, which indicates that the experienced psychiatrists (over 10 years), scored the highest rates of the role of the clinical psychologist

Fourth question: Is there a statistically significant difference at the level of significance ($\alpha \leq 0.05$) in the role of a clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to age?

To answer the question ,analysis of variance (One Way ANOVA) has been used as in table (6).

Table (6) ANOVA (One Way ANOVA) analysis of the significance of differences in the role of the clinical psychology psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to age.

Significance	F	Seq.mean	Temp.degree	Total square	Variance source	St.dv	mean	No.	age
.014	4.903	.799	2	1.598	Between groups	.38	2.81	11	35>
		.163	30	4.891	Inside the group	.38	2.94	13	35-45
			32	6.489	total	.46	3.36	9	45<

As seen in the table (6) there are statistically significant differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to age, where the value of (P) is equal to (4.903), this value is statistically significant at the level of significance ($\alpha \leq 0.05$). To find out the trend of the differences Shave posteriori test was used for comparisons as shown in (Table7)

Table (7) Scheffe test for posteriori comparisons to the trends of the differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health in relation to age

significant	Mean differences	age (d)	Age (c)
.748	-.12668	35-45	Less than35
.019	-.54779*	More than 45	
.071	-.42110	More than 45	35-45

Function at the level of significance ($\alpha \leq 0.05^*$)

The results in the table (7) indicate that the differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health among those with age (greater than 45) on the one hand and with age (less than 35) on the other hand were in favor of the experienced (greater than 45); the differences favor the most experienced, which shows that with age (greater than 45 years), are less rating the role of the clinical psychologist

Fifth question: Is there a statistically significant differences at the level of significance (<0.05) in the role of a clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the job rank

To answer the question (Independent T Test) was used for two independent samples in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health in relation to the rank of job , the table (8) shows that

Table (8) Test Results (T) for independent samples of the significant differences in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health depending on the rank of career

significant	Tvalue	Temp.	St.dev	Mean	No.	Career rank
.756	.314	31	.38	3.05	9	spsychologist
			.48	2.99	24	resident

There were no statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the role of the clinical psychologist as perceived by the psychiatrists at the National Center for Mental Health attributed to the rank of career where the value (V) = 0.314

Recommendations

In light of the results of the current study, the researcher recommends the following:

1. Jordan Ministry of Health represented in the medical sector may adopt and develop a psychological descriptive guide, explains all the tasks of the psychiatrist and clinical psychologist accurately.
2. Coordination between the Ministry of Health and universities to develop specialized courses for the functions of the therapeutic team. These sessions are customized for each of the psychiatrist and clinical psychologist to understand the role of each other objectively.
3. Development of specialized training courses for diagnosis, treatment and psychological counseling and be customized for psychiatrists and psychologists recently graduated
4. Conducting further studies dealing with knowledge of the role of the clinical psychologist as well understood by the rest of the members of the therapeutic team
5. Conducting further studies dealing with knowledge of the role of the psychiatrist as well understood by the team members therapeuticProvide the appropriate psychotherapy devices and scales for the psychologists.

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