

Table 1: Characteristics of primary care psychologists clients in 2010 (N= 55,067)

Sex	N	%	Statistics Dutch population
Male	19,249	35%	50%
Female	35,817	65%	50%
Age			
0 -18	5,229	10%	23%
19 – 30	12,858	23%	15%
31 – 40	13,312	24%	14%
41 – 50	12,399	23%	15%
51 – 60	7,753	14%	13%
61 +	3,412	6%	20%
Marital Status			
Unmarried	17,759	32%	47%
Married/cohabitating	31,461	55%	42%
Divorced	5,549	10%	6%
Widowed	1,274	2%	5%
Education			
Low	13,067	25%	23%
Middle	20,551	39%	44%
High	18,731	36%	33%
Country of birth			
Netherlands	50,489	92%	80%
Abroad	4,574	8%	20%
Employment status			
eEmployed	29,976	54%	-
sSelf employed	3,888	7%	-
oOut of work/incapacitated	9,993	18%	-
Pensioner	2,329	4%	-
sStudent	7,984	15%	-
Request for help			
	N	%	
Interpersonal problems	12,661	23%	
Working/school problems	4,681	9%	
Depressive feelings	7,410	13%	
Feeling anxious, nervous	6,394	12%	
Adjustment problems	11,505	21%	
Identity problems	2,388	4%	
Psychosomatic problems	2,305	4%	
Sleeping/eating/sexual/impulse	1,334	2%	
Addiction	320	1%	
Other problems in adults	1,613	3%	
Problems in children	4,373	8%	

Table 2 Diagnoses made by primary care psychologists (N= 55,067)

Axis 1 Diagnosis (psychopathology)	Total population (N=55,067)	
Mood disorder	10,860	20%
Anxiety disorder	8,259	15%
Adjustment disorder	12,875	23%
Somatoform disorder	1,815	3%
Impulse control	1,231	2%
Sexual/eating/sleep/disorder	1,015	2%
Delirium, dementia, organic	387	1%
Substance abuse	366	1%
Other Axis 1	108	0.2%
No Axis 1 diagnosis	17,350	32%
Axis 2 Diagnosis (personality)		
No disorder, Cluster traits	7,340	13%
Any Axis 2 diagnosis	2,558	5%
No Axis 2 diagnosis or cluster traits	45,169	82%
Axis 3 Diagnosis (co-morbid somatic disease)		
Somatic disease, not interfering with	3,239	6%
Somatic disease, interfering with ps.	7,955	14%
No somatic disease	43,870	80%
Axis 4 Diagnosis (psychosocial)		
Problems in primary support group	23,117	42%
Problems within social context	5,065	9%
Working problems	9,210	17%
Education problems	1,520	3%
Social problems	1,353	2%
Other psychosocial problems	2,542	5%
No Axis 4 diagnosis	12,255	22%

Table 3: Numbers of patients and percentages for three outcome measures and numbers and percentages for regularly concluded cases only. (2010; N= 55,067)

			<i>If regularly concluded (N=40,378)</i>	
Conclusion of treatment:	N	%	N	%
Regular	40,378	73%	-	-
Interrupted	7,042	13%	-	-
Referral	7,647	14%	-	-
Improvement (Difference GAF score T2-T1)				
Decreased/Deterioration	451	1%	213	1%
Equal	11,985	22%	4,971	12%
< 10 points improvement	16,959	31%	12,730	32%
> 10 points improvement	25,670	47%	22,462	56%
Number of sessions				
≤ 8 sessions	40331	73%	28,513	71%
9 - 12 sessions	9226	17%	7,468	18%
13 - 20 sessions	4,561	8%	3,650	9%
> 20 sessions	936	2%	742	2%