

One-third of parents more stressed due to money, survey finds

Parents are more stressed now due than financial concerns than in 2013, a major new study carried out by the Irish Association of Counselling & Psychotherapy (IACP) has found.

The IACP is largest professional organisation in the counselling and psychotherapy sector, with almost 4,000 members.

In spite of the improving economic situation, the survey, carried out by Behaviour & Attitudes on behalf of the IACP, found that 32% of respondents with children stressed due to financial concerns in the latest survey.

This marks an increase on the 2013 survey, when 30% of parents experienced stress due to financial issues.

Stress levels caused by financial concerns were also high among people aged between 35 and 64 with almost one-third of respondents in this bracket experiencing money worries, according to the IACP's latest survey.

IACP spokesman Shane Kelly said: "We are particularly concerned that more parents are now experiencing stress due to their finances than in 2013. We expected that better economic conditions would have seen this figure decrease and not rise," he said.

"It is clear that not everyone is feeling the effects of the economic recovery and this is borne out by our latest survey. Stress due to financial concerns continues to be a significant problem for a large part of the population, especially parents and people in the 35-64 age groups," he added.

The survey also found that financial concerns remain the biggest cause of stress generally for adults, with almost one-quarter concerned about financial issues.

Male and female respondents experienced the same levels of stress due to finances, both at 24%.

The 24% rate marks a decrease on the findings of the IACP's 2013 study, which reported that 33% of surveyed adults said that financial issues caused them stress.

The other drivers of stress are work, health, relationships and children/family, the IACP study found.

For those who are experiencing problems and stress due to their finances, the IACP advised that they should speak to MABs, the independent financial advisory body, to see how they can manage their money in a more efficient manner.

The IACP also said that those who were stressed should speak to their family and relatives about their financial concerns, or to seek professional help from their GP or an accredited counsellor / psychotherapist.

For a full list of accredited counsellors and psychotherapists, visit www.iacp.ie

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About this survey

- This report details the findings from a general public survey about attitudes to counselling and psychotherapy.
- The research was undertaken for the Irish Association for Counselling & Psychotherapy, and was fielded by Behaviour & Attitudes.
- 1,016 adults aged 16 and over were interviewed as part of Behaviour & Attitudes February No.2 Barometer Survey. Barometer is undertaken face-to-face and in-home, and represents the full adult population in respect of gender, age, social class, region and area.
- In some instances, the 2015 research update questions asked on a previous survey undertaken in 2013.
- A companion project, completed at the same time but separately reported, involves a members survey undertaken among the IACP's membership. This will be reported shortly.