

## Participant Feedback and Satisfaction Questionnaire

The purpose of this short form is to gauge your appreciation of and collect your comments regarding your participation in a self-management workshop. The information we collect will help us document the aspects that were most appreciated and potential avenues for improvement. Thank you for your collaboration!

### Anxiety Self-Management Workshop

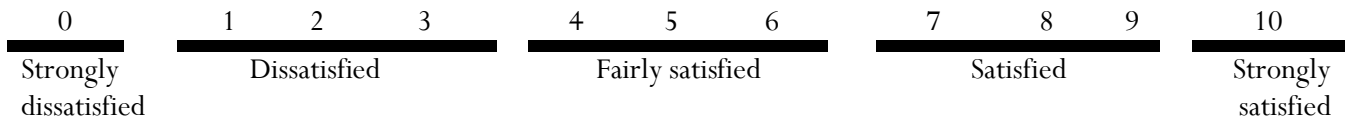
**Session:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Facilitators:** \_\_\_\_\_

#### 1. Objectives

On a scale of 0 to 10, following the diagram below, please write the number that best describes your level of satisfaction with the following objectives:



Objectives	Score
I got to know my anxiety	
I pay more attention to my symptoms and know when to act	
I am an active participant in treatment decisions	
I am adopting healthier lifestyle habits	
I recognize and challenge anxiety-maintaining thoughts and behaviours	
I try to be part of and maintain a constructive social network	
I have developed skills that allow me to regain control over my life.	

#### 2. Topics explored

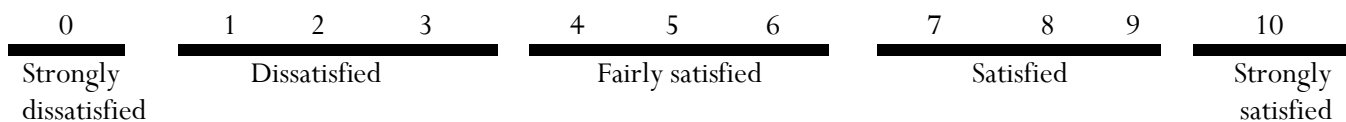
- Week 1. Getting to know your anxiety
- Week 2. Building self-awareness
- Week 3. Reconsidering your lifestyle habits
- Week 4. Adopting a problem-solving method
- Week 5. Avoidance and exposure
- Week 6. Acceptance and committed action
- Week 7. Seeing things differently
- Week 8. Managing your emotions
- Week 9. Receiving support from others
- Week 10. Consolidating your tool kit

Did you especially appreciate a particular theme? If so, which one and why?

Did you appreciate any particular theme less than the others? If so, which one and why?

### 3. Workshop layout

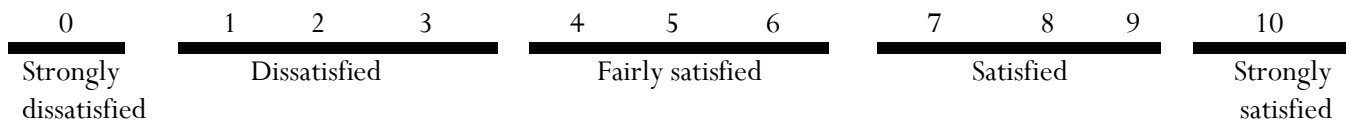
On a scale of 0 to 10, please write the number that best describes your level of satisfaction with the following aspects of the workshop:



Workshop aspects	Score
The quality of the information presented	
The relevance of the themes	
The proposed exercises	
The discussions with other participants	

### 4. Facilitation

On a scale of 0 to 10, please write the number that best describes your level of satisfaction with the following aspects of the facilitation:



Facilitation aspects	Score
The quality of the welcome you received	
The respect of the workshop rules	
The quality of the explanations provided	
The management of the discussions	
The handling of difficult situations	
The facilitators' overall attitude	

We thank you very much for your feedback and wish you all the best.

## **5. Overall appreciation**

Do you find that the workshop had an impact on your mental health?    Yes        No

Please explain:

Overall, on a scale of 0 to 10, how would you rate the workshop? Please check the box corresponding to your answer.

0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly dissatisfied	Dissatisfied			Fairly satisfied			Satisfied			Strongly satisfied

If you had to point to one element that was the most important or helpful for you, which one would it be?

Overall, on a scale of 0 to 10, how would you rate the quality of the written English in the participant workbooks?  
Please check the box corresponding to your answer.

0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly dissatisfied	Dissatisfied			Fairly satisfied			Satisfied			Strongly satisfied

Would you recommend this workshop to a friend struggling with anxiety?    Yes        No

Do you have any other comments or suggestions?

Do you consent to Relief using the comments you have provided in this questionnaire for representation or advertising purposes?

Yes    No        Signature: \_\_\_\_\_ Date: \_\_\_\_\_

We thank you very much for your feedback and wish you all the best.