

## 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!

### Living with bipolarity Workshop

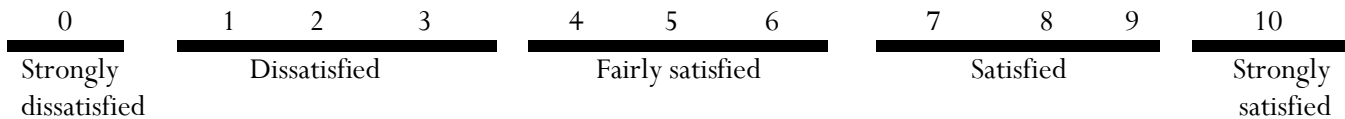
**Session:** \_\_\_\_\_

**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:



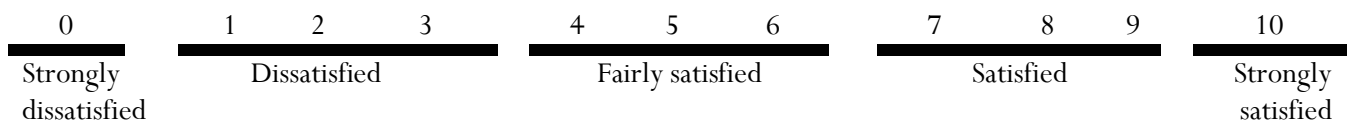
| Objectives                                                      | Score |
|-----------------------------------------------------------------|-------|
| To develop a better understanding of my bipolarity.             |       |
| To develop skills that allow me to regain control over my life. |       |
| Be more aware of symptoms and know when to act.                 |       |
| To adopt a healthier lifestyle.                                 |       |
| To get involved in making treatment decisions.                  |       |
| To become part of a positive social network and maintain it.    |       |
| Learn to better manage the challenges of daily life.            |       |

#### 2. Topics explored

- Week 1. Getting to know bipolar disorder better
- Week 2. Getting to know yourself better
- Week 3. Taking ownership of bipolar disorder
- Week 4. Engaging with your care network
- Week 5. Developing healthy lifestyle habits
- Week 6. Seeing things differently
- Week 7. Managing stress better
- Week 8. Managing your emotions
- Week 9. The challenge of interpersonal relationships
- Week 10. Receiving social support
- Week 11. Putting self-management strategies in place
- Week 12: Consolidating your tool kit

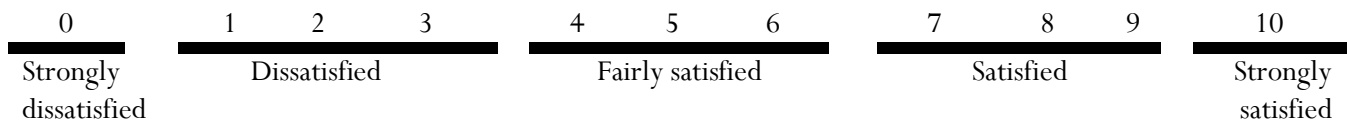
Did you appreciate any particular theme less than the others? If so, which one and why?

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  |       |

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       |       |

## **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"/> |
| Strongly<br>dissatisfied | Dissatisfied             |   |   | Fairly satisfied         |   |   | Satisfied                |   |   | Strongly<br>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 content?  
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"/> |
| Strongly<br>dissatisfied | Dissatisfied             |   |   | Fairly satisfied         |   |   | Satisfied                |   |   | Strongly<br>satisfied    |

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

Do you have any other comments or suggestions?

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