

Default Question Block

Thank you for deciding to take part in the mindfulness based behaviour change course.

The purpose of this questionnaire is to evaluate the effectiveness of the course you're about to take part in. We'll ask you to complete another questionnaire at the end of the course, and one about 6 months later, and will compare those answers with the ones you give on this questionnaire.

The questionnaires will all be short, and should take no more than about 10-15 minutes to complete.

Because we'll need to match your answers across all 3 surveys, each will be sent to you via a unique link. Once we receive your completed questionnaire, before any analysis, the identifying information will be removed and an anonymous code assigned so we can match your questionnaires without having to attach your name to them. The information about which code matches which name will be kept secure and will be destroyed once all the data is collected. The researcher who will initially deal with the data is not the course leader or myself so you are unknown to her. You will not be identified by name in any reports, papers, or presentations that we write about this project.

If you decide that you don't want to do this questionnaire, please just let me know. You are still welcome to take part in the course. You may also drop out of the course itself simply by letting me know (but we hope that you will find it valuable enough to want to finish!)

There are two blocks of questions in this survey, followed by short demographic ones (e.g. gender, age). The demographic questions are optional. **If you don't have time to finish the questionnaire in one go, you can come back to it later - your answers will be saved.**

Please complete the questionnaire by 10pm on Thursday 6 November.

We hope you find it interesting to complete the questionnaire.

Mark Whitehead

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Please click on each box to indicate your agreement with the following statements:

- ☐ I am aged 18 or over
- ☐ I have read the information about the study given above and I understand the purpose of this research
- ☐ I agree to participate in this survey and to the anonymised information I give being held for an indefinite period of time, being shared (including possibly being deposited in an archive for use by other researchers), and being used in reports, articles, and presentations

1. Please use each slider to indicate how strongly you agree/disagree with the following statements:

You'll need to click on each slider for an answer to register, even if it's currently sitting where you want it. You can stop the sliders anywhere, not just on the gridlines.

	0	1	2	3	4	5	6	7	8	9	10
I am aware that my mind often works on 'automatic pilot'											

I am aware of how the surrounding environment can affect my behaviour										
I am aware of how different emotions can affect my behaviour										
I am aware of how mental shortcuts (such as confirmation bias and future discounting) can affect my behaviour										
I am aware of how my values and beliefs can affect my behaviour										
I am aware of how social norms can affect my behaviour										
I understand why others find changing their behaviour difficult										
I empathise with the difficulties others experience when trying to change behaviour										

2. Please rate each of the following statements using the scale provided. There are quite a few statements and some may seem repetitive, but we'd be very grateful if you could give an answer for every statement – missing answers will invalidate this recognised measurement scale. For each statement, choose the answer that best describes **your own opinion** of what is **generally true for you**.

	never or very rarely true	rarely true	sometimes true	often true	very often or always true
When I'm walking, I deliberately notice the sensations of my body moving.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm good at finding words to describe my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I criticise myself for having irrational or inappropriate emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I perceive my feelings and emotions without having to react to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I do things, my mind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

wanders off and I'm easily distracted.

☐☐☐☐☐

When I take a shower or bath, I stay alert to the sensations of water on my body.

☐☐☐☐☐

I can easily put my beliefs, opinions, and expectations into words.

☐☐☐☐☐

I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted.

☐☐☐☐☐

never or very rarely true

rarely true

sometimes true

often true

very often or always true

I watch my feelings without getting lost in them.

☐☐☐☐☐

I tell myself I shouldn't be feeling the way I'm feeling.

☐☐☐☐☐

I notice how foods and drinks affect my thoughts, bodily sensations, and emotions.

☐☐☐☐☐

It's hard for me to find the words to describe what I'm thinking.

☐☐☐☐☐

I am easily distracted.

☐☐☐☐☐

I believe some of my thoughts are abnormal or bad and I shouldn't think that way.

☐☐☐☐☐

I pay attention to sensations, such as the wind in my hair or sun on my face.

☐☐☐☐☐

I have trouble thinking of the right words to express how I feel about things.

☐☐☐☐☐

never or very rarely true

rarely true

sometimes true

often true

very often or always true

I make judgments about whether my thoughts are good or bad.

☐☐☐☐☐

I find it difficult to stay focused on what's happening in the present.

☐☐☐☐☐

When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it.

☐☐☐☐☐

I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing.

☐☐☐☐☐

In difficult situations, I can pause without immediately reacting.

☐☐☐☐☐

When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words.

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It seems I am "running on automatic" without much awareness of what I'm doing.

☐☐☐☐☐

When I have distressing thoughts or images, I feel calm soon after.

☐☐☐☐☐

never or very rarely true

rarely true

sometimes true

often true

very often or always true

I tell myself that I shouldn't be thinking the way I'm thinking.

☐☐☐☐☐

I notice the smells and aromas of things.

☐☐☐☐☐

Even when I'm feeling terribly upset, I can find a way to put it into words.

☐☐☐☐☐

I rush through activities without being really attentive to them.

☐☐☐☐☐

When I have distressing thoughts or images I am able just to notice them without reacting.

☐☐☐☐☐

I think some of my emotions are bad or inappropriate and I shouldn't feel them.

☐☐☐☐☐

I notice visual elements in art or nature, such as colours, shapes, textures, or patterns of light and shadow.

☐☐☐☐☐

My natural tendency is to put my experiences into words.

☐☐☐☐☐

never or very rarely true

rarely true

sometimes true

often true

very often or always true

When I have distressing thoughts or images, I just notice them and let them go.

☐☐☐☐☐

I do jobs or tasks automatically without being aware of what I'm doing.

☐☐☐☐☐

When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about.

☐☐☐☐☐

I pay attention to how my emotions affect my thoughts and behaviour.

☐☐☐☐☐

I can usually describe how I feel at the moment in considerable detail.

☐☐☐☐☐

I find myself doing things without paying attention.

☐☐☐☐☐

I disapprove of myself when I have irrational ideas.

☐☐☐☐☐

Finally, a few questions about you so we can describe our sample...

Do you identify as...

☐ Male

☐ Female

- ☐ Female
- ☐ Other

Please indicate which age range you fit in

- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65-74
- ☐ 75+

What is the highest level of qualifications you've completed?

- ☐ No formal qualifications
- ☐ GCSE/O Levels/CSE/Standard Grade (Scotland)/NVQ or BTEC level 2
- ☐ AS/A levels/Highers/NVQ or BTEC level 3
- ☐ Undergraduate degree/equivalent professional qualification
- ☐ Postgraduate degree (Masters, PhD etc)/postgraduate professional qualification
- ☐ Other - please state

What is your net household income per year (i.e. total income from all sources minus tax)?

- ☐ less than £10,000
- ☐ £10,000 - £19,999
- ☐ £20,000 - £29,999
- ☐ £30,000 - £39,999
- ☐ £40,000 - £49,999
- ☐ over £50,000
- ☐ prefer not to say