

Default Question Block

Thank you for continuing to take part in the Mindfulness Based Behaviour Change study.

The purpose of this questionnaire is to evaluate the effectiveness of the mindfulness course you've recently undertaken.

It should take no more than about 15 minutes to complete.

This survey was sent to you via a unique link so we can match your answers to the previous survey and the follow-up one that we hope you will complete in a few months. 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.

There are five blocks of questions in this survey. **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 Tuesday 23 December.

We hope you find it interesting to complete the questionnaire.

Mark Whitehead

Email: msw@aber.ac.uk

Tel: 01970 622609

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. Below is a series of pairs of statements. **For the FIRST statement in each pair, please use the slider to indicate how strongly you agree/disagree with the statement NOW. For the SECOND statement, please indicate what you think now about how things were for you BEFORE YOU STARTED THE MINDFULNESS COURSE** (we can compare your answers now with what you told us on the first survey, but we also want to know whether you think things have changed or not).

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.

	Strongly disagree	Nether agree nor disagree						Strongly agree			
	0	1	2	3	4	5	6	7	8	9	10
I am aware that my mind often works on 'automatic pilot'											

BEFORE the course I was aware that my mind often works on 'automatic pilot'											
I am aware of how the surrounding environment can affect my behaviour											
BEFORE the course I was aware of how the surrounding environment can affect my behaviour											
I am aware of how different emotions can affect my behaviour											
BEFORE the course I was 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											
BEFORE the course I was aware of how mental shortcuts (such as confirmation bias and future discounting) can affect my behaviour											

Strongly disagree

Nether agree
nor disagree

Strongly agree

0 1 2 3 4 5 6 7 8 9 10

I am aware of how my values and beliefs can affect my behaviour											
BEFORE the course I											

BEFORE the course I was aware of how my values and beliefs can affect my behaviour										
I am aware of how social norms can affect my behaviour										
BEFORE the course I was aware of how social norms can affect my behaviour										
I understand why others find changing their behaviour difficult										
BEFORE the course I understood why others find changing their behaviour difficult										
I empathise with the difficulties others experience when trying to change behaviour										
BEFORE the course I empathised 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 wanders off and I'm easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

wanders on 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.

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.

☐☐☐☐☐

3a. Please use each slider to indicate whether or not there have been any changes in the following experiences for you, compared to how things were before the mindfulness course:

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.

Much less often than before the course

About the same as before the course

Much more often than before the course

	0	1	2	3	4	5	6	7	8	9	10
I notice the sounds, smells and sights around me											
I am able to notice my feelings without getting lost in them											
I notice sensations in my body (e.g. the wind or sun on my skin)											
I find it easy to describe my feelings											
I am focussed on what's happening in the present moment											
I am able to calm myself quickly/easily when I have distressing thoughts or images											

3b. And similarly, please indicate whether or not there have been any changes in *these* experiences, compared to how things were before the mindfulness course:

	Much less often than before the course			About the same as before the course				Much more often than before the course			
	0	1	2	3	4	5	6	7	8	9	10
I criticise myself for having irrational or inappropriate feelings											
I have difficulty putting my thoughts and feelings into words											
I am distracted											
I make judgements about whether my thoughts are good or bad											

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

I learnt things on the course that are useful...

	Strongly disagree			Neither agree nor disagree				Strongly agree			
	0	1	2	3	4	5	6	7	8	9	10
... for my personal life											
... when engaging with colleagues (please think about colleagues in general, not just those who did the course)											
... for my work directly or indirectly related to behaviour change											
... for my work in general											

5a. Do you think you will continue with any form of mindfulness practice, occasionally or regularly?

Definitely not

☐

Probably not

☐

Maybe

☐

Probably yes

☐

Definitely yes

☐

5b. If you think you will continue with some form of mindfulness practice, how often might that be?

Occasionally (less than once a week)

☐

One or two days a week

☐

3-4 days a week

☐

5 or more days a week

☐