

Qualitative Experiences of Sensory Overload

Start of Block: Block 2

Q1 When you are in a state of sensory overload, what do you typically experience or feel? For example, what does your body do, and what do you think?

Q2 After an episode of sensory overload, what do you typically experience or feel and for how long?

End of Block: Block 2

Start of Block: Block 3

Q3 What are common triggers of sensory overload for you?

End of Block: Block 3

Start of Block: Block 4

Q4 What strategies or coping mechanisms do you use to prevent sensory overload from happening?

Q5 What strategies do you use when dealing with sensory overload?

End of Block: Block 4

Start of Block: Block 5

Q6

What have you identified that makes it more likely you will experience sensory overload?

Q7 What have you identified that makes it less likely you will experience sensory overload?

End of Block: Block 5

Start of Block: Basic Demographics

Q8 What is your gender? Select all that apply.

- ☐ Man (9)
- ☐ Woman (10)
- ☐ Non-binary or genderqueer (11)
- ☐ Another gender (13)
-

Q9 What is the highest level of education you have finished?

- ☐ None (16)
- ☐ GCSE/Standards (17)
- ☐ A-Level/Highers (18)
- ☐ Diploma/Higher Apprenticeship (27)
- ☐ Undergraduate Degree (19)
- ☐ Postgraduate Degree (20)
- ☐ Other (21)



Q10

How many years old are you?

End of Block: Basic Demographics

Q2 Would you like to be contacted to see and review the analysis based on the responses from this survey?

- ☐ Yes (1)
- ☐ No (2)

Q6

Do you agree for your contact details to be kept for the purposes of this research project?

- ☐ Yes (1)
- ☐ No (2)

Display This Question:

If Do you agree for your contact details to be kept for the purposes of this research project? =
Yes

Q7 Enter your email address here:
