

Mind Body Boost Post Survey

Please answer these questions to the best of your knowledge

* Required

1. Dear student, thank you for taking part in the Mind Body Boost (MBB) programme being conducted by NUI Galway as part of an international study. This survey will be used to determine the impact of the MBB programme and this information will be used to discover if the programme produced any impacts on the participants. Your feedback from this short survey is important, and it should take approximately 5 minutes to complete. We will begin by asking your consent to participate in the survey. To agree to consent, read this form and you can agree to participate by clicking 'YES to continue' at the bottom of this page. If you do not wish to participate you can click 'NO, I do not wish to continue' located below. I understand the information provided by the researchers and have had enough time to consider it and ask questions. I understand that all the information collected in this survey will remain strictly confidential and anonymous. I understand that my participation in the survey is completely voluntary and that I am free to withdraw at any time. *

Mark only one oval.

YES, I wish to continue

NO, I do not wish to continue *Skip to section 6 (Participation declined)*

Personal Details

To begin we will ask for some personal details .

2. Please provide your student number below. *

Body Boost!

Now we will ask some questions about your activity level.

3. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate. This can include sport, exercise and brisk walking or cycling for recreation or to go to and from places, BUT, should not include housework or physical activity that may be part of your job. *

Mark only one oval.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

4. Reply to the following using the numbered scale: 1= Never, 2= Rarely, 3= Sometimes, 4= Often, 5 = Always *

Mark only one oval per row.

	1 - Never	2 - Rarely	3 - Sometimes	4 - Often	5 - Always
I enjoy myself when I exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise with a group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I walk in nature, in parks and countryside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise as a way of meeting people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I set exercise goals for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I perform strength training exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I practice body balance exercise (Yoga/Pilates)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mind Boost!

Some questions about your wellbeing

5. Answer using the following scale; 0-Never, 1-At least a few times per year, 2-At least once a month, 3-Several times a month, 4-Once a week, 5-Several times a week, 6-Everyday *

Mark only one oval per row.

	0 - Never	1 - At least a few times per year	2 - At least twice per month	3 - Several times a month	4 - Once a week	5 - Several times a week	6 - Everyday
I am not able to solve problems associated with my studies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frustrated in university	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel like I can confidently handle my degree requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very relaxed when dealing with emotional problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel burned out at the end of my day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deal with other people's problems successfully	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel as if I'm at my wits' end	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. In the last week.....

Mark only one oval per row.

	Everyday	Often	Sometimes	Rarely	Never
I practice self compassion, or treat myself kindly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I watch for sensations in my body to help me understand what I am feeling emotionally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel full of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Slept for 7+ hours each night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have felt overwhelmed by my daily workload	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. I feel I have enough resilience to deal with the stress levels of my daily life?

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

MBB Delivery

Describe your experience of the implementation of the MBB programme

8. How would you rate the delivery of the programme in the following areas?

Reply to the following using the numbered scale: 1= Never, 2= Rarely, 3= Sometimes, 4= Often, 5 = Always

Mark only one oval per row.

	1 - Never	2 - Rarely	3 - Sometimes	4 - Often	5 - Always
The schedule of the sessions times suited my schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The sessions were easy to access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The tutors helped me achieve my goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The programme provided adequate supports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. How would you describe the content delivered

Mark only one oval per row.

	Too simple	About right	Too advanced
In the counselling sessions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the body balance sessions(Yoga)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In the fitness sessions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Your experience of the MBB programme.

Reply to the following using the numbered scale: 1= Never, 2= Rarely, 3= Sometimes, 4= Often, 5 = Always

Mark only one oval per row.

	1 - Always	2 - Often	3 - Sometimes	4 - Rarely	5 - Never
I enjoyed the MBB programme	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was available to attend the 'sessions'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt part of the group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. What do you think worked well in the MBB programme?

12. What do you think did not work well in the MBB programme

13. Did the programme meet your expectations?

Mark only one oval.

- Yes
- Somewhat
- No

14. Please elaborate

15. Would you recommend this programme to a friend?

Mark only one oval.

Yes

No

Participation
declined

You have elected not to participate in the survey, please click submit or close your browser. Thank you.

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