Interview Questions

- What led you to take part in the program? What was going on in your life, and how were you feeling at the time?
- Throughout the program, we used nicknames instead of participants' real names. How did you feel about being addressed and communicating by a nickname? How did that differ from using your real name?
- The title on the workbook cover was "CBT Workbook for University Students." What do you think it would have been like if the title had included words like "therapy" or "depression"? How did you feel when opening the workbook in a library or cafe?
- What did you think of the rabbit character in the workbook? How was it different from using a workbook that presented the material in text alone?
- When you saw the page showing the rabbit thinking negatively, what did you notice about how the rabbit's thoughts compared with your own thought patterns?
- During the program, you may have had exams or assignment deadlines. Please describe your experience of taking part in the program while managing your academic responsibilities.
- What was it like to try the activities in the workbook? How did this experience compare with dealing with difficulties on your own?
- Could you share your experience of applying the program's contents in situations like feeling anxious right before an exam or while preparing an assignment? What did you experience physically and emotionally?
- Along with managing thoughts and feelings, the program included activities related to daily routines, such as sleep, eating, and cleaning your room. Please describe your experience of these activities and how they related to managing low mood.
- Now that the program has ended, how do you respond when you feel low or unmotivated? How would you describe your confidence in managing these feelings now, compared with before?
- If you were to describe this program in one phrase, what would that phrase be? What does it mean to you?
- What would you like to say to other students experiencing similar difficulties? What might make them hesitate to seek help or lead them to try to cope on their own?
- Finally, what aspects of the program do you think could be improved? What else would you like to share?