

Summer #KindnessByPost: "After" Questionnaire

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*Required

Email *

Your email address

How many times have you taken part in #KindnessByPost? *

- ☐ This was my first time
- ☐ I've taken part once before
- ☐ I've taken part twice before
- ☐ I've taken part at least three times before



Did you send a card or letter for #KindnessByPost? *

☐ Yes

☐ No

Did you receive something for #KindnessByPost yourself? *

☐ Yes, I got a card in the first round

☐ Yes, I got a back-up card

☐ No

Tell us any comments about your experience of taking part in the project

Your answer

Question 1. *

Hardly ever or never

Some of the time

Often

How often do you
feel you lack
companionship?

☐☐☐

How often do you
feel left out?

☐☐☐

How often do you
feel isolated from
others?

☐☐☐

Question 2. *

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of the last two weeks.

	None of the time	Rarely	Some of the time	Often	All of the time
"I've been feeling optimistic about the future"	☐	☐	☐	☐	☐
"I've been feeling useful"	☐	☐	☐	☐	☐
"I've been feeling relaxed"	☐	☐	☐	☐	☐
"I've been dealing with problems well"	☐	☐	☐	☐	☐
"I've been thinking clearly"	☐	☐	☐	☐	☐
"I've been feeling close to other people"	☐	☐	☐	☐	☐
"I've been able to make up my own mind about things"	☐	☐	☐	☐	☐



Question 3 *

Feeling settled and secure

- ☐ I am able to feel settled and secure in **all** areas of my life
- ☐ I am able to feel settled and secure in **many** areas of my life
- ☐ I am able to feel settled and secure in **a few** areas of my life
- ☐ I am **unable** to feel settled and secure in **any** areas of my life

Question 4 *

Love, friendship and support

- ☐ I can have **a lot** of love, friendship and support
- ☐ I can have **quite a lot** of love, friendship and support
- ☐ I can have **a little** love, friendship and support
- ☐ I **cannot** have **any** love, friendship and support

Question 5. *

Being independent

- ☐ I am able to be **completely** independent
- ☐ I am able to be independent in **many** things
- ☐ I am able to be independent in **a few** things
- ☐ I am **unable** to be at all independent



Question 6. *

Achievement and progress

- ☐ I can achieve and progress in **all** aspects of my life
- ☐ I can achieve and progress in **many** aspects of my life
- ☐ I can achieve and progress in **a few** aspects of my life
- ☐ I **cannot** achieve and progress in **any** aspects of my life

Question 7. *

Enjoyment and pleasure

- ☐ I can have **a lot** of enjoyment and pleasure
- ☐ I can have **quite a lot** of enjoyment and pleasure
- ☐ I can have **a little** enjoyment and pleasure
- ☐ I **cannot** have **any** enjoyment and pleasure



Question 8. *

How many times have you accessed these healthcare services over the past 3 months?
(**mobile users** - scroll right for more options)

	0 times	1-2 times	3-5 times	6+ times
General Practitioner (GP)	☐	☐	☐	☐
Practice Nurse (GP Nurse)	☐	☐	☐	☐
Speech and Language Therapist, Occupational Therapist, or Physiotherapist	☐	☐	☐	☐
NHS direct or Call 111	☐	☐	☐	☐

Question 9. *

Have you had any talking therapy sessions (e.g. psychotherapy, counselling or other therapy at an Improving Access to Psychological Therapies (IAPT) service – NHS, Private, or non-profit) in the last 3 months?

	0 times	less than once a month	less than once a week	once per week	More than once a week
One-to-one (individual)	☐	☐	☐	☐	☐
Group	☐	☐	☐	☐	☐



Question 10

Have there been any other changes to the healthcare support you have accessed over the last 3 months? Please give brief details.

Your answer



Send me a copy of my responses.

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