

Summer #KindnessByPost: "Before" Questionnaire

All your feedback will be kept completely anonymous and analysed by independent researchers. We use your email address for administrative purposes only.

doej66374@gmail.com [Switch accounts](#)



*Required

Email *

Your email address

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

Question 11. *

What is your gender?

- ☐ Female
- ☐ Male
- ☐ Trans / non-binary
- ☐ Other
- ☐ Prefer not to say

Question 12 *

How old are you?

- ☐ Under 18
- ☐ 18 - 30
- ☐ 31 - 40
- ☐ 41 - 50
- ☐ 51 - 60
- ☐ Over 60
- ☐ Prefer not to say



Question 13. *

Which of the following best describes your ethnicity?

- ☐ White (White / White Irish / White Gypsy-Traveller / White other)
- ☐ Black (Black African / Black Caribbean / Black other)
- ☐ Asian (Bangladeshi/Chinese/Indian/Pakistani/Asian other)
- ☐ Mixed (Mixed White-Asian / Mixed White-BlackAfrican Mixed/Black Caribbean / Mixed other)
- ☐ Other
- ☐ Prefer not to say

Question 14. Would you be willing to talk to a researcher about your experience of taking part in #KindnessByPost? *

- ☐ Yes
- ☐ No

☐ Send me a copy of my responses.

Page 1 of 1

Submit

[Clear form](#)

Never submit passwords through Google Forms.

reCAPTCHA
[Privacy](#) [Terms](#)

This content is neither created nor endorsed by Google. [Report Abuse](#) - [Terms of Service](#) - [Privacy Policy](#)

Google Forms



