

# Balint Group Questionnaire- Participation Information Sheet

Please read the following information:

## **What is the purpose of this questionnaire?**

The questionnaire has been designed to explore the effects of Balint group on medical students' learning. It is hoped that the results gathered will help to improve training.

## **Do I have to take part?**

Completion of the survey is voluntary. Your studies will not be affected if you decide not to take part.

## **What will happen to me if I take part?**

Once you give your consent by ticking the box below:

- You can decide to stop at any time
- You need not answer questions that you do not wish to
- It will not be possible to identify anyone from our reports on the study. Please do not include identifiable data in your responses

## **What are the potential benefits or advantages of taking part?**

There is no immediate benefit to you. However, the questionnaire may help to support personal reflection. You will also be helping to improve training for future medical students.

## **Are there any risks or disadvantages of taking part?**

The questionnaire will take approximately 5 minutes to complete. You will not receive any reimbursement.

## **Can I withdraw from the study?**

If you submit the questionnaire the data collected will still be used.

## **Will the information be kept confidential?**

Ethical and legal practices regarding confidentiality will be followed. No identifiable information will be attached to the data. Once you submit the questionnaire, your rights to access, to change or move your information is limited.

## **Where will the data be stored?**

The data will be stored securely on a data and password protected computer within Birmingham and Solihull Mental Health NHS Foundation Trust. Access is by the research team only (Bahri, Elmubarak, Dichard-Head, Mohamed, Davies, Navaratnarajah, Grace and Campbell).

## **What will happen to the results of the questionnaire?**

We aim to publish the results in an academic journal or present them at a conference.

If you have any further questions please contact: [bsmhft.clinical-teaching-fellows@nhs.net](mailto:bsmhft.clinical-teaching-fellows@nhs.net)

**I have read the participant information sheet and I agree to take part in this survey.**

☐ Yes

☐ No

# Balint Group Session Questionnaire

Hub : \_\_\_\_\_

Gender: ☐ Woman ☐ Man ☐ Non-binary

☐ Prefer not say Other \_\_\_\_\_

Age: \_\_\_\_\_

I have presented a case during Balint group: ☐ Yes ☐ No

For the sake of simplicity, we use the term 'doctor' in all of the questions, even though you are a medical student

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## Response Options:

0 = strongly disagree      1 = mostly disagree      2 = agree somewhat

3 = mildly agree      4 = agree      5 = strongly agree

(Please choose only one response option per question.)

## During Balint Sessions...

|                                                                                                                                   |   |   |   |   |   |   |
|-----------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| 1...it became clear to me that subconscious emotions can have a strong impact on the therapeutic relationship                     | 0 | 1 | 2 | 3 | 4 | 5 |
| 2...the group looked closely at the reactions of the doctor presenting the case by asking them about the part they played in it   | 0 | 1 | 2 | 3 | 4 | 5 |
| 3...the group discussed the extent to which the group atmosphere is time and again influenced by the dynamics of the patient case | 0 | 1 | 2 | 3 | 4 | 5 |
| 4...group discussion of my case provided me with emotional relief                                                                 | 0 | 1 | 2 | 3 | 4 | 5 |
| 5...through group discussion of a case I acquired new knowledge                                                                   | 0 | 1 | 2 | 3 | 4 | 5 |
| 6...I became aware of how much the dynamics of a presented case had an impact on the atmosphere of the group discussion           | 0 | 1 | 2 | 3 | 4 | 5 |

## Response Options:

0 = strongly disagree      1 = mostly disagree      2 = agree somewhat  
3 = mildly agree      4 = agree      5 = strongly agree

(Please choose only one response option per question.)

## During Balint Sessions...

|                                                                                                                                                  |   |   |   |   |   |   |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| 7...I developed different perspectives on the case and therefore gained an entirely new view of the doctor-patient relationship                  | 0 | 1 | 2 | 3 | 4 | 5 |
| 8...I recognised how much the course of treatment is influenced by my own subconscious reactions                                                 | 0 | 1 | 2 | 3 | 4 | 5 |
| 9...I received important insights and inspiration for my future work with patients                                                               | 0 | 1 | 2 | 3 | 4 | 5 |
| 10...the group recognised that reactions on the part of individual group members were triggered by the patient case                              | 0 | 1 | 2 | 3 | 4 | 5 |
| 11...the doctor's own part in the course of treatment and in the doctor-patient relationship was made a subject of discussion                    | 0 | 1 | 2 | 3 | 4 | 5 |
| 12...I had an "aha moment" regarding something I had not noticed before: patients' expectations and how they affected my own therapeutic actions | 0 | 1 | 2 | 3 | 4 | 5 |
| 13...I was made aware of how very much therapeutic relationships are shaped by previously unnoticed emotion                                      | 0 | 1 | 2 | 3 | 4 | 5 |
| 14...I came to understand how very much my own opinion about the patient affects the patient's course of treatment                               | 0 | 1 | 2 | 3 | 4 | 5 |
| 15...I enjoyed the work on the doctor-patient relationship                                                                                       | 0 | 1 | 2 | 3 | 4 | 5 |

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Did you answer all the questions above?

Here is a space for comments you may have concerning important impressions or events that occurred during the Balint sessions:

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Thank you very much!