

Skills Before Pills Post-Appointment Series Evaluation

Thank you for participating in the Skills Before Pills Group Appointment Series! We hope you have enjoyed the appointments and found their content valuable. In order to continually improve the series and provide a positive experience for the patients who choose to participate, we would like to hear your feedback on how the program went for you. This survey is completely anonymous and the answers you provide will only be used to better improve the appointment series for future patient groups.

Please complete the survey below.

Thank you!

How many appointments did you participate in?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

How did you hear about Skills Before Pills?

- Flyer in exam room
- My primary care provider referred me
- Friend/another patient
- Directly contacted to enroll
- Other

Please specify other:

Your group appointment occurred in the afternoon on Thursdays. If you were to participate again, what scheduling would you prefer?

- The appointments should continue to occur in the afternoon
- The appointments should be offered in the morning
- No preference, either morning or afternoon was easy for me

When thinking about your experience participating in a group health care visit, please indicate the degree to which you agree with the following statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I felt comfortable sharing relevant personal medical information when asked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was worried another patient would share my health information outside of the appointment setting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participating in appointments was easy for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could relate my healthcare experiences to the experiences of other patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was easy for me to discuss my goals in front of the group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was comfortable admitting when I did not meet my goals to the group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When thinking about the content of Skills Before Pills as a whole, please indicated the degree to which you agree with the following statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The Mindfulness activities were valuable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Wellness activities were valuable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Wellness activities lasted an appropriate amount of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Exercise activities were valuable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was easily able to participate in the Exercise activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Nutrition activities were valuable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Nutrition activities lasted an appropriate amount of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Culinary Medicine recipes were easy to follow along with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could easily see the recipes being made on Zoom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Setting goals helped me to apply the material from the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was easy to meet the goals I set for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When thinking about the overall structure of Skills Before Pills, please indicate the degree to which you agree with the following statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The appointment length (2 hours) was appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would have preferred the appointments were less than 2 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would have preferred the appointments were more than 2 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The appointments were well organized and clearly outlined	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was easy to find the Zoom link to each appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When thinking about your time after Skills Before Pills has completed, please indicate the degree to which you agree with the following statements.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I will incorporate mindfulness exercises into my daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will make the recipes that were introduced to me in the appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will continue to set goals for myself regarding my health and wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will incorporate the physical activity exercises into my daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for taking the time to fill out our Skills Before Pills evaluation survey. If there is anything you would like to add that you feel was not addressed in the survey, please leave a comment below.

I would recommend Skills Before Pills to a friend.

- Yes
- No