

# Mindfulness Pre-training Survey

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Your participation in mindfulness training at your school is part of Mental Health Matters, a local grant funded by the Advancing a Healthier Wisconsin Endowment.

Please complete the first of three surveys about your experiences related to mindfulness and mindfulness training. We will send you additional surveys after you have completed the training, and again next semester. Although completing these surveys may not benefit you directly, your input will provide important information about the impact of mindfulness training and how the training can be improved.

Your participation in these surveys is strictly voluntary. You may refuse to participate or skip any question you do not want to answer. All responses will be confidential. Your contact information will never be connected with your answers and you will not be asked to provide any identifying information on these surveys. We appreciate your willingness to share your opinions.

If you have questions you may contact Peggy O'Halloran, the Mental Health Matters Project Evaluator at 715-577-6153, or Brenda Scheurer, Project Director at 715-577-3460. You can also contact Michelle Broaddus, PhD, the MCW academic partner and Principal Investigator on this project at 414-955-7700.

Alternatively, you may contact the Medical College of Wisconsin/Froedtert Hospital Research Subject Advocate at 414-456-8844 for further information related to the study and your rights as a participant.

By beginning the survey, you attest that:

- You are participating in the six-session mindfulness training being provided at your school
- You are 18 years of age or older
- You voluntarily agree to participate in this survey
- You are willing to receive two follow-up surveys upon training completion

Thank you!  
Brenda Scheurer  
Mental Health Matters Project Director

Peggy O'Halloran  
Mental Health Matters Evaluator

Michelle Broaddus  
Mental Health Matters Academic Partner

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Gender  Male  
 Female  
 Other

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Age  < 25  
 25-34  
 35-44  
 45-54  
 55-64  
 65+

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Position held: \_\_\_\_\_

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Which grade levels do you work with? (Check all.)

- 6
- 7
- 8
- 9
- 10
- 11
- 12
- other

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Have you ever attended a workshop, class, or other professional development opportunity to learn mindfulness?

- Yes
- No

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Please describe:

\_\_\_\_\_

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Have you ever practiced mindfulness before attending this session?

- Never
- A few times
- Several times
- Regularly

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
There is a lot I can do to support students to believe they can do well in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is difficult to keep students engaged in learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The students I work with feel like they belong at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is a lot I can do to help calm a student who is disruptive or noisy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is very challenging to get students to follow classroom or school rules	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
I cope well with highly stressful situations at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cope well with highly stressful situations at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident in my ability to control my emotions in stressful situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm in a stressful situation, I focus my attention on the aspects of the situation I can manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When highly stressed, I am able to change my thinking to calm down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
There are days when I feel tired before I arrive at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After work, I tend to need more time than in the past in order to relax and feel better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tolerate the pressure of my work very well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During my work, I often feel emotionally drained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I work, I usually feel energized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find my work to be a positive challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After my work, I usually feel worn out and weary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel more and more engaged in my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
When I'm walking, I deliberately notice the sensations of my body moving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm good at finding words to describe my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I criticize myself for having irrational or inappropriate emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I perceive my feelings and emotions without having to react to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I do things, my mind wanders off and I'm easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I take a shower or bath, I stay alert to the sensations of water on my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily put my beliefs, opinions, and expectations into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I watch my feelings without getting lost in them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell myself I shouldn't be feeling the way I'm feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
I notice how foods and drinks affect my thoughts, bodily sensations, and emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard for me to find the words to describe what I'm thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe some of my thoughts are abnormal or bad and I shouldn't think that way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to sensations, such as the wind in my hair or sun on my face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble thinking of the right words to express how I feel about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make judgments about whether my thoughts are good or bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to stay focused on what's happening in the present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
In difficult situations, I can pause without immediately reacting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It seems I am "running on automatic" without much awareness of what I'm doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I feel calm soon after	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell myself that I shouldn't be thinking the way I'm thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice the smells and aromas of things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even when I'm feeling terribly upset, I can find a way to put it into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rush through activities without being really attentive to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
When I have distressing thoughts or images I am able just to notice them without reacting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think some of my emotions are bad or inappropriate and I shouldn't feel them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My natural tendency is to put my experiences into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I just notice them and let them go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do jobs or tasks automatically without being aware of what I'm doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to how my emotions affect my thoughts and behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can usually describe how I feel at the moment in considerable detail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself doing things without paying attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I disapprove of myself when I have irrational ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>