

# SRT Pre - Survey

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## Start of Block: Default Question Block

You have an option to volunteer and participate in a research study that investigates the efficacy of the SRT training. The study involves responding to two short surveys and attending a focus group for a group discussion by the end of the workshop. We will ask everyone in the focus group not to talk about the discussions outside the group. However, we cannot promise that everyone will keep what you say confidential. The study is anonymous and your name will not appear in any publications, if any, as data can be used in an aggregate manner. For any questions, please contact Afaf Hourani, [ahourani@bu.edu](mailto:ahourani@bu.edu), 617-358-9693

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If you agree to engage in the study, we may need to link your responses to a future survey and to do so, we will create a unique identifier for you based on your response to the following information:

- The first two letters of your mothers' maiden name: \_\_\_\_\_
  - The month of your birthday as a number (e.g. 5 for May): \_\_\_\_\_
  - The last two letters of the town in which you were born: \_\_\_\_\_
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Q1 On a scale from 1 to 7, indicate the extent of agreement to each of the following statements

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
<b>I know about mindfulness</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I know what socio-cognitive mindfulness is</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I know the difference between mindfulness and mindlessness</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I know about the Kolb's experiential learning cycle</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I can identify situations in which reflection helps</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I know how to analyze thoughts and feelings through deep breathing and acceptance</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>I am able to apply a reflection tool to myself and to others</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>