

1. Introduction

In order to be sure that we are meeting your needs in the Mindfulness-Based Stress Reduction (MBSR) program at UCSD, we would appreciate you taking a few minutes to enter your responses to the following questions. Please click on the appropriate number to indicate your personal experience with the service provided by the Mindfulness-Based Stress Reduction Program during your recent participation. If a question does not apply to you, please leave it blank.

1. Who taught the class that you are evaluating today?

	Teacher #1	Teacher #2
Teacher Name	<input type="text"/>	<input type="text"/>

2. Extent to which you feel you were informed of the format, content, expectations and requirements of the UCSD MBSR program.

Very Poor Poor Fair Good
 Very Good

3. Quality of the materials and readings provided

Very Poor Poor Fair Good
 Very Good

4. Extent to which the staff respected your personal privacy and willingness to participate in discussions.

Very Poor Poor Fair Good
 Very Good

5. How would you rate the service you received overall?

Very Poor Poor Fair Good
 Very Good

6. How would you rate your medical and psychological status now compared to when you started the program?

Much Worse Mildly Worse About the Same Mildly Improved
 Much Improved

7. To what extent has our program met your needs?

- Not at all
 Very little
 Somewhat
 A moderate amount
 A great deal

8. The following are the program's learning objectives:

- Articulate the key aspects of mindfulness as it relates to stress reduction, coping with pain and illness and enhancing well-being
- Differentiate MBSR from relaxation and other distraction techniques that may seem similar but are fundamentally and theoretically quite different in contending with difficulty and enhancing quality of life
- Practice and apply mindfulness techniques in both personal and professional settings as a means of contending more effectively with the demands of both settings
- Integrate mindfulness into social interaction with patients, colleagues, supervisors, family and friends to facilitate more effective and mindful communication
- Articulate the potential benefits of mindfulness-based stress reduction (and mindfulness in general) to educate patients and their families about the benefits of such programs in their own lives
- Implement brief mindfulness practices with patients and family members as a means of contending with acute pain, anxiety and distress.

Please rate the extent to which you think each of the course objectives (summarized below) was achieved by the program.

	Completely	Mostly	Moderately	Somewhat	Not at all
Articulate the key aspects of mindfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Differentiate MBSR from relaxation and other distraction techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice and apply mindfulness techniques in both personal and professional settings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Integrate mindfulness into social interaction with patients, colleagues, supervisors, family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Articulate the potential benefits of mindfulness-based stress reduction to educate patients and their families	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Implement brief mindfulness practices with patients and family members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. How much did you learn as a result of this Continuing Education program?

- Very Little Little Adequate Good Deal
 Great Deal

10. How useful was the content of this CE program for your practice or other professional development?

- Not Useful At All Not Useful Somewhat Useful Very Useful
 Extremely Useful

11. How would you rate the responsiveness of the program to your special requests or questions?

- Very Poor Poor Fair Good
 Very Good

12. How satisfied were you with the style of instruction?

- Very Unsatisfied Somewhat Unsatisfied Neither Satisfied or Unsatisfied Somewhat Satisfied
 Very Satisfied

13. On average, how much time did you spend each day during the class engaged in the formal practice of mindfulness (body scan, seated meditation, yoga/mindful movement)?

- <10 minutes 10-20 minutes 20-30 minutes 30-40 minutes
 >40 minutes

14. Please provide some specific feedback about the teachers in your MBSR class. What did you feel each did well, what would you like to see improved?

15. Would you recommend this program to others? And, if so, what would you tell them about it?

16. What suggestions would you offer for changing or improving this program?

17. What would you consider the best aspect of this program overall?

18. Which mindfulness practices that you learned in class did you find you preferred most?

19. Which of the mindfulness practices do you feel you are likely to continue to use in the weeks and months ahead?

20. The UCSD Center for Mindfulness maintains a listserve to keep in touch with graduates of the MBSR program. If you would like to have your email address added to that list to receive updates and notifications of upcoming events (including all-day sessions), please enter your email below or contact us at mindfulness@ucsd.edu

2. Thank You

Thank you for taking the time to complete this survey so that we can learn from your experience to improve the Mindfulness-Based Stress Reduction program. If you have any further questions or comments, please do not hesitate to reach Dr. Hickman via email at shickman@ucsd.edu or by phone at 858-334-4633.