Intervention Satisfaction with Participation

Please select the response that best describes your experience in this course.

1. Please rate your overall experience in this course.

   5 = Excellent
   4 = Very Good
   3 = Good
   2 = Average
   1 = Poor

   Comments:

2. What were some of the main reasons that motivated you to participate in this course? Select all that apply.

   ______ Improve physical health
   ______ Improve mental well-being
   ______ Connect with others affected by my illness
   ______ Contribute to research
   ______ Learn something new
   ______ Other ______________________________

   Comments:

3. What was your primary motivation to keep coming back to class sessions? Select all that apply.

   ______ I noticed improvements in my physical health
   ______ I noticed improvements in my mental well-being
   ______ I made connections with others affected by my illness
   ______ I felt that I was contributing to research
   ______ I was learning new things
   ______ I was interested in the course content & discussions
   ______ Other ______________________________

   Comments:

4. How close did this course come to meeting your initial expectations of it?

   5 = Extremely
   4 = Very
   3 = Somewhat
   2 = A little
   1 = Not at all

   Comments:
5. How relevant do you think this course was to you and your daily life and work?
   5 = Extremely
   4 = Very
   3 = Somewhat
   2 = A little
   1 = Not at all
   Comments:

6. How likely are you now to use what you learned in this course in your daily life and work?
   5 = Extremely
   4 = Very
   3 = Somewhat
   2 = A little
   1 = Not at all
   Comments:

7. How difficult was it for you to get to your class sessions?
   5 = Not difficult at all
   4 = A little difficult
   3 = Somewhat difficult
   2 = Very Difficult
   1 = Extremely difficult
   Comments:

7a. If getting to your class sessions was difficult at all, please let us know why in the space below.

8. What do your family and friends think about you taking this course?
   5 = They support me completely
   4 = They support me a lot
   3 = They support me somewhat
   2 = They support me a little bit
   1 = They are completely unsupportive
   0 = They don’t know or care
   Comments:
9. How important was it for you to have the option to participate in the course with a partner?

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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<tbody>
<tr>
<td>5</td>
<td>Extremely</td>
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<tr>
<td>4</td>
<td>Very</td>
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<tr>
<td>3</td>
<td>Somewhat</td>
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<tr>
<td>2</td>
<td>A little</td>
</tr>
<tr>
<td>1</td>
<td>Not at all</td>
</tr>
</tbody>
</table>

Comments:  

10. If possible, I would participate in this course if it were offered online.

<table>
<thead>
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<th>Score</th>
<th>Description</th>
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<tbody>
<tr>
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<td>Neutral</td>
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<tr>
<td>2</td>
<td>Disagree</td>
</tr>
<tr>
<td>1</td>
<td>Strongly disagree</td>
</tr>
</tbody>
</table>

Comments:  

11. Please use the space below to share any suggestions or recommendations you have for improving the course experience for future course participants.

Thank you!