BASIC DATA

Year of Birth:

Gender:

Course Started:

Course Completed:

PSS score  - Before Course:

PSS score  - Course Completed:

PSS score  - One Month on

ANSWERS TO ASSIGNMENT REVIEWS

 During the course, the participant reviews each of the 12 assignments they have completed.  If they have not reviewed an assignment, it is just left blank.

Below are the references, the assignments they refer to, the duration of the assignment and the numbers for answers to each question.

 a\_1191:  BODY SCAN - 30 minute audio track

During week 1, how often have you been practising the Body Scan?

1. Every day

2. Most days

3. Once or twice

4. Never

a\_1192:  ROUTINE ACTIVITY - Variable Duration

During week 1, how often have you brought awareness to your chosen activity?

0. Every time I did it

1. Most times

2. Once or a few times

3. Never

 a\_1193:  MINDFUL MEAL - Duration variable

Have you eaten at least one meal mindfully during week 1?

0. No

1. Yes

 a\_2191:  MINDFUL MOVEMENT - 10 minute audio track

During week 2, how often have you been practising Mindful Movement?

1. Every day

2. Most days

3. Once or twice

4. Never

 a\_2192:  MINDFUL BREATHING - 9 minute audio track

During week 2, how often have you been practising Mindful Breathing?

1. Every day

2. Most days

3. Once or twice

4. Never

 a\_2193:  EVENT AWARENESS - Duration variable

During week 2, have you been filling in your Event Awareness Journal?

1. Yes

2. No

 a\_3191:  SITTING MEDITATION - 22 minute audio track

SITTING MEDITATION

During week 3, how often have you been practising the Sitting Meditation?

1. Every day

2. Most days

3. Once or twice

4. Never

 a\_3192:  BREATHING SPACE - 3 minutes

During week 3, how often have you been practising the 3 minute Breathing Space?

1. Three times a day

2. At least once a day

3. On some days

4. Not at all

 a\_3193:  STRESS AWARENESS - Duration variable

During week 3, your assignment was to be aware of your reactions to stress, without trying to change them. Did you manage to do this?

1. Yes

2. Sometimes

3. No

 a\_4191:  CHOSEN PRACTICE - Duration between 10 and 30 minutes

During week 4, how often have you been practising your chosen practice?

1. Every Day

2. Most Days

3. Once or twice

4. Never

 a\_4192:  BREATHING SPACE - 3 minutes

During week 4, how often have you been using the Breathing Space?

1. Three times a day

2. At least once a day

3. On some days

4. Not at all

 a\_4193:  ACTIVITY AWARENESS - Duration variable

During week 4, your assignment was to be aware of which daily activities were nurturing or depleting for you.  Did you manage this?

1. Yes

2. No

- END -