ACT NOW Follow-up Educational Survey

Please complete the following questions **BEFORE / AFTER** the course, and **3 months later**.

What is your email address? (**PLEASE GIVE THIS AGAIN** - it is needed to link your surveys together)

_____

Please provide us with a the **code** you provided earlier, made up of the following information:
(a) What day of the month were you born? (e.g. 17 March = 17)
(b) What are the first three letters of your mother's first name? (e.g. Maria = MAR)

Your code				

Example code				
1	**7**	**M**	**A**	**R**

Please answer the below questions on a scale of 1 to 10 (1= not at all confident and 10 = very confident):

1. I understand how being unhappy with your appearance can have a negative impact on your quality of life

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

2. I can give examples of the common challenges of living with a visible difference.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

3. I can identify signs that my patients have concerns about their appearance.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

4. I feel able to start a conversation about appearance with my patients.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

5. I can describe to others how to be a good listener when communicating with patients.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

6. If my patients talk about having appearance concerns, I know what to say to them.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

7. I can explain why appearance is **not** a good predictor of psycho-social adjustment.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

8. If my patients talk about having appearance concerns, I can teach them practical techniques to help manage their struggles.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

9. I can explain how the type of attention patients pay to things and people around them affects their quality of life.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

10. I can help my patients set goals to help them achieve what is important to them.

1	2	3	4	5	6	7	8	9	10
○	○	○	○	○	○	○	○	○	○

Please answer the next questions on a scale of 1 to 7 (where 1 = Definitely not true and 7 = Definitely true)

11. I believe that patients' thoughts and feelings about their appearance must improve before they can take important steps in their lives.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

12. I believe that patients will have better control over their lives if they can change their negative thoughts about their appearance.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

13. I believe that to control their life, patients need to change their appearance.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

14. I believe that if patients know what is important to them in life, they can achieve goals without having to change their thoughts about their appearance.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

15. I believe it is more helpful for patients to try to change their thoughts and feelings about their appearance than to just notice the thoughts and feelings, and accept their presence.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

16. I believe that *what* patients think about their appearance is more important than *how much they get caught up* in their thoughts.

1	2	3	4	5	6	7
○	○	○	○	○	○	○

17. Please describe any ways in which you have applied what you learned from the ACT Now training to your clinical work.