## **ACT NOW Pre-training Educational Survey**

Please com	plete the fo	ollowing que	estions <b>BEF</b>	ORE / AFTI	<b>ER</b> the cour	rse, and <b>3</b> i	months late	er.				
What is you	ır email add	dress? (this	is needed t	o send you	the survey	3 months	later)					
Please prov (a) What da			•	_		n:						
(b) What ar	•	•	=	_	-	g. Maria =	MAR)					
Your code				Example code								
				1	7	M	A F	2				
<u> </u>	l	I			I							
What is you	ır age?		Wha	t is your ge	nder?							
What is you	ır professio	n?										
Are you a h	ealthcare n	rofessional	or a stude	nt? (please	circle the a	inswer)						
-												
Healthca	Healthcare professional			udent								
If you are a	healthcare	professiona	al, how ma	nv vears' e	xperience o	lo vou hav	e?					
,			,	, ,		,						
Please ansv confident):	ver the bel	ow questioi	ns on a sca	le of 1 to 1	0 (1= not a	t all confid	lent and 10	= very				
1. I understaguality of life		eing unhapp	y with you	r appearan	ice can hav	e a negativ	e impact oi	n your				
1	2	3	4	5	6	7	8	9	10			
_	_											
	$\bigcirc$			$\bigcirc$			$\circ$					
2. I can give	examples	of the comr	non challe	nges of livir	ng with a vi	sible differ	ence.					
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	e to start a d	conversatio	n about ap	pearance w	ith my pati	ents.						
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			
							$\bigcirc$					
7. I can expl	lain why ap	pearance is	<b>not</b> a good	d predictor	of psycho-s	ocial adjust	ment.					
1	2	3	4	5	6	7	8	9	10			
							$\bigcirc$					
8. If my pati help manag			appearanc	e concerns	, I can teacl	h them prac	ctical techn	iques to				
1 1	2	<b>3</b>	4	5	6	7	8	9	10			
				, , , , , , , , , , , , , , , , , , ,			•					
	$\bigcirc$	$\circ$		$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	$\bigcirc$			
<ol><li>I can explain how the type of attention patients pay to things and people around them affects their quality of life.</li></ol>												
1	2	3	4	5	6	7	8	9	10			

10. I can hel	p my patien	ts set goals	to help the	em achieve	what is imp	oortant to th	nem.		
1	2	3	4	5	6	7	8	9	10
	$\circ$								
Please answ Definitely tr		questions	on a scale d	of 1 to 7 (w	here 1 = De	finitely not	true and	7 =	
11. I believe can take imp	-	_		ngs about th	neir appeara	ance must ir	mprove be	efore they	
1	2	3	4	5	6	7			
12. I believe thoughts abo	-		better con	trol over th	eir lives if t	hey can cha	nge their	negative	
1	2	3	4	5	6	7			
13. I believe	that to cont	trol their lif	e, patients	need to ch	ange their a	ppearance.			
1	2	3	4	5	6	7			
	$\circ$		$\bigcirc$	$\circ$	$\bigcirc$	$\circ$			
14. I believe	that if natio	onts know v	yhat is imn	ortant to th	om in life t	hov can ach	nieve goal	c without	
having to ch	-		-		iem m me, t	iney can acr	neve goar	3 WILLIOUT	
1	2	3	4	5	6	7			
				$\bigcirc$		$\bigcirc$			
15. I believe appearance		-		-		_	_	out their	
1	2	3	4	5	6	7			
16. I believe get caught u	-		nk about th	eir appeara	ance is more	e important	than <i>ho</i> w	much they	
1	2	3	4	5	6	7			