

Beating the Blues Questionnaire

Page 1. Welcome

THANK YOU for logging on to complete this questionnaire about 'BEATING THE BLUES'.

ABOUT 'BEATING THE BLUES'

'Beating the Blues' is a computerised Cognitive Behavioural Therapy (CBT) programme that has been proven to help people suffering with mild and moderate depression to get better and stay better.

It is a way of helping people to learn to cope with anxiety and depression and has been recommended for use by the National Institute for Health and Clinical Excellence (NICE).

TELL US WHAT YOU THINK

'Beating the Blues' is being made available through all GP practices in Northern Ireland. The PATIENT AND CLIENT COUNCIL and the BAMFORD MONITORING GROUP want to know what people think about the programme.

Your views really do matter... So what do YOU think?

Page 2. Participation Consent

- Participation in this patient experience evaluation project is entirely voluntary.
- Your answers to the questionnaire will remain confidential and will be made anonymous. While the data collected may be made public, this will be in an aggregated form, showing general trends only. Individuals will not be identifiable from any reports or publications resulting from this project.
- REMEMBER, there are no right or wrong answers to the questions, just your opinions!

CONTACT

If you need any assistance accessing or completing the feedback questionnaire please contact:

Gillian McMullan, Patient and Client Council
Tel: (028) 90321 230 or 07881 636320
Email: gillian.mcmullan@hscni.net

OR

Louise Skelly, Patient and Client Council
Tel: (028) 90 321 230
Email: louise.skelly@hscni.net

Please tick to confirm that you understand the above information and agree to answer this questionnaire:

- I agree
- I do not agree

You must be over the age of 18 to complete this questionnaire:

- I confirm that I am over the age of 18
- I am under 18 years of age

Page 3. Sorry...

I'm SORRY you have indicated that either:

- you do not agree to the terms of participation in this project
- OR
- you are under the age of 18

Therefore, you cannot proceed with the questionnaire. THANK YOU for your time and interest.

If you have any questions about this project about 'Beating the Blues' please contact:

Gillian McMullan, Patient and Client Council

Tel: (028) 90321 230 or 07881 636320

Email: gillian.mcmullan@hscni.net

Page 4. About you

1. Gender:

- Male
- Female

2. Age:

- 18 - 25
- 26 - 35
- 36 - 45
- 46 - 55
- 56 - 65
- 66 - 75
- 75+

3. Please complete the first 4 digits of your post code in the white box below:

BT

Page 5. What I think...

How did you find out about 'Beating the Blues' Programme?

- GP
- Family Member
- Friend
- Voluntary / Community Organisation

Other (please specify)

Were you given any information about 'Beating the Blues' before you started the programme?

- Yes
- No

If YES, what information were you given and how was that information provided to you?

Were you given support by your GP when using 'Beating the Blues'?

- Yes
- No

Any comments:

4. Overall, did you have enough support when using 'Beating the Blues'?

- Yes
- No

If YES, what helped you the most? If NO, what support would have helped you? Detail below:

Did you watch the introductory video?

- Yes
- No

Was the introductory video helpful?

- Very helpful
- Quite helpful
- Not really helpful
- Not at all helpful

Any comments:

Have you had other types of treatment for stress, anxiety or depression within the last 5 years?

- Yes
- No

If YES, what treatment did you receive?

How does 'Beating the Blues' compare to previous treatments?

- Much better
- A little better
- About the same
- Not quite as good
- Much worse

Any comments:

How many sessions of 'Beating the Blues' have you completed?

- Not yet started

- 1 session
- 2 sessions
- 3 sessions
- 4 sessions
- 5 sessions
- 6 sessions
- 7 sessions
- 8 sessions

Are you actively using the 'Beating the Blues' programme now?

- Yes
- No, I've already completed the programme
- No, and I didnt finish all 8 sessions

What is your reason for not continuing the programme?

What has been your overall experiences of 'Beating the Blues'?

Thinking about your overall experience of 'Beating the Blues', please tick to indicate how you felt about the following:

	Disagree Strongly	Disagree	Neither Agree nor Disagree	Agree	Agree Strongly
I was happy to use the computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found the programme easy to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I feel the course will have a long lasting effect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend the programme to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please give any comments on the above:

Thinking about your overall experience of 'Beating the Blues', please tick to indicate how you felt about the following:

	Disliked a lot	Disliked	Neutral	Liked	Liked a lot
The presenter's instructions and explanations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The video clip of case study participants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The graphics and cartoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The onscreen interactive activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The homework sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please give any comments on the above:

Did you find 'Beating the Blues' helpful?

- Very helpful
- Quite Helpful
- Not really helpful
- Not helpful at all

Any comments:

What did you LIKE most about 'Beating the Blues'?

What did you NOT LIKE about 'Beating the Blues'?

Can you recommend any changes to 'Beating the Blues'?

What alternative help (if any) would you have preferred to 'Beating the Blues'? Please select one or more of the following:

- One-to-One therapy
- Group therapy
- Guided self-help (reading materials)
- None

Other (please specify):

Page 6. Thank you

THANK YOU for completing this 'BEATING THE BLUES' questionnaire.

You may recall that at the end of each 'Beating the Blues' session there are questions asking you about how useful, relevant, and easy to use, you had found the session.

It would be useful for us if we could link your answers to this questionnaire with the answers you inputted at the end of each 'Beating the Blues' session.

If you are happy for us to extract that data (and ONLY that data), please enter your name below.

If you do not wish to do this, the answers you have provided in this questionnaire are very useful to us, so thank you once again for your participation.

WHAT NEXT?

Responses to this questionnaire will help us to assess people's attitudes towards 'Beating the Blues' as a treatment option.

We will report our findings to the Department of Health, Social Services and Public Safety, Health and Social Care Organisations and other interested parties.

If you are happy for us to link your answers to the questionnaire with your 'Beating the Blues' session feedback please enter your details below:

Name:

Address 1:

Address 2:

City/Town:

Postcode:

Email Address:

Page 7. Keep in touch and get involved

If you are interested in keeping in touch with the PATIENT AND CLIENT COUNCIL and the BAMFORD MONITORING GROUP and having your say on a wide range of health and social care issues, why not join our MEMBERSHIP SCHEME?

For more information about the MEMBERSHIP SCHEME please contact:

Matthew Weatherall, Membership Scheme Co-Ordinator

Tel: (028) 90 321 230

Email: matthew.weatherall@hscni.net

OR

Sign up online at:

www.patientclientcouncil.hscni.net/get-involved/sign-up-now

For more information about the PATIENT AND CLIENT COUNCIL and the BAMFORD MONITORING GROUP please visit our website www.patientclientcouncil.hscni.net