

Name:

Date:

***Talk-23***

---

To make the most of mental healthcare we'd like to learn what worked for you in your past mental healthcare, and what didn't.

*Read the whole list and choose as many as fit your experience. We want to learn from you.*

About how long ago was your therapy?

About how long did you attend therapy?

- ☐ I haven't tried it
- ☐ I tried it, and it didn't help me that much
- ☐ The pain kept me from going to all my appointments
- ☐ It made me feel worse
- ☐ Therapy helped at the beginning, but eventually, I didn't feel it was helping
- ☐ I felt the person didn't really understand the medical issues I have
- ☐ I felt the person didn't know the emotional or mental health aspects of pain
- ☐ I felt really emotionally supported
- ☐ Therapy helped me feel less alone
- ☐ It helped my marriage or romantic relationship
- ☐ The person understood what I was going through
- ☐ Therapy led me to get a better, more effective pain medication treatment
- ☐ The person helped me and my family to be able to deal with my pain condition better
- ☐ It helped me be a better parent while going through pain
- ☐ It helped me deal with pain-related depression
- ☐ It helped with feeling suicidal
- ☐ I felt less helpless
- ☐ Therapy helped to keep me hopeful
- ☐ It helped me deal with pain-related anxiety
- ☐ Therapy helped me get better control over use of pain medication
- ☐ I had strong emotions like fear, anger, guilt, and shame, and it helped me cope with them
- ☐ It helped me be a better advocate for myself with my doctor
- ☐ Therapy helped me think about things I was capable of, good at, and see the parts of life that were less impacted by pain
- ☐ I felt the person made recommendations that were helpful
- ☐ I stopped due to the expense and/or co-pays
- ☐ There's no one in my area who specializes in pain or medical patients
- ☐ What did we leave out?

## Reference

1. Diamond, E., Hernandez, L. (2023). The Flare Study: Research on Understanding and Treating the Multifaceted Aspects of Chronic Pain