

Name:

Date:

Talk-23

To make the most out 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 fits 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 which 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