

NAME:

DATE:

Questions	Disagree	Agree	Unsure	Improving
I like online therapy.				
I prefer in person sessions to online.				
I chose the online platform(Doxy, GoogleMeet, ZOOM).				
I am concerned about privacy/HIPAA.				
My connection with my therapist has improved with online therapy.				
I want to continue online therapy in the future with my therapist.				
The quality of the video session meets my expectations.				
Online therapy is useful to me and I am gaining benefits from it.				
Anxiety has increased since using Online therapy.				
COVID-19 has been the main topic/issue for Online therapy.				
Emotions are felt through online therapy both self and therapist.				
Eye contact has improved with Online sessions.				
Problems with video freeze, lag, etc., interfere and remove value to sessions.				
I want my therapist to improve Online sessions.				
I am able to reach my therapist when needed.				
Appointments are available to me since starting Online therapy.				
Online therapy is helping me.				