

✓ MBCT/MBSR 30-Day Follow-Up Survey

Title: MBCT/MBSR 30-Day Follow-Up Survey

Purpose: To assess long-term impact and sustained mindfulness practice.

Section A: Continued Practice

1. I am still practicing mindfulness regularly. (Yes/No/Occasionally)
 2. I use techniques such as body scan, mindful breathing, or mindful movement. (Yes/No/Occasionally)
 3. Mindfulness continues to help me manage stress and emotions. (1–5 scale)
 4. I make time for mindfulness even during busy days. (1–5 scale)
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Section B: Impact Over Time

1. I've noticed lasting benefits in my mood and well-being. (1–5 scale)
 2. My relationships or interactions have changed since the program. (1–5 scale)
 3. I feel more in control of my reactions and thoughts. (1–5 scale)
 4. I experience fewer moments of emotional reactivity. (1–5 scale)
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Section C: Ongoing Needs

1. Have you encountered challenges in maintaining the practice?
 - *(Open text)*
2. Would you be interested in refresher materials or booster sessions? (Yes/No)
3. What could help you stay consistent in your mindfulness practice?
 - *(Open text)*