

MBCT/MBSR Post-Program Survey

Title: MBCT/MBSR Post-Program Survey

Purpose: To evaluate participant learning, impact, and program delivery.

Section A: Impact & Learning Outcomes

Rate the following statements on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree).

1. I now use mindfulness techniques in daily life.
 2. I have better tools to manage stress and anxiety.
 3. My ability to focus and be present has improved.
 4. I feel more connected with my emotions and bodily sensations.
 5. I can respond rather than react to stressful situations.
 6. I've noticed positive changes in my relationships.
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Section B: Program Delivery

1. The instructor(s) were knowledgeable and supportive. (1–5 scale)
 2. The pace and structure of the sessions worked well. (1–5 scale)
 3. The materials and handouts were helpful. (1–5 scale)
 4. What parts of the program were most helpful to you?
 - *(Open text)*
 5. What areas could be improved or changed in future sessions?
 - *(Open text)*
 6. Was there anything missing from the program?
 - *(Open text)*
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Section C: Continued Practice

1. I plan to continue using the mindfulness skills I've learned. (Yes/No/Maybe)
2. Would you be interested in follow-up sessions or alumni groups? (Yes/No)
3. What support do you need to maintain your practice after the program ends?
 - *(Open text)*