

Appendix 1

This questionnaire is designed to help us obtain feedback from school counselors on their experiences of delivering PROACTIVE in schools. Your feedback is highly valued. Thank you for taking the time to complete this questionnaire.

Questions about you

1. How many years have you been a school counsellor?

2. Are you a registered psychologist? (please circle) Yes / No

a. If yes, how many years have you been registered?

3. Prior to running PROACTIVE groups, please describe your experience in working with children with anxiety

4. Prior to running PROACTIVE groups, please rate how confident you felt in delivery of interventions to treat children with anxiety

1 2 3 4 5 6 7 8 9 10

Not at all confident

Confident

Extremely Confident

1. After running PROACTIVE groups, please rate how confident you now feel in delivery of interventions to delivery of interventions to treat children with anxiety

1 2 3 4 5 6 7 8 9 10

Not at all confident

Confident

Extremely Confident

Questions about the PROACTIVE group you delivered

1. Did you use the child or teen program (if both, could you please complete a separate evaluation form for each?)

2. Did you have a co-facilitator for the group sessions (if yes, please describe e.g. another school counsellor, research assistant psychologist)

3. How many students were delivered PROACTIVE? _____

a. This was: too few too many just right

4. How many parents were delivered PROACTIVE?

a. This was: too few too many just right

5. On average, how long were the student sessions you delivered?

a. This was: too short too long just right

6. On average, how long were the parent sessions you delivered?

a. This was: too few too many just right

7. Please describe how you ran the group (e.g. withdrew children from class, groups run on Mondays in morning session)

8. Have you sought support (e.g. supervision, advice, asked questions) from any of the following:

a. PROACTIVE trainers at Children's Hospital at Westmead

b. PROACTIVE group facilitators from your training group

c. Other _____

9. Did you feel you had enough support to run PROACTIVE groups (please circle) Yes / No

a. Why/Why Not? What else would have helped?

10. Were there any problems that impacted delivery of PROACTIVE? (Please tick all that apply and describe)

Support of Principal

—

Staffing issue

_Student absences

Parent absences

–

Teacher absences

–

Technology

–

Having enough time

–

Having even space

–

Children's behaviour

–

Other

–

11. What would you say are the best aspects of PROACTIVE?

12. What improvements would you like to see made to PROACTIVE?

13. What modifications could be made to PROACTIVE program to ensure it could be delivered adequately at your school?

Please rate your answers to the following questions on the scale of 1 to 10. (Please provide additional comments if you would like to)

14. How closely did you follow the manualised PROACTIVE program?

1 2 3 4 5 6 7 8 9 10

Did not use the manuals or materials at all Followed some of the manual and used some of the materials as described

Perfect adherence to the treatment manual and perfect use of materials as described

How adequate was the following:

15. Duration of parent sessions

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

16. Duration of student sessions

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

17. Overall number of parent sessions

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

18. Overall number of student sessions

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

19. How well sessions fit into school day

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

20. How well sessions fit into school terms

1 2 3 4 5 6 7 8 9 10

Not at all adequate Adequate Extremely Adequate

21. Finding appropriate space to run student groups

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

22. Resources provided to run parent sessions

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

23. Resources provided to run student sessions

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

24. Videos for student sessions

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

25. Group Facilitator manual for students

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

26. Group Facilitator Manual for Parent

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

27. In general, how clinically useful is PROACTIVE

1 2 3 4 5 6 7 8 9 10
Completely Useless Useful Extremely Useful

28. How engaging was PROACTIVE for students?

1 2 3 4 5 6 7 8 9 10
Completely unengaging engaging Extremely engaging

29. How engaging was PROACTIVE for parents?

1 2 3 4 5 6 7 8 9 10
Completely unengaging engaging Extremely engaging

Please rate the ease of use of the following activities in the workbook (1=not at all adequate, 10=extremely adequate)

30. Acceptance exercises

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

31. Anxiety and my body

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

32. Mindfulness exercises

-Mindful breathing

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

-Body scanning

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

-Meditation with leaves on a stream

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

-Imaginal exposure

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

33. Mindful thinking worksheet

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

34. Fear ladders

1	2	3	4	5	6	7	8	9	10
Not at all adequate			Adequate				Extremely Adequate		

35. Judging versus describing

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

36. Problem solving

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

37. Assertiveness

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

1 2 3 4 5 6 7 8 9 10
Not at all adequate Adequate Extremely Adequate

38. Any there any additional resources that would have made running PROACTIVE easier?

39. What modifications (if any) did you need to make to manualised PROACTIVE student groups? Why were these modifications necessary?

40. What modifications (if any) did you need to make to manualised PROACTIVE groups? Why were these modifications necessary?

41. Having now run PROACTIVE groups, are there any areas not covered in the Group Facilitator Training and Accreditation you think would be helpful to include to assist in the delivery of PROACTIVE groups?

42. Do you have any other comments about childrens' groups?

43. Do you have any other comments about the parent sessions?

Appendix 2

Questions about future PROACTIVE groups

1. How likely are you to run manualised PROACTIVE groups again?

1 2 3 4 5 6 7 8 9 10

Definitely won't run groups again May run groups again Definitely will run groups again

2. Please comment on how feasible it would be for you to run manualised PROACTIVE groups in your school(s) in the future.

3. How would you do things differently if you were to use PROACTIVE in your school again?

4. Do you see PROACTIVE being applicable to other students in your school? Who and why?

5. Do you have any additional comments or feedback?

Thank you for completing this questionnaire for the ProACTIVE groups.