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## **A questionnaire about you and how you are feeling**

You filled in a questionnaire before you started therapy. This is the follow-up questionnaire that will help us see if anything has changed since you started therapy. Please answer the four questions below and use the last page to do a drawing, then return this form to your Teacher, learning support staff member or therapist. Remember there are no right or wrong answers.

### **Question 1**

**a. This is what you said you were most worried about last time we asked**

*(Please write in the box below)*

**b. How much has it affected you over the last week?**

*(Please tick one box below)*

**0**

**1**

**2**

**3**

**4**

**5**

Not at all



Very much



### **Question 2**

**a. This is the other problem you said you were worried about last time we asked**

*(Please write in the box below)*

**b. How much has it affected you over the last week?**

*(Please tick one box below)*

**0**

**1**

**2**

**3**

**4**

**5**

Not at all



Very much





### Question 3

a. This is what you said was hard to do because of the problem (or problems)?

*(Please write in the box below)*

b. How hard has it been to do this thing over the last week?



*(Please tick one box below)*

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not at all hard					very hard
					

### Question 4

How have you felt this last week?



*(Please tick one box below)*

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very good					Very bad
					

### Question 5

How do you feel now compared to how you felt before you had therapy?

*(Please tick one box below.)*

0	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Much better	better	little better	about the same	worse	much worse
					

Please use this space for any other comments/drawings or doodles

