
Appendix 1

Evaluation material

Group participants can provide feedback about the group program by completing this questionnaire.

Feedback on the mindfulness group

Please take a moment to provide us with feedback about the course. Your feedback is very important in helping us understand what we are doing right and what we are doing wrong.

- 1** What aspects of this course did you find most valuable? In particular, what did you learn that you find particularly useful in your day-to-day life?

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- 2** What barriers or hindrances did you experience to your meditation during the past few weeks?

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- 3** What could be done to improve the course?

