# Appendix – Full survey

**Welcome**

This survey is part of a research study titled: ‘Think Good – Feel Good’: Is this intervention effective and what happens during the interactions between practitioners and children that makes a difference? The study has been approved by a University Research Ethics Committee.

There is an initial question to ensure you are eligible to complete this survey. You are eligible if you have ever used TGFG with an individual child or young person (CYP) or a group of CYP between the ages of 5 and 18. You can answer this survey if you have used TGFG in the past but no longer use the workbook.

Responses to this survey will remain anonymous. Responses will only be submitted once you click 'Finish' at the end of the survey.

**Eligibility**

1) Have you used the 'Think Good - Feel Good' intervention before, with individuals or groups of children and young people aged 5-18?

* Yes
* No

**The support you provide**

2) Do you typically use TGFG with individuals, groups, or both?

* Individuals
* Groups
* Both individuals and groups

3) What is the average number of sessions of TGFG you would use with an individual/group?

* 1-3
* 4-6
* 7-9
* 10-12
* 13-15
* 16+

**The children and young people with whom you work**

4) What is the *youngest* age of children with whom you use TGFG?

5) What is the *average* age of children with whom you use TGFG?

6) What social, emotional and mental health difficulties do the children with whom you work experience?

* Anxiety
* Depression / low mood
* Behaviours that challenge
* Attachment difficulties
* Difficulties with attention / hyperactivity
* Eating disorders
* Bullying / social exclusion
* Emotionally-based school avoidance
* Other (please specify)

7) How do you decide whether TGFG is an appropriate intervention? Please select all that apply.

* I always use TGFG for all social, emotional, and mental health difficulties
* It depends on the difficulty the child is experiencing
* It depends on the severity of the child’s difficulties
* Other (please specify)

**Your use of the TGFG workbook**

8) During a typical TGFG session, which statement best describes how you make use of the TGFG workbook?

* I read directly from the workbook, sharing it with the child
* I read directly from the workbook but don’t share it with the child
* I use the workbook as a prompt or reminder but don’t read directly from it
* I do not bring the workbook with me into sessions but use it to plan beforehand
* Other (please specify)

9) During a typical TGFG session, which statement best describes how you make use of the TGFG worksheets?

* I bring printed worksheets into sessions and complete them with the child
* I give the child printed worksheets to complete for homework
* I do not make use of the worksheets
* Other (please specify)

10) Which TGFG worksheets engage children and young people's attention particularly well? [open response]

11) Which chapters of the TGFG workbook do you find particularly helpful to draw from as a practitioner? [open response]

**Your opinions on TGFG**

12) Which of these aspects of the workbook help you deliver effective mental health support? Please select all that apply.

* Introductory chapters about CBT
* Using the workbook as a ‘manual’ to read from
* Using the workbook as a planning aide outside of sessions
* Worksheets
* Helpful Tips sections
* Characters – Thought Tracker, Feelings Finder, Go Getter
* Other (please specify)

13) Which of these aspects of the workbook do CYP find engaging? Please select all that apply.

* Being read to directly from the workbook
* Reading directly from the workbook themselves
* Helpful Tips sections
* Worksheets
* Characters – Thought Tracker, Feelings Finder, Go Getter
* Other (please specify)

14) Is there anything else you would like to say about your opinions on TGFG or how you use the intervention? [open response]

**About you**

15) How many years of experience do you have working in children’s mental health?

* <1
* 1-2
* 3-5
* 6-10
* 11+

16) What level of training did you have before first using TGFG? Please select all that apply.

* Self-taught by reading the workbook / clinician’s guide myself
* General CBT training, not specific to TGFG
* Training specifically about TGFG
* Other (please specify)

17) In which country do you work in children's mental health?