

**Bright Futures for Women's Health and Wellness Initiative**  
**Survey for Individuals Distributing the Bright Futures for Women's Health and Wellness:**  
**Emotional Wellness Guides**  
**DRAFT**

*Please answer the following questions:*

1. **Please indicate your sex:**
  - Male
  - Female
2. **Please indicate your age group:**
  - 18-24
  - 25-44
  - 45-64
  - 65+
3. **Are you Hispanic or Latina?**
  - Yes
  - No
4. **Which one of the following would you say is your race?**
  - White
  - Black
  - American Indian or Alaska Native
  - Asian
  - Native Hawaiian or other Pacific Islander
  - Two or more races
5. **What is your role in your organization?**
  - Health care provider
  - Counselor
  - Social worker
  - Outreach worker
  - Peer educator/Promotora
  - Other \_\_\_\_\_
6. **What is your primary professional qualification?**
  - Medical Doctor
  - Licensed nurse
  - Licensed social worker
  - Midwife
  - Psychologist
  - Licensed Professional Counselor
  - Advanced Practice Nurse
  - Other \_\_\_\_\_
7. **How many years of experience do you have in your current profession?**
  - Less than 3 years
  - 3 - 5 years
  - 6 - 10 years
  - 11- 20 years
  - More than 20 years
8. **What types of services do you provide (check all that apply)?**
  - Prenatal care
  - HIV/AIDS treatment
  - Routine medical care
  - Emotional health care
  - Social support or case management services
  - Other \_\_\_\_\_
9. **Approximately how many individual women do you see each month?**
  - 1-10
  - 11-25
  - 26-50
  - More than 50
10. **Approximately what percentage of the women you see fall into each of these age groups?**
  - Under 18 \_\_\_\_%
  - 18-24 \_\_\_\_%
  - 25-44 \_\_\_\_%
  - 45-64 \_\_\_\_%
  - 65+ \_\_\_\_%
11. **Approximately what percentage of the women you see are in each of these race/ethnic groups?**

*Please describe the women to whom you provide services:*

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Hispanic \_\_\_\_%  
White \_\_\_\_%  
Black \_\_\_\_%  
American Indian or Alaska Native \_\_\_\_%  
Asian \_\_\_\_%  
Native Hawaiian or other Pacific Islander \_\_\_\_%  
Two or more races \_\_\_\_%

**12. How often do the women you see talk to you about emotional health issues or concerns?**

- Very often
- Somewhat often
- Occasionally
- Rarely

**13. What types of emotional health issues or concerns are most frequently reported to you by the women you see (check all that apply)?**

- Depression
- Family or relationship problems
- Loneliness
- Substance abuse
- Anxiety
- Other \_\_\_\_\_

**14. How comfortable are you talking about emotional health and well-being with the women you see?**

- Very comfortable
- Mostly comfortable
- Somewhat comfortable
- Somewhat uncomfortable
- Very uncomfortable

**15. Were you aware of the *Bright Futures for Women's Health and Wellness (BFWHW)* program or the consumer guides prior to this evaluation of the guides?**

- Yes
- No

**16. Did you distribute any of the BFWHW Emotional Wellness Guide guides prior to this evaluation of these guides?**

- Yes (check all that apply)  
\_\_\_\_ Physical Activity and Healthy Eating Guides

\_\_\_\_ Emotional Wellness Guides

- No
- Unsure

**17. Approximately how many women have you given copies of the BFWHW Adult *Woman's Guide to Emotional Wellness* since this evaluation of the guides began?**

- 0
- 1-25
- 26-50
- 51-100
- More than 100

**18. Approximately how many women have you given copies of the BFWHW *Young Woman's Guide to Emotional Wellness* since this evaluation of the guides began?**

- 0
- 1-25
- 26-50
- 51-100
- More than 100

**19. To whom and under what circumstances do you give the BFWHW Emotional Wellness Guides?**

- Only to women who express concerns about emotional wellness
- Only to women who participate in a certain program or receive a certain type of service. Please specify: \_\_\_\_\_
- Most of the women I have seen since the evaluation began
- All the women I have seen since the evaluation began

**20. When you give women the BFWHW Emotional Wellness Guides, how extensively do you usually go through it with them (e.g., explaining, talking about it, and/or answering questions)?**

- I spend a minute or two explaining what it is and why I'm giving it to them
- I flip through it with them for several minutes and point out one or two points of interest

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- I spend 10 or more minutes walking through the whole Guide with them and answering questions
- It varies depending on the circumstance (e.g. depends on whether the woman raised any issues of emotional health herself, how many questions she asks, what type of appointment)
- Other \_\_\_\_\_

**21. Do you think the *Woman's Guide* contains advice that the adult women you see can use to feel better about their lives?**

- Yes, it contains very useful advice
- Yes, it contains mostly useful advice
- No, the advice is not very useful
- Unsure
- Not applicable (I did not distribute the *Woman's Guide*)

**22. Do you think the *Young Woman's Guide* contains advice that the young women (under 18) you see can use to feel better about their lives?**

- Yes, it contains very useful advice
- Yes, it contains mostly useful advice
- No, the advice is not very useful
- Unsure
- Not applicable (I did not distribute the *Young Woman's Guide*)

**23. How easy do you find it to explain and talk about the BFWHW Emotional Wellness Guides to the women you see?**

- Very easy to explain and talk about
- Mostly easy to explain and talk about
- Somewhat easy to explain and talk about
- Somewhat difficult to explain and talk about
- Very difficult to explain and talk about
- I did not distribute the Women's Guide

**24. How relevant do you think the examples and personal stories in the BFWHW Emotional Wellness Guides are to the lives of the women you serve?**

- Very relevant
- Mostly relevant
- Somewhat relevant

- Somewhat irrelevant
- Very irrelevant

**25. Since you have been distributing the BFWHW Emotional Wellness Guides, do you discuss emotional wellness with the women you serve more often than before?**

- Yes, much more often than before
- Yes, somewhat more often than before
- No, no difference
- Unsure

**26. Since you have been distributing the BFWHW Emotional Wellness Guides, have you referred more women for further emotional health services (on average)?**

- Yes, I have referred many more women for emotional health services on average than I did before
- I have probably referred a few more women for emotional health services on average than I did before
- No, I have probably referred fewer women for emotional health services on average than I did before
- No, no difference
- Unsure

**27. Would you recommend these BFWHW Emotional Wellness Guides to other professionals in your field?**

- Yes
- No
- Unsure

**28. Please circle whether you think the following statements about the BFWHW Emotional Wellness Guides are True or False:**

- T/F They are easy for the women I see to read and understand.
- T/F They are culturally appropriate for the women I see.
- T/F They help women to feel more comfortable talking about emotional health and wellbeing with me

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T/F They help me to feel more comfortable bringing up issues of emotional health and wellbeing with the women I see

T/F They are too long.

T/F I often don't have enough time to discuss them with the women I see.

**29. Do you plan to continue distributing these BFWHW Emotional Wellness Guides as part of your routine practice?**

Yes

No

Unsure

**30. What other types of educational materials or BFWHW Emotional Wellness Guides would you find most useful in your practice?**

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**31. Additional Comments:**

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*Thank you for your participation!*

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