

Yoga and Mindfulness Research

Kia ora!

Thank you so much for taking the time to participate in my research survey. It should take you less than 2 minutes to fill out. Don't forget to add your contact details at the end so you can go in the draw to win a kete full of all things hauora! Ngā mihi nui!

* Indicates required question

1. Do you consent to participate in this research? *

Mark only one oval.

☐ Yes

☐ No

2. Would you like to complete this questionnaire in Te Reo Māori or English? *

Mark only one oval.

☐ Te Reo Māori *Skip to question 8*

☐ English *Skip to question 3*

Yoga and mindfulness Research

3. Please select which year of study you're in *

Mark only one oval.

☐ 4th Year

☐ 5th Year

☐ Trainee Inter/6th Year

4. Please state your ethnic group(s)

5. Have you practiced some form of meditation or mindfulness in the past? *

Mark only one oval.

- ☐ Yes
☐ No
☐ Don't know

6. Have you practiced yoga in the past? *

Mark only one oval.

- ☐ Yes
☐ No
☐ Don't know

7. How likely would you be to utilise yoga/mindfulness classes or spaces if the medical school provided them? *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely likely

Skip to question 13

Te mahi rangahau

8. Ko tēhea tō tau? *

Mark only one oval.

- ☐ Te tau tuawha
☐ Te tau tuarima
☐ Te tau tuaono

9. Whakamōhio mai ō iwi

10. I mahi rānei koe i te pūāio/īoka? *

Mark only one oval.

☐ Āe

☐ Kāo

☐ Aua

11. I mahi rānei koe i te mahi mauritau?

*mauritau - mindfulness *

Mark only one oval.

☐ Āe

☐ Kāo

☐ Aua

12. Mēnā ka whakatūria tētahi karaehe īoka/ mauritau rānei, pēhea te ōrau ka haere koe? *

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Kāo ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Ka haere ahau

Ngā mihi!

13. Thank you for your time and responses! If you would like to go in the draw to win a kete o hauora, enter your name and email address below! (Your responses will remain anonymous).

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