

Statement of Informed Consent

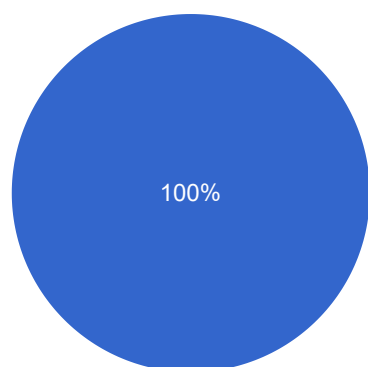
6 răspunsuri

[Publică analizele](#)

Do you understand and agree with the terms described above?

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6 răspunsuri



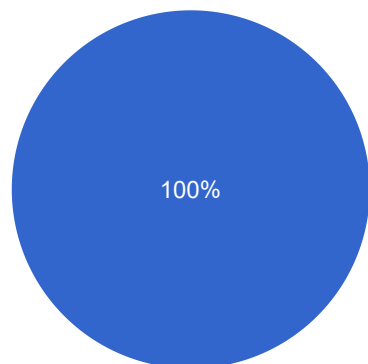
☒ I understand and agree with the terms described above

Current Mental Health Practices

Do you currently use to do specific activities maintain your mental health and well-being?

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6 răspunsuri



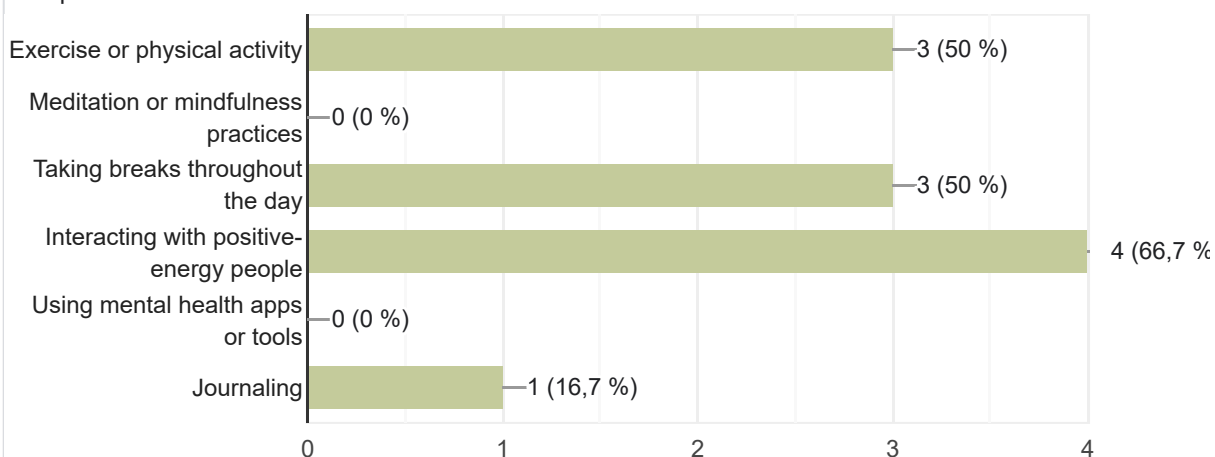
☒ Yes
☐ No



If yes, please choose which of the following activities do you practice?
(Check all that apply)

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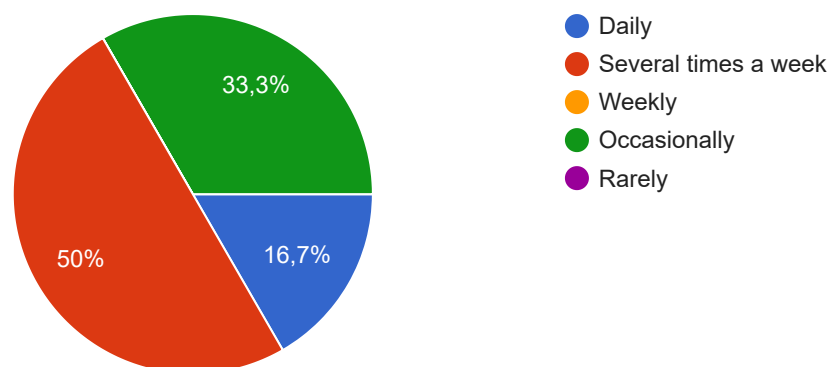
6 răspunsuri



On average, how often do you practice in these mental health activities?

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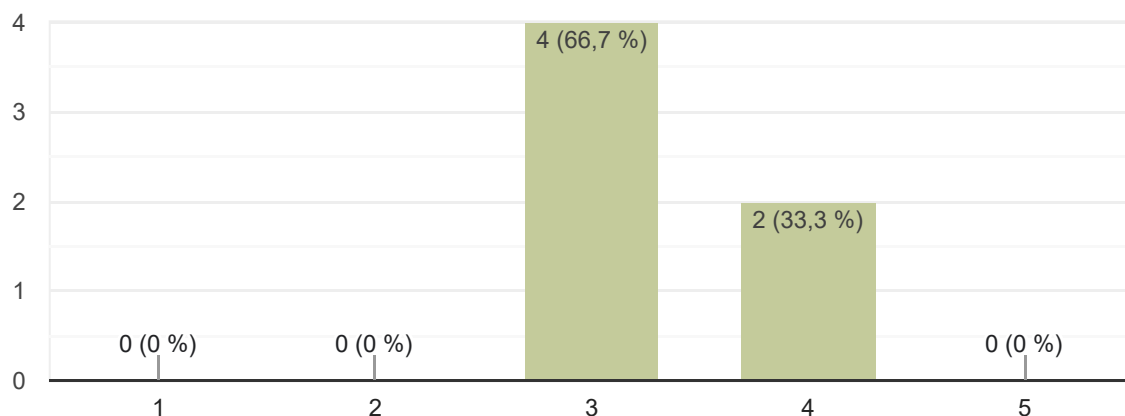
6 răspunsuri



How effective do you find your current mental health practices in managing stress and promoting overall well-being?

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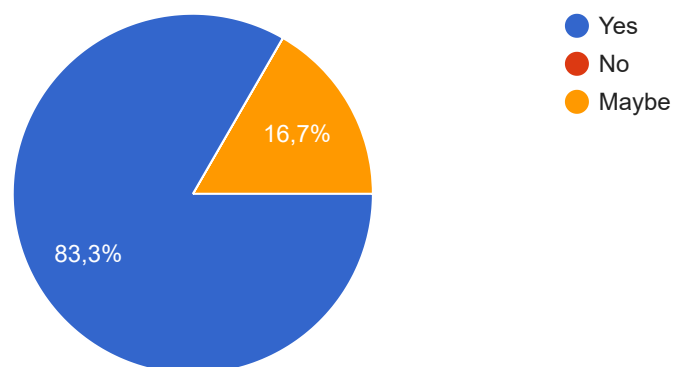
6 răspunsuri



Have you noticed any changes in your mental health since starting these practices?

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6 răspunsuri



If yes, please describe the changes you've noticed (e.g., improved mood, reduced anxiety).

5 răspunsuri

reduced anxiety

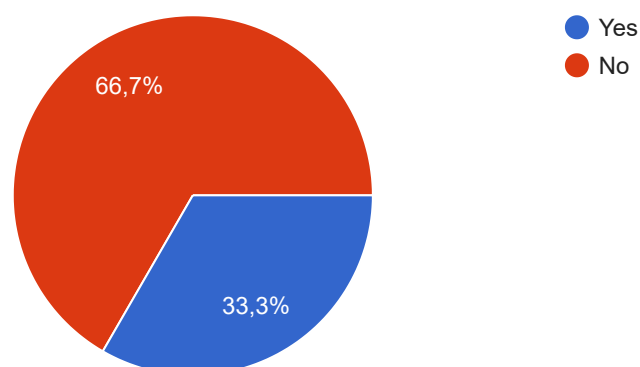
improved mood, reduced anxiety

improved mood

Do you use any apps to assist you with your mental health practices?

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6 răspunsuri



If yes, please specify the apps you use and how you find them helpful.

2 răspunsuri

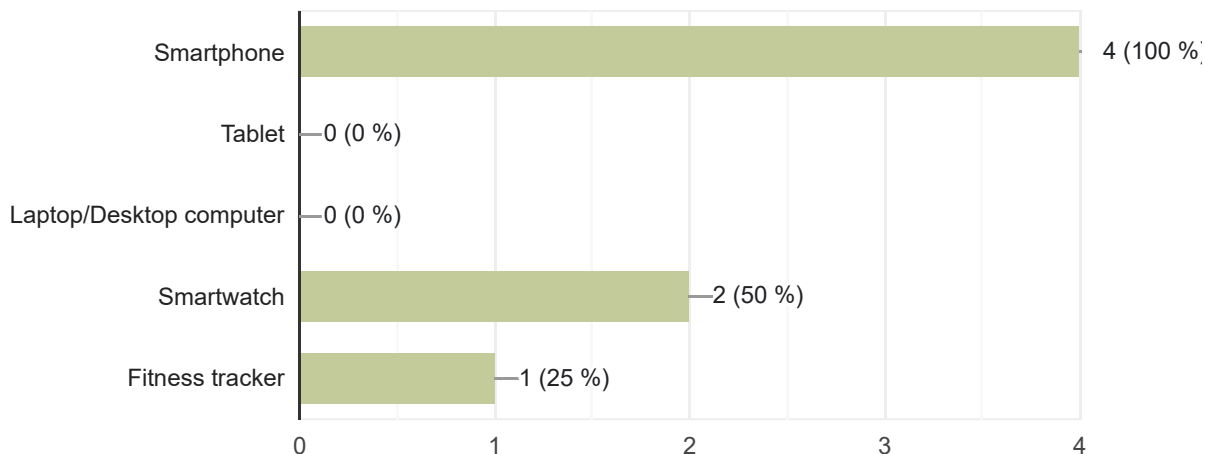
Breeze

Journaling and Stress Monitor from Whoop.com

 Copiază

On which devices do you typically use mental health apps? (Select all that apply)

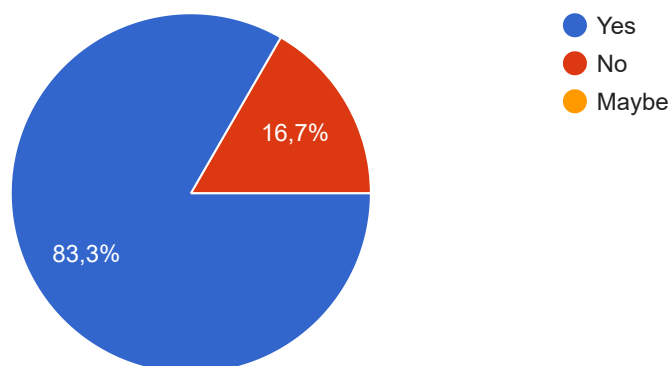
4 răspunsuri



Would you find using mental health apps on a smartwatch to be convenient and effective?

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6 răspunsuri



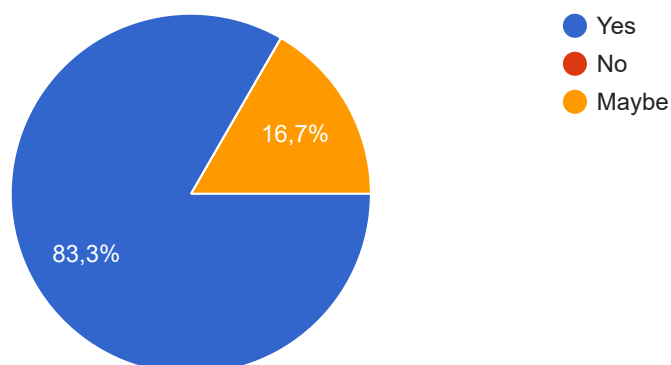
Challenges and Pain Points



Do you often experience burnout or stress from work or daily life?

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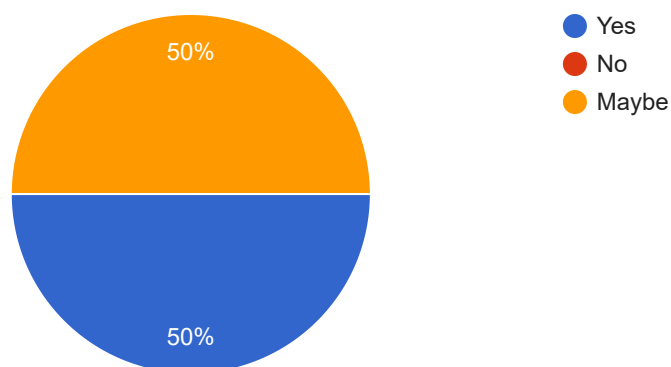
6 răspunsuri



Do you find it challenging to open up to other people and discuss your mental health?

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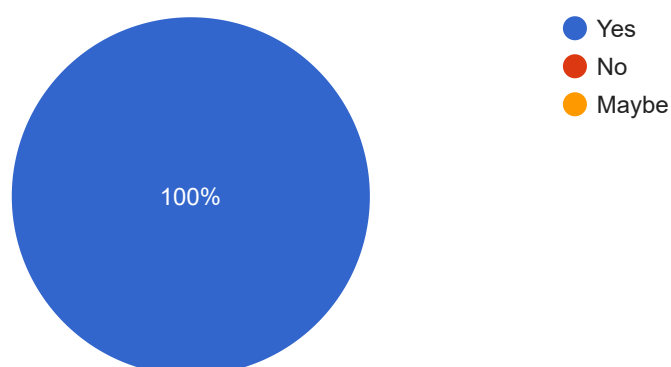
6 răspunsuri



Do you find it challenging to maintain good mental health and well-being

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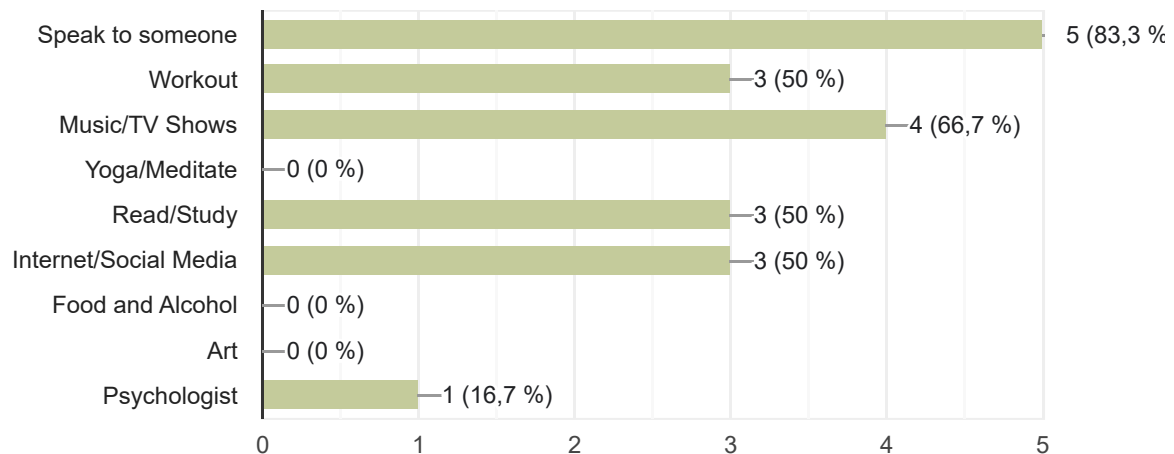
6 răspunsuri



What are some methods you currently use to de-stress?

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6 răspunsuri



Preferences for Mental Health Support

How important do you consider having access to mental health support and resources?

0 răspunsuri

Încă nu există răspunsuri la această întrebare.

In what ways do you prefer to receive mental health support? (Select all that apply)

0 răspunsuri

Încă nu există răspunsuri la această întrebare.

Would you find the following features helpful in a mental health companion app like MeHe? (Check all that apply)

0 răspunsuri

Încă nu există răspunsuri la această întrebare.

Do you prefer mental health support tools that offer real-time feedback or guidance based on your mood?

0 răspunsuri

Încă nu există răspunsuri la această întrebare.

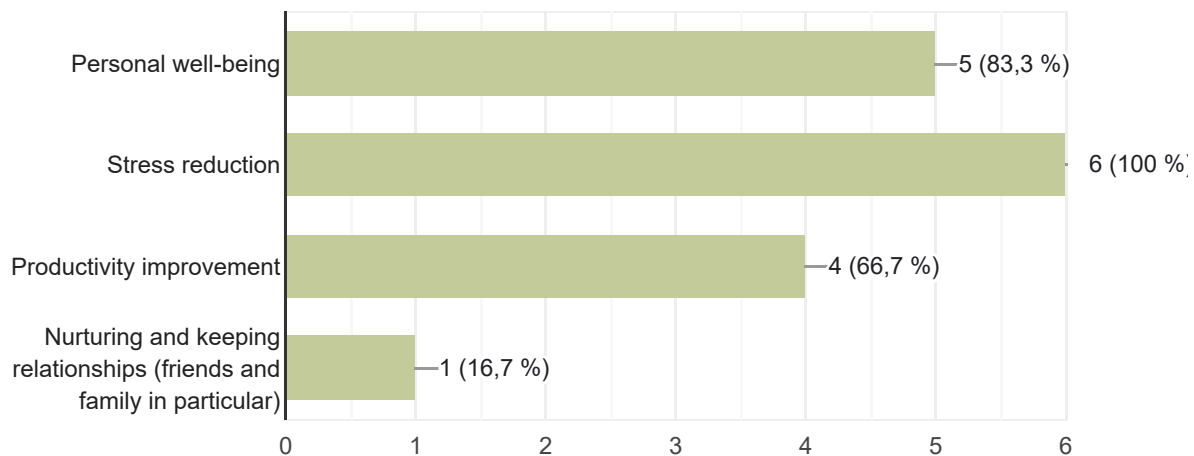
Motivation and Engagement



What motivates you to engage with mental health and well-being practices?

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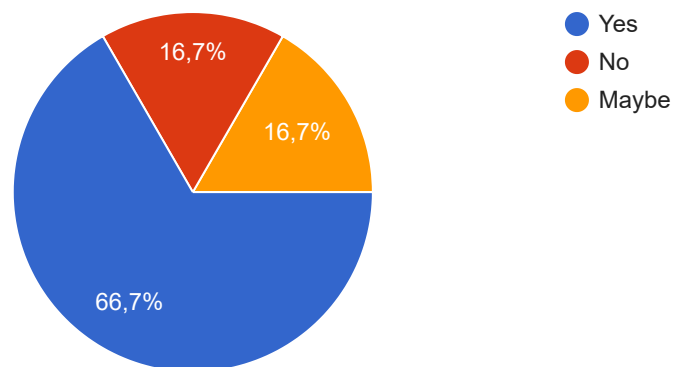
6 răspunsuri



Would gamification elements or rewards encourage you to use a mental health companion app more regularly?

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6 răspunsuri

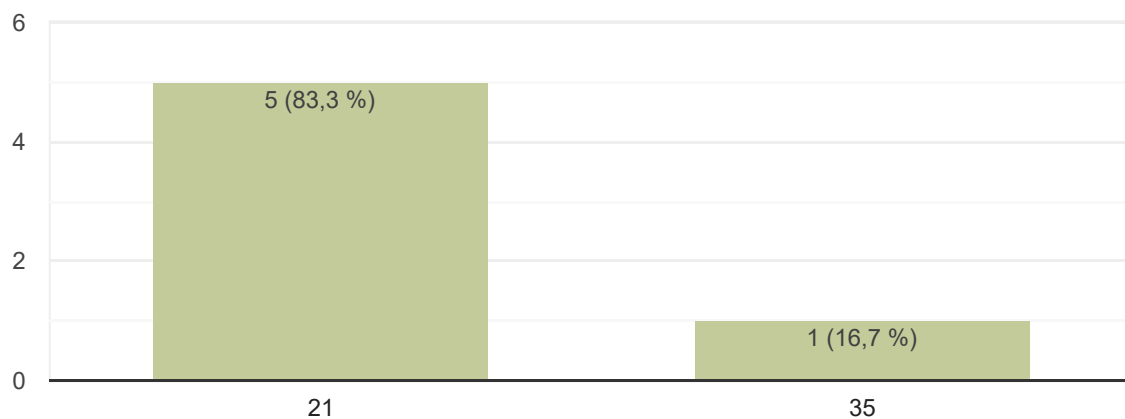


Demographic Information

Age

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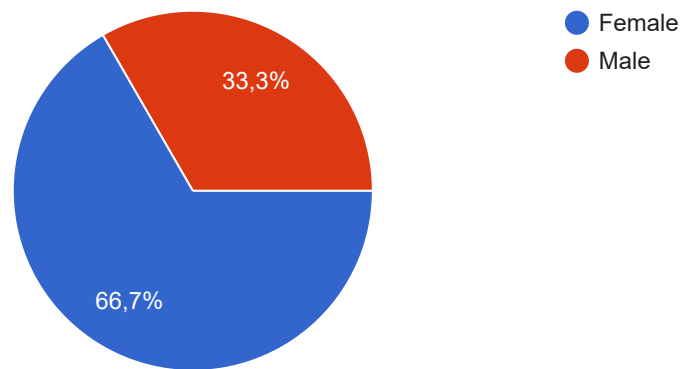
6 răspunsuri



Gender

6 răspunsuri

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Formulare Google



