

VR Breathing PRE Survey

This is a survey designed to better understand different UD students background on breathing exercises and techniques.

1. Do you work on your breathing thru the use of breathing exercises?

Mark only one oval.

- ☐ Yes
- ☐ Maybe
- ☐ No

2. How often on average would you say you use breathing exercises:

Mark only one oval.

- ☐ Once a week
- ☐ Once every other week
- ☐ Once a month
- ☐ Once every 3 months
- ☐ Once every 6 months
- ☐ Once every year
- ☐ Never

3. Which of the following breathing exercises have you used before?

Check all that apply.

- ☐ Google Breathing 1 minute exercise
☐ 4-4-8
☐ 4-7-8
☐ 7-11
☐ None

Other: ☐ _____

4. When do you use specific breathing exercises?

Check all that apply.

- ☐ When stressed
☐ When trying to relax
☐ When exercising

Other: ☐ _____

5. On a scale from 1 to 5 how well do you feel that you are in control of you breathing when instructed to breath in and breath out in certain time frames

Mark only one oval.

	1	2	3	4	5	
Not Very Well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very Well

6. If given the ability, would you use an application to better understand your actual breathing?

Mark only one oval.

- ☐ Yes
- ☐ Maybe
- ☐ No

7. Do you think the use of other senses would help you better understand your breathing?

Mark only one oval.

- ☐ Yes
- ☐ Maybe
- ☐ No

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