

Post-Interaction Survey

Thank you for participating in this Cognitive Behavioral Therapeutic(CBT-based) writing session with the chatbot.

Please complete this survey after finishing the interaction session with the chatbot. Your feedback will help evaluate how different mental health chatbot personalities affect CBT-based writing experiences.

Participation is completely voluntary, and **all responses will be kept confidential and anonymous**. If you have any questions or need help while filling out the form, feel free to reach out.

This form takes around 10-15 minutes to complete.

* Indicates required question

Section A: Personality Perception

1. Which chatbot personality did you interact with *

Mark only one oval.

- ☐ Neutral
- ☐ Extraverted
- ☐ Conscientious

2. Based on your interaction, rate how much the chatbot displayed these characteristics:



Scale: 1 (Not at all) - 5 (Extremely)

Mark only one oval per row.

	1	2	3	4	5
Organized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Systematic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thorough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Professional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outgoing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section B: CBT Effectiveness

3. Rate how much this session helped you with the following: *

Scale: 1 (Not at all) - 5 (Extremely)

Mark only one oval per row.

	1	2	3	4	5
Understanding the connection between thoughts, feelings, and behaviors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Identifying negative or unhelpful thought patterns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developing coping strategies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recognizing triggers for emotional responses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning to challenge unhelpful thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, how helpful was this CBT writing session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How clear were the chatbot's explanations of CBT concepts?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did the chatbot provide appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

guidance for
the writing
exercises?

Section C: User Experience

4. How satisfied are you with this interaction overall? *

Mark only one oval.

1	2	3	4	5		
<hr/>						
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satisfied
<hr/>						

5. How engaging was the chatbot during your interaction? *

Mark only one oval.

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

6. How comfortable did you feel interacting with this chatbot? *

Mark only one oval.

1	2	3	4	5		
<hr/>						
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very comfortable
<hr/>						

7. How would you rate the chatbot's communication style? *

Mark only one oval.

1	2	3	4	5		
<hr/>						
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent
<hr/>						

8. Did the chatbot maintain an appropriate tone for mental health support? *

Mark only one oval.

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

9. How likely are you to use a similar chatbot in the future? *

Mark only one oval.

	1	2	3	4	5	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely

10. Would you recommend this type of chatbot to others? *

Mark only one oval.

	1	2	3	4	5	
Defin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Definitely yes

Section D: Emotional Changes

11. Current mood level (after interaction) *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Very	<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"/>	Very high

12. Current stress level (after interaction) *

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"/>	Very stressed

13. Do you feel this session had a positive impact on your wellbeing? *

	1	2	3	4	5	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Section E: Open-ended Feedback

14. What did you like most about the chatbot's personality and interaction style? *

300 words max

15. What could be improved about the chatbot's approach to CBT guidance? *

300 words max

16. Any additional comments or suggestions?(Optional)

200 words max]

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