

# Pre-Interaction Survey

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

Please complete this survey before using the chatbot for the writing session.

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 5 - 10 minutes to complete.

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\* Indicates required question

## Informed Consent Statement

Please read [Participant Information Sheet](#)


1. By checking the box below and submitting this form, I give my informed consent \* to participate in this study.

*Check all that apply.*

☐ I have read the Participant Information Sheet. I agree to participate in this study.

## Section A: Basic Information

## 2. Participant ID \*

 Dropdown*Mark only one oval.*☐ P01☐ P02☐ P03☐ P04☐ P05☐ P06☐ P07☐ P08☐ P09☐ P10☐ P11☐ P12☐ P13☐ P14☐ P15☐ P16☐ P17☐ P18☐ P19☐ P20☐ P21☐ P22☐ P23☐ P24

## 3. Age \*

*Mark only one oval.*

☐ 18 - 22

☐ 23 - 27

☐ 28 - 32

☐ 33 - 37

☐ 38+

## 4. Gender \*

*Mark only one oval.*

☐ Male

☐ Female

☐ Non-binary

☐ Prefer not to say

## 5. Academic Level \*

*Mark only one oval.*

☐ Undergraduate Year 1-2

☐ Undergraduate Year 3-4

☐ Postgraduate

☐ Other

**Section B: CBT Background**

## 6. Previous therapy experience \*

Mark only one oval.

- ☐ Never
- ☐ 1-5 sessions
- ☐ 6-20 sessions
- ☐ More than 20 sessions

## 7. Familiarity with Cognitive Behavioral Therapy(CBT) \*

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 familiar

## 8. Have you used mental health apps or chatbots before? \*

Mark only one oval.

- ☐ Never
- ☐ Once or twice
- ☐ Occasionally
- ☐ Regularly

## 9. What is your main reason for participating? (Select all that apply) \*

Check all that apply.

- ☐ Learn about CBT techniques
- ☐ Curious about AI/chatbot technology
- ☐ Want to help with research
- ☐ Course requirement/extra credit
- ☐ Personal interest in mental health
- ☐ Other: \_\_\_\_\_

## Section C: Baseline Emotional State

## 10. Current mood level \*

*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

## 11. Current stress level \*

*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

## 12. How comfortable do you feel sharing personal thoughts with a chatbot? \*

*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 comfortable

## 13. Energy level right now \*

*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

## Section D: Expectations

14. How helpful do you expect this chatbot session to be? \*

Mark only one oval.

1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ Extremely helpful

15. How engaging do you expect this interaction to be? \*

Mark only one oval.

1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ Very engaging

16. What do you hope to gain from this CBT writing session?  
(Optional)

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