

# Two-Month Post-Retreat Survey

Thank you for taking the time to fill out this survey.

Please feel free to take more or less time across the survey, depending on your current interests and capacity. If there are some questions that particularly inspire you, we welcome you to take the time to reflect and engage with these questions.

With gratitude,

*The Science Retreat organizing team*

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\* Indicates required question

1. Did you fill out the **pre-retreat** and/or **initial post retreat survey**? \*

\*\*You can still fill out the 2-month post survey if you did not fill out the previous surveys\*\*

*Mark only one oval.*

☐ Yes      *Skip to question 23*

☐ No      *Skip to question 4*

2. Did you participate in the full 7 days of the Science Retreat in Plum Village \*  
June 20th–27th, 2025?

*Mark only one oval.*

☐ Yes

☐ No

☐ Other: \_\_\_\_\_

3. If you filled in the pre-survey, in the space below, please write in the name or nickname you used in your pre-survey/initial post-survey. \*

\*If you did not fill in the pre or initial post-survey, please write in your name or a nickname you will remember.\*

This will only be used by the research team to link your pre/post surveys. All responses will be kept anonymous.

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Consent Form

## **Consent to Participate in a Research Study: Participant Consent Form**

### **Study Title**

Improving Wellness & Resiliency: A Mixed Methods Study of a 7-Day Residential Retreat Integrating Science, Compassion and Meditative Practice

### **Principal Investigator**

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Assistant Professor (teaching stream)

Buddhism, Psychology & Mental Health (BPMH) program

Department of Psychiatry, Temerty Faculty of Medicine

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### **Co-Investigators**

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Associate Professor

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### **Introduction**

We would like to invite you to take part in our research study. This consent form describes the research study and what it means to participate. Please take as much time as you need to think about your decision to participate or not and ask any questions you have. If you have any questions, please contact one of the members of the research team. All participation is voluntary, and you are not under any obligation to participate.

**Why this research study?**

We are interested in exploring what insights and impacts are experienced by attendees of this unique and innovative Plum Village style retreat focused on the integration of science, compassion and meditative practices. Through this study we hope to contribute to the growing global dialogue around the role mindfulness teachings and practices can play in supporting wellness on both an individual and collective level.

**Why participate in this study?**

By participating in this study, you will help our research team better understand the challenges and aspirations that members of our global community are experiencing. This study is also an opportunity to reflect on your experience of the retreat and anonymously contribute to future retreat curation and publicly shared recommendations for practical applications of Plum Village practices across different sectors.

**What to expect: Time commitment**Before the retreat

- Consent form (5 min)
- Pre-survey (10–15 min)

After the retreat

- Post-survey immediately following retreat (10–15 min)
- Post-survey two months later (10–15 min)

**How many participants will be in this study?**

All attendees of The Wonder of It All: A Plum Village Retreat for Scientists are being invited to participate in this study.

**What is the inclusion/exclusion criteria for this study?**Inclusion criteria

- Able to read and write in English
- Able to independently consent to participation in this study
- Attending The Wonder of It All retreat, June 20th–27th, 2025

Exclusion criteria

- Participants who do not attend the retreat

**Institutional Ethics Approval**

The study has received institutional ethics approval through the University of Toronto.

**What are the risks, harms or discomforts of the study?**

There are no significant risks expected, however, some survey questions may invite personal reflection where you might experience temporary discomfort or mild unpleasant emotions. Please know you are free to skip any question that you would not like to answer.

**How will my privacy be protected?**

All information collected will be kept anonymous. While every effort will be made to keep your responses confidential, and the risk of identifying you from the study data is very small, it can never be completely eliminated.

**Can I choose to leave the study?**

Participation in this study is voluntary, and it is your choice to take part. You can change your mind at any time during the research study, and you do not need to give a reason to withdraw from the study. Data collected prior to your withdrawal may be included in the study unless otherwise requested. Withdrawal from the study will not have any effect on your relationship with the research team and/or the University of Toronto and/or Plum Village. If you decide to withdraw from the study, please contact the Principal Investigator or a member of the study team to let them know.

**Will I be paid and/or reimbursed if I join this study?**

You will not be paid or reimbursed for participating in this study. We are grateful for your time and reflections.

**Will I receive study results?**

The research team plans to share the study findings, including reports and publications. We will share these with the retreat registration list.

**Who can I contact if I have questions about the study?**

If you have questions about this study, you can contact the Investigators listed above under Principal/Co-Investigator(s).

If you have questions about your rights as a research participant, you can also contact the University of Toronto's Research Oversight and Compliance Office – Human Research Ethics Program at [ethics.review@utoronto.ca](mailto:ethics.review@utoronto.ca) or 416-946-3273.

**University of Toronto Quality Assurance**

The research study you are participating in may be reviewed for quality assurance to make sure that the required laws and guidelines are followed. If chosen, (a) representative(s) of the Human Research Ethics Program (HREP) may access study-related data and/or consent materials as part of the review. All information accessed

by the HREP will be upheld to the same level of confidentiality that has been stated by the research team.

4. **By signing this research consent form, I understand and confirm that:** \*

1. I have read and understand the information within the informed consent form,
2. I understand that participation is voluntary, and I may withdraw at any time,
3. I do not give up any of my legal rights by signing this consent form,
4. I agree to take part in this study

**I consent to participate in this study.**

*Please enter your name below to digitally sign the participant consent form.*

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5. Do you have any previous experience with mindfulness/compassion (Plum Village or other traditions)? *(The next question will ask about broader experiences with contemplative practice or mindfulness)* \*

*Mark only one oval.*

- ☐ None
- ☐ Very Little
- ☐ Little (1-2 Years)
- ☐ Moderate (2-3 Years)
- ☐ Experienced (3-5 Years)
- ☐ Very Experienced (5+ Years)

6. If you are comfortable sharing, please describe any contemplative or spiritual practices you regularly engage in (e.g., meditation, prayer, structured reflection, grounding practices). If you practice in a specific tradition, please share this here.

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7. Was this your first Plum Village Retreat?

*Mark only one oval.*

☐ Yes

☐ No

8. Have you attended a "Secular" Mindfulness/Compassion training (e.g., MBSR, MSC, etc.)?

*Mark only one oval.*

☐ Yes

☐ No

9. If you answered "yes" to the question above, what was the name of the training or intervention (e.g., MBSR, MSC)?

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10. Have you attended a retreat in any other Buddhist context?

*Mark only one oval.*

☐ Yes

☐ No

11. If you answered "yes" to the question above, what was the context (e.g., *Vipassana* retreat)?

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12. Do you practice with a Plum Village Sangha?

*Mark only one oval.*

☐ Yes

☐ No

13. If you answered "yes" to practicing with a Sangha, please write-in below:
- 1) Name of Sangha
  - 2) Any affinities of Sangha (e.g. all ages, BIPOC, climate justice, LGBTQIA+, etc.)

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14. What sector(s) does your current work fall under? *Please select all that apply.*

*Check all that apply.*

- ☐ Academia
- ☐ Business
- ☐ Climate
- ☐ Education
- ☐ Finance
- ☐ Government
- ☐ Healthcare
- ☐ Information Technology
- ☐ Science & Research
- ☐ N/A
- ☐ Other: \_\_\_\_\_

15. What is your area of exploration and/or investigation? If you selected **Science and Research**, please describe your current research areas/interests.

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16. If you are affiliated with an institution, and feel comfortable, please share the name of your institution and your current role (e.g., *Assistant Professor, University of Toronto; Data Scientist, UNICEF etc.*).

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## Social Demographics

The questions below will help us understand a bit more about your social/cultural context. Any identifying factors will be removed.

17. What is your current age?

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18. What is your gender identity?

*Mark only one oval.*

☐ Woman

☐ Man

☐ Non-binary

☐ Genderqueer or genderfluid

☐ Prefer not to answer

☐ Other: 

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19. What city and country are you geographically based during most of the year?

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20. Which category best captures your racial, ethnic, or cultural background? If there is another background that is not listed, please specify under "Other".

*Check all that apply.*

- ☐ Indigenous or First Peoples (e.g., Native American, Alaska Native, First Nations, Aboriginal, Māori)
- ☐ Asian (e.g., East Asian, South Asian, Southeast Asian, Central Asian);
- ☐ Black or African descent (e.g., African, Afro-Caribbean, African American)
- ☐ Hispanic, Latino, or of Spanish origin
- ☐ Middle Eastern or North African (MENA)
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White or European descent
- ☐ Other: \_\_\_\_\_

21. In the place you live, do you have easy access to nature?

*Mark only one oval.*

- ☐ Yes
- ☐ No

22. If you answered yes to the question above, please describe the nature space you have access to and how often you go there.

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23. Since the retreat, have you engaged in any meditative practices?

*Mark only one oval.*

☐ Yes

☐ No

24. If yes, could you please share what meditative practices?

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25. Since the retreat, have you made any significant changes in your work or personal life?

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26. To what extent do you experience the following during your work hours?

*Mark only one oval per row.*

	Never	Rarely	Sometimes	Often	Always
<b>Anxiety</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Boredom</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Calm</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Connection</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Curiosity</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Despair</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Frustration</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Joy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. To what extent do the following qualities characterise your field?

*Mark only one oval per row.*

	Never	Rarely	Sometimes	Often	Always
<b>Collaboration</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Competition</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How strongly do you agree or disagree with the following statements?**

28. I feel supported by my colleagues/peers in maintaining my personal wellness and work-life balance.

*Mark only one oval per row.*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. I feel I have a strong community outside work that supports me to replenish and thrive.

*Mark only one oval per row.*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. My sense of personal wellness is enhanced by my work.

Mark only one oval per row.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. On an average workday I am aware of my...

Mark only one oval per row.

	Never	Rarely	Sometimes	Often	Always
<b>Body</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Feelings</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Mind (e.g. mental activities, busy/dispersed)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Perceptions</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. Reflection Question

What does collaboration look and feel like in your field?

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33. Reflection Question

What does competition look and feel like in your field?

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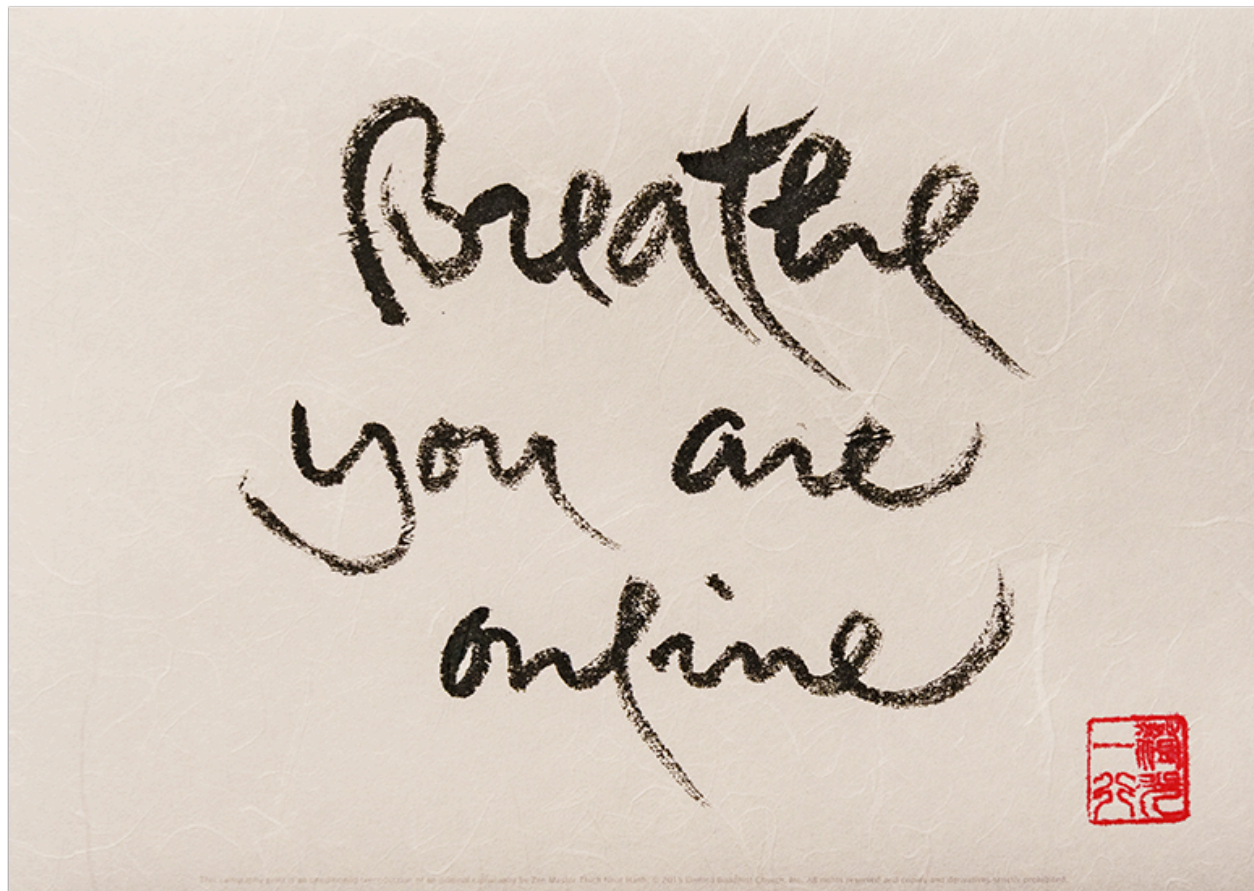
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*Dear survey participants, we invite you to take three mindful breaths before moving on to the next section of the survey. Thank you.*



**During the past month, how often did you experience or feel the following:**

34. I felt happy.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

35. I felt interested in life.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

36. I felt satisfied with life.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



37. I felt that I had something important to contribute to society.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. I felt that I belonged to a community (such as a social group or your neighborhood).

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. I felt that our society is a good place, or is becoming a better place, for all people.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

40. I felt that people are basically good.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

41. I felt that the way our society works makes sense to me.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

42. I felt that I liked most parts of my personality.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

43. I felt good at managing the responsibilities of my daily life.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

44. I felt that I had warm and trusting relationships with others.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

45. I felt that I had experiences that challenged me to grow and become a better person.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

46. I felt confident to think or express my own ideas and opinions.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

47. I felt that my life has a sense of direction or meaning to it.

*Mark only one oval per row.*

	Never	Once or Twice	About Once a Week	About 2 or 3 Times a Week	Almost Every Day	Every Day
<b>Please select:</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

48. Reflection question

What does it feel like to conduct your work at this moment (e.g., social, economic, environmental realities)?

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## Conclusion

Thank

you for taking the time to fill out this survey and contribute your perspective. The final question below is open/optional.

49. Is there anything else you would like to share with us at this time? If yes, please use the space below.

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