

## Yunzhou Feng, Psychological Assistance

My primary research plan is to create a questionnaire about our problem space, psychological assistance. I plan to collect information about people's perspective towards mental disorder, need of psychiatrist and thought about online psychological assistance by letting them fill out the questionnaire I design.

My research's target audiences are everyone, because mental disorder happens everywhere. However, it is not easy for children or some people who could not read (Dyslexia) or rejects to communicate (ex. Autism) to participate in the research. Therefore, people have difficulty participating in the research can have their parents or guardians answering the questionnaire.

Since my target audiences could be everyone, I would bring the questionnaire to the street and ask 5-10 random people. In order to motivate people to fill out the questionnaires, I would use a toy golden retriever as a gift for every participant, because comfort dogs, one kind of therapy animals, are usually golden retrievers.

### Questionnaire

Age \_\_\_\_\_

Gender ☐ Male ☐ Female ☐ Other

Profession \_\_\_\_\_

Name some mental disorders you know \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How many people having mental disorder do you know?

- ☐ 0
- ☐ 1-3
- ☐ 4-10
- ☐ more than 10

How likely would you like to help a friend with mental disorder?

- ☐ Extremely likely
- ☐ Very likely
- ☐ Somewhat likely
- ☐ Not so likely

☐ Not at all likely

How often do you find it uncomfortable to speak to a friend or a close one when you want to talk to someone?

- ☐ Not at all
- ☐ 1-3 times a month
- ☐ Once a week
- ☐ 2-4 times a week
- ☐ Once a day
- ☐ More than once a day

If you have mental disorder, do you mind your **friends** know about it?

- ☐ Yes, I do mind.
- ☐ No, I do not mind, but I would not tell them initiatively.
- ☐ No, I do not mind, I would tell them at first.

If you have mental disorder, do you mind your **family** knows about it?

- ☐ Yes, I do mind.
- ☐ No, I do not mind, but I would not tell them initiatively.
- ☐ No, I do not mind, I would tell them at first.

How often do you doubt whether you have mental disorder or not?

- ☐ Not at all
- ☐ 1-3 times a month
- ☐ Once a week
- ☐ 2-4 times a week
- ☐ Once a day
- ☐ More than once a day

How often have you consulted a psychiatrist?

- ☐ Not at all
- ☐ 1-3 times in total
- ☐ 1-3 times a month
- ☐ Once a week
- ☐ 2-4 times a week
- ☐ Once a day

How well does psychological consultation work on you?

- ☐ I do not have mental disorder, so I do not need a psychiatrist.
- ☐ I have not tried psychological consultation.
- ☐ I feel much better.
- ☐ I feel okay.
- ☐ I feel no difference.
- ☐ I feel worse.

What do you prefer when you need to tell someone something very private and personal about yourself? (Check all applies)

- ☐ E-mail
- ☐ letter
- ☐ message
- ☐ phone
- ☐ video chat
- ☐ face to face

How does your mood change after online chatting about yourself?

- ☐ Happier
- ☐ Calmer
- ☐ Sadder
- ☐ Emptier
- ☐ No changes

If you know there is an app about online psychological consultation, how likely would you be to use it?

- ☐ Extremely likely
- ☐ Very likely
- ☐ Somewhat likely
- ☐ Not so likely
- ☐ Not at all likely