Yunzhou Feng, Psychological Assistance

My primary research plan is to create a <mark>questionnaire</mark> 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. *or you can just limit the participation in this research to those who can answer your 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 <mark>toy</mark> golden retriever as a gift for every participant, because comfort dogs, one kind of therapy animals, are usually golden retrievers.

Remind participants in the Consent form that they do not have to answer any questions they do not want to answer. I want to make sure you have as many respondents as possible, but some of these questions are very sensitive which they may not want to answer, so they can just skip those questions.

Questionnaire

Age _____

Gender ◯ Male ◯ Female <mark>◯ Other</mark>

Profession _____

you have heard about?? *Also you might consider giving a list here?*

Name some mental disorders you know _____

_____

_____

How many people having mental disorder do you know? *"Mental health challenges"*
◯ 0
◯ 1-3
◯ 4-10
◯ more than 10

be

How <mark>likely</mark> would you <mark>like</mark> 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 Never

◯ 1-3 times a month

◯ Once a week

◯ 2-4 times a week

◯ Once a day

◯ More than once a day

if you had mental health challenges, would you be willing share this information with your family, friends and coworkers?

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. willingly

◯ No, I do not mind, I would tell them at first. immediately

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. willingly/voluntarily

◯ No, I do not mind, I would tell them at first. immediately

Have you ever wanted to speak to a mental health professional? Y/N

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

Have you ever consulted a mental health professional?

How often have you consulted a psychiatrist?

◯ Not at all Never

◯ 1-3 times in total

◯ 1-3 times a month

◯ Once a week

◯ 2-4 times a week

◯ Once a day

If you have consulted a mental health professional, did you find this helpful? Y/N

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 <u>much better</u>.
◯ I feel <u>okay</u>.
◯ I feel <u>no difference</u>.
◯ I feel <u>worse</u>.

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