

1. Gender Preference

Client Question:

- When considering a therapist, what gender do you prefer?
 - Male, Female, No Preference

Therapist Question:

- What is your gender?
 - Male, Female, Transgender
-

2. Therapeutic Approaches

Client Question: (max 2 choice)

- What kind of support do you think would help you best with your current problems?
 - Solution-Oriented, Self-Discovery, Listener and Venting Out, Conflict Resolution, Interpersonal/Social Dynamics, Strength and Motivational, Behavioural Management, Personality Development, Relaxation and Mindfulness

Therapist Question: (max 3 choice)

- Which therapeutic approaches do you specialize in or prefer to use with clients?
 - Solution-Oriented, Self-Discovery, Listener and Venting Out, Conflict Resolution, Interpersonal/Social Dynamics, Strength and Motivational, Behavioural Management, Personality Development, Relaxation and Mindfulness
-

3. Cultural Competency

Client Question:

- Do you prefer a therapist who shares your cultural background or identity?
 - No
 - Yes, please select:

a. Religion: (max 2 choice)

- Do you prefer a therapist who understands or practices a specific religion?
 - Yes (Christianity, Islam, Hinduism, Buddhism, Other [Please specify], No preference

b. Language: (max 3 choice)

- Is there a specific language you prefer your therapist to speak?
 - Yes (Hindi, English, Marathi, Tamil, Telegu, Malayalam, Gujarati, etc), No preference

c. Age Range:

- Do you prefer a therapist within a certain age range?
 - Younger (23-29), Middle-aged (30-39), Older(40 above), No preference

Therapist Question:

- Are you comfortable and experienced in working with clients from specific cultural or religious backgrounds?

a. Religion:

- What is your religious background?
 - Christianity, Islam, Hinduism, Buddhism, Other [Please specify]

b. Language: (max 3 options)

- Which languages are you most fluent in?
 - Hindi, English, Marathi, Tamil, Telegu, Malayalam, Gujarati, etc

c. Age Range:

- In which age range do you lie?
 - Younger (23-29), Middle-aged (30-39), Older(40 above), No preference

4. Therapist Personality

Client Question: (max 3)

- What kind of personality traits do you prefer in your therapist?
 - Calm and Reassuring
 - Humorous & Extroverted
 - Direct & Analytical
 - Supportive & Encouraging

Therapist Question: (max 3)

- How would you describe your personality in the therapeutic setting?
 - Calm and Reassuring
 - Humorous & Extroverted
 - Direct & Analytical
 - Supportive & Encouraging

5. Understanding Well-Being

Client Question: (unlimited option choices)

- What are your primary mental health concerns or challenges that brings you here?
 - Anxiety or Excessive Worry, Persistent Sadness, Stress or Overwhelming Pressure, Mood Swings, Intrusive Thoughts, Unhealthy Eating Habits, Attention Difficulties, Disruptive Personality Traits, Addiction Issues, Distorted Reality, Trauma or Past Distress, Sleep Problems (Insomnia, Sleepwalking), Developmental Issues (Learning Difficulties), Dissociation (Disconnect from Reality), Gender Identity (Identity Confusion), Relationship Problems (Interpersonal Conflicts), Parenting Struggles (Family Challenges), Work Stress (Job Pressure), Body Image (Self-Esteem Issues), Existential Concerns (Meaning of Life)

Therapist Question: (max 4)

- What are the primary mental health concerns or challenges you specialize in addressing?
 - Anxiety, Depression, Stress, Mood Disorders, Trauma, Addiction, Sleep Disorders, Developmental Issues, Gender Identity, Relationship Problems, Parenting Struggles, Work Stress, Body Image Issues, Existential Concerns
-

6. Severity of Concerns

Client Question:

- On a scale of 1 to 5, how severe do you consider your mental health concerns to be? (1 being mild, 5 being severe)
 - 1, 2, 3, 4, 5

Therapist Question:

- What level of severity or complexity are you most comfortable managing in clients?
 - 1, 2, 3, 4, 5
-

7. Frequency of Anxiety (only for clients)

Client Question:

- How often have you felt nervous, anxious, or on edge in the past few weeks?
 - Not at all, Rarely, Sometimes, Often
-