

Session Frequency Pilot Survey

Thank you for your ongoing participation in the Session Frequency Pilot. We kindly ask you to take a moment to complete the following survey to share with us your experience using the Session Frequency Dashboard.

* Required

1. Email *

2. What is your role at Mindstrong? *

Mark only one oval.

- Therapist
- Care Partner
- Psychiatric Prescriber

3. Did you participate in the full pilot? In other words, did you participate for the full duration? *

Mark only one oval.

- Yes *Skip to question 5*
- No *Skip to question 4*

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4. If you responded no to the previous question, please share why you did not participate in the full pilot? *

Mark only one oval.

- I transferred my members to another provider *Skip to question 5*
- Other: _____

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5. On a scale from 1-5, how enjoyable was it to work on this pilot? *

Mark only one oval.

- 1 - Not at all enjoyable
- 2 - Slightly enjoyable
- 3 - Moderately enjoyable
- 4 - Very enjoyable
- 5 - Extremely enjoyable

6. Would you be interested in participating in a similar pilot again in the future? *

Mark only one oval.

- Yes
- No

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7. Did you review the dashboard throughout the pilot? *

Mark only one oval.

Yes *Skip to question 8*

No *Skip to question 9*

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8. Since starting this pilot (October 2022), how many times have you used the dashboard? *

Mark only one oval.

Never

1-5 times

6-10 times

11-15 times

16-20 times

21-25 times

25-30 times

30+ times

Skip to question 10

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9. Did you experience any barriers when it came to reviewing the dashboard? *

Mark only one oval.

- I had no barriers
- I could not access dashboard
- I could not interpret the dashboard
- None of my members were eligible
- I did not have time to review the dashboard
- Other: _____

Skip to question 10

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10. How many members did you apply the dashboard with? (here is the [link](#) the Member * list)

Type in a the number in the space below

11. On a scale from 1-5, how easy was it to apply the dashboard with members? *

Mark only one oval.

- 1 - Very difficult
- 2 - Difficult
- 3 - Neutral
- 4 - Easy
- 5 - Very Easy

12. What method did you use to remind yourself which members were eligible for the pilot? *

Mark only one oval.

- I created a task for myself
- I had it on a note
- I updated the appointment type to my calendar
- I changed the members "nickname" in Care to "pilot"
- Other: _____

13. In the dashboard, you were asked to add different frequencies, such as weekly, bi-monthly, monthly, etc. to see the estimated symptom trajectory. On a scale from 1-5, how easy was it to determine the frequencies? *

Mark only one oval.

- 1 - Very difficult
- 2 - Difficult
- 3 - Neutral
- 4 - Easy
- 5 - Very Easy

14. On a scale from 1-5, how easy was it to interpret the dashboard? *

Mark only one oval.

- 1 - Very difficult
- 2 - Difficult
- 3 - Neutral
- 4 - Easy
- 5 - Very Easy

15. Based on your response to the question above, what made it easy or difficult to interpret the dashboard? *

16. On average, how helpful was the dashboard in determining changes to session frequency and treatment planning? *

Mark only one oval.

- 1 - Not at all helpful
- 2 - Unhelpful
- 3 - Slightly unhelpful
- 4 - Neutral
- 5 - Helpful
- 6 - Moderately helpful
- 7 - Extremely helpful

17. Based on your answer to question above, please describe what made the dashboard helpful or not helpful. *

18. On average, how often did you review the dashboard for each of your members? *

Mark only one oval.

- 1 - Never
- 2 - Only once
- 3 - A few times
- 4 - Before or after each session

19. When was it most helpful to review the dashboard? *

Mark only one oval.

- Prior to each session with a member
- After each session with a member
- In between sessions
- During session with the member
- Other: _____

20. Overall, how often did you make changes to the frequency of sessions with your members after each time you reviewed the dashboard? *

Mark only one oval.

- 1 - Never
- 2 - Rarely
- 3 - Sometimes
- 4 - Often
- 5 - Always

21. Based on your response to the question above, describe what led you to make or not make changes to frequency of session. *

22. What other factors did you consider when determining the change in session frequency? [Check all that apply] *

Check all that apply.

- Presence of other symptoms aside from depression and/or anxiety
- Presence of social determinants of health
- Presence of an acute stressor
- Other: _____

23. Was the dashboard useful in delivering care for other reasons aside from adjusting session frequency? *

Mark only one oval.

- Yes *Skip to question 24*
- No *Skip to question 25*

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24. In what way was the dashboard helpful? [Check all that apply] *

Check all that apply.

- It was helpful to review past session frequencies
- It was helpful to determine if the member would benefit from added services (referring to therapy, care partners, and/or psychiatry)
- It was helpful to open a conversation with the member around their overall treatment and progress
- Other: _____

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25. How many times did you add an additional service based on the dashboard data? *

Insert a number

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26. Did the dashboard inform any of your conversations with your members? In other words, after reviewing the dashboard, did it spark any conversations with your members? *

Mark only one oval.

- Yes *Skip to question 27*
- No *Skip to question 28*

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27. In what way did it inform your conversations? *

Skip to question 29

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28. What, if anything, deterred you from using the dashboard to inform your conversations with your members? *

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29. How did your members respond to any changes made to their session frequency? *

Mark only one oval.

- I didn't change the session frequency for any of my members
- Members were receptive to the change
- Members were NOT receptive to the change
- Members were confused
- Other: _____

30. If you made any changes to member's care based on what you saw on the dashboard ^{*} aside from the session frequency (i.e. you added a new service like therapy, care partner, psychiatry, or you discussed changing the treatment approach), how did your member respond?

Mark only one oval.

- I didn't make any changes
- Members were receptive to the change
- Members were NOT receptive to the change
- Members were confused
- Other: _____

31. How did you talk to your member about any changes made? ^{*}

32. Did you notice any improvements in members' symptoms after making any changes ^{*} to the session frequency?

Mark only one oval.

- Yes *Skip to question 33*
- No *Skip to question 34*

Skip to question 24

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33. Describe what improvements you noticed in your members. *

Skip to question 34

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34. What do you need to make this dashboard more helpful in informing treatment planning? *

35. What about this dashboard was most helpful? *

36. What about this dashboard was least helpful? *

37. Do you have any recommendations on how to make it better? *

38. Any other feedback you want to share with us? *

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