

GROUPS ONE & TWO

18 Pre Responses

14 Post Responses

		PRE	POST
1	Do you have hope that you can and will feel better and better	94.00%	92%
2	Do you take personal responsibility for your own wellness	88.00%	92%
3	Do you feel that it is important to educate yourself about the symptoms you experience	100%	86%
4	Do you know how to advocate for yourself to get what it is you want, need and deserve for yourself?	66.60%	71%
5	Do you feel it is important to have several family members and friends to support you in difficult times	88.80%	71%
6	Do you have several friends and family members to support you in difficult times	66.60%	43%
7	If you don't have as many supporters as you would like now, do you have some ideas about things you could do to develop some new friends or to strengthen your relationships with your current friends and family members	61.00%	93%
8	Do you have special things you do to insure that you get good health care for yourself	88.80%	93%
9	If you take medications, do you feel that you manage them well	77.70%	93%
10a	Support from friends	83.00%	50%
b	Relaxing & Stress Reduction	27.70%	57%
c	Techniques	55.50%	36%
d	Exposure to Outdoor Light	88.80%	50%
e	Counselling	44.40%	36%
f	Daily Plans	66.60%	43%
g	Focusing	55.50%	43%
h	Exercise	61.00%	79%
i	Peer Counselling	33.30%	43%
j	Food Supplements	44.40%	64%
k	Supplements	22.20%	29%
11	Do you have a list of things you do everyday to keep yourself well	38.80%	43%
12	Do you know what your triggers are?	83.30%	86%
13	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are triggered	61.10%	86%
14	Do you know the early warning signs that your symptoms are worsening	77.70%	100%
15	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are experiencing early warning signs	77.70%	86%
16	Do you know those symptoms that indicate you are feeling much worse	50.00%	93%
17	Do you have a plan or ideas of what you can do to help relieve symptoms if you are feeling much worse?	38.80%	86%
18	Do you know what a crisis plan or advanced directive is?	28%	79%
19	If you know what it is, are you developing one for yourself, or are you thinking about developing one for yourself?	66.60%	93%
20	Do you like yourself?	61.00%	79%
21	Do you know how to change negative thoughts to positive ones?	94.40%	79%
22	Do you feel that your symptoms might be caused by bad things that have happened?	94.40%	79%
23	Do you know things you can do and/or do to keep yourself from hurting yourself when you are feeling badly?	55.50%	93%
24	Do you think your lifestyle helps you to feel better and get well	55.50%	86%
25	Do you think there is some things about your lifestyle that you could change to help yourself feel better?	72%	50%
26	Is it hard for you to do things that will help you recover? What would make it easier for you to do things that will help you to recover?	84.60%	50%

27 Do you have any other comments?

GROUP ONE: TUESDAY

13 Pre Responses

10 Post Responses

		PRE	POST
1	Do you have hope that you can and will feel better and better	92.30%	100%
2	Do you take personal responsibility for your own wellness	84.60%	100%
3	Do you feel that it is important to educate yourself about the symptoms you experience	100%	100%
4	Do you know how to advocate for yourself to get what it is you want, need and deserve for yourself?	76.90%	80%
5	Do you feel it is important to have several family members and friends to support you in difficult times	92.30%	60%
6	Do you have several friends and family members to support you in difficult times	61.50%	40%
7	If you don't have as many supporters as you would like now, do you have some ideas about things you could do to develop some new friends or to strengthen your relationships with your current friends and family members	69.20%	100%
8	Do you have special things you do to insure that you get good health care for yourself	84.60%	100%
9	If you take medications, do you feel that you manage them well	76.90%	90%
10a	Support from friends	92.30%	40%
b	Relaxing & Stress Reduction	7.60%	40%
c	Techniques	76.90%	30%
d	Exposure to Outdoor Light	92.30%	40%
e	Counselling	39.40%	30%
f	Daily Plans	69.20%	40%
g	Focusing	61.50%	60%
h	Exercise	61.50%	70%
i	Peer Counselling	38.40%	40%
j	Food Supplements	53.80%	60%
k	Supplements	30.70%	30%
11	Do you have a list of things you do everyday to keep yourself well	30.70%	40%
12	Do you know what your triggers are?	76.90%	90%
13	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are triggered	61.50%	100%
14	Do you know the early warning signs that your symptoms are worsening	69.20%	100%
15	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are experiencing early warning signs	69.20%	100%
16	Do you know those symptoms that indicate you are feeling much worse	69.20%	100%
17	Do you have a plan or ideas of what you can do to help relieve symptoms if you are feeling much worse?	46.10%	100%
18	Do you know what a crisis plan or advanced directive is?	38%	100%
19	If you know what it is, are you developing one for yourself, or are you thinking about developing one for yourself?	23.00%	80%
20	Do you like yourself?	61.50%	100%
21	Do you know how to change negative thoughts to positive ones?	46.10%	90%
22	Do you feel that your symptoms might be caused by bad things that have happened?	92.30%	80%
23	Do you know things you can do and/or do to keep yourself from hurting yourself when you are feeling badly?	61.50%	100%
24	Do you think your lifestyle helps you to feel better and get well	46.10%	90%
25	Do you think there is some things about your lifestyle that you could change to help yourself feel better?	100%	90%
26	Is it hard for you to do things that will help you recover? What would make it easier for you to do things that will help you to recover?	84.60%	50%

27 Do you have any other comments?

GROUP TWO: THURSDAY

5 Pre Responses

4 Post Responses

		PRE	POST
1	Do you have hope that you can and will feel better and better	55.00%	75%
2	Do you take personal responsibility for your own wellness	55.00%	75%
3	Do you feel that it is important to educate yourself about the symptoms you experience	55%	50%
4	Do you know how to advocate for yourself to get what it is you want, need and deserve for yourself?	22.00%	50%
5	Do you feel it is important to have several family members and friends to support you in difficult times	44.00%	100%
6	Do you have several friends and family members to support you in difficult times	44.00%	50%
7	If you don't have as many supporters as you would like now, do you have some ideas about things you could do to develop some new friends or to strengthen your relationships with your current friends and family members	22.00%	75%
8	Do you have special things you do to insure that you get good health care for yourself	55.00%	75%
9	If you take medications, do you feel that you manage them well	44.00%	100%
10a	Support from friends	33.00%	75%
b	Relaxing & Stress Reduction	44.00%	100%
c	Techniques	0.00%	50%
d	Exposure to Outdoor Light	44.00%	75%
e	Counselling	33.00%	75%
f	Daily Plans	33.00%	50%
g	Focusing	22.00%	0%
h	Exercise	33.00%	100%
i	Peer Counselling	11.00%	50%
j	Food Supplements	11.00%	75%
k	Supplements	0.00%	25%
11	Do you have a list of things you do everyday to keep yourself well	33.00%	50%
12	Do you know what your triggers are?	55.00%	25%
13	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are triggered	33.00%	50%
14	Do you know the early warning signs that your symptoms are worsening	55.00%	100%
15	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are experiencing early warning signs	55.00%	50%
16	Do you know those symptoms that indicate you are feeling much worse	55.00%	100%
17	Do you have a plan or ideas of what you can do to help relieve symptoms if you are feeling much worse?	33.00%	75%
18	Do you know what a crisis plan or advanced directive is?	22%	50%
19	If you know what it is, are you developing one for yourself, or are you thinking about developing one for yourself?	22.00%	75%
20	Do you like yourself?	44.00%	75%
21	Do you know how to change negative thoughts to positive ones?	33.00%	50%
22	Do you feel that your symptoms might be caused by bad things that have happened?	55.00%	75%
23	Do you know things you can do and/or do to keep yourself from hurting yourself when you are feeling badly?	22.00%	75%
24	Do you think your lifestyle helps you to feel better and get well	44.00%	75%
25	Do you think there is some things about your lifestyle that you could change to help yourself feel better?	55%	75%
26	Is it hard for you to do things that will help you recover? What would make it easier for you to do things that will help you to recover?	22.00%	50%

27 Do you have any other comments?

GROUP THREE: Tuesday

4 Pre Responses

4 Post Responses

		PRE	POST
1	Do you have hope that you can and will feel better and better	100.00%	100%
2	Do you take personal responsibility for your own wellness	75.00%	100%
3	Do you feel that it is important to educate yourself about the symptoms you experience	100%	100%
4	Do you know how to advocate for yourself to get what it is you want, need and deserve for yourself?	75.00%	50%
5	Do you feel it is important to have several family members and friends to support you in difficult times	100.00%	75%
6	Do you have several friends and family members to support you in difficult times	100.00%	50%
7	If you don't have as many supporters as you would like now, do you have some ideas about things you could do to develop some new friends or to strengthen your relationships with your current friends and family members	50.00%	100%
8	Do you have special things you do to insure that you get good health care for yourself	100.00%	100%
9	If you take medications, do you feel that you manage them well	100.00%	100%
10a	Support from friends	100.00%	100%
b	Relaxing & Stress Reduction	75.00%	100%
c	Techniques	75.00%	75%
d	Exposure to Outdoor Light	100.00%	100%
e	Counselling	75.00%	100%
f	Daily Plans	100.00%	100%
g	Focusing	75.00%	100%
h	Exercise	75.00%	100%
i	Peer Counselling	25.00%	50%
j	Food Supplements	50.00%	50%
k	Supplements	50.00%	75%
11	Do you have a list of things you do everyday to keep yourself well	50.00%	75%
12	Do you know what your triggers are?	75.00%	75%
13	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are triggered	25.00%	100%
14	Do you know the early warning signs that your symptoms are worsening	50.00%	75%
15	Do you have a plan or ideas of what you can do to keep yourself well or help relieve symptoms if you are experiencing early warning signs	25.00%	75%
16	Do you know those symptoms that indicate you are feeling much worse	75.00%	100%
17	Do you have a plan or ideas of what you can do to help relieve symptoms if you are feeling much worse?	50.00%	75%
18	Do you know what a crisis plan or advanced directive is?	25%	75%
19	If you know what it is, are you developing one for yourself, or are you thinking about developing one for yourself?	25.00%	50%
20	Do you like yourself?	50.00%	75%
21	Do you know how to change negative thoughts to positive ones?	50.00%	75%
22	Do you feel that your symptoms might be caused by bad things that have happened?	100.00%	75%
23	Do you know things you can do and/or do to keep yourself from hurting yourself when you are feeling badly?	100.00%	75%
24	Do you think your lifestyle helps you to feel better and get well	100.00%	75%
25	Do you think there is some things about your lifestyle that you could change to help yourself feel better?	100%	75%
26	Is it hard for you to do things that will help you recover? What would make it easier for you to do things that will help you to recover?	50.00%	75%

27 Do you have any other comments?