

Topic Guide

Disclaimer: Similar questions to below may be asked

Preparing for treatment

- Did you receive enough information about the treatment before it started?
- Was there any other information that would have been helpful to receive?
- How could the process of starting treatment have been improved?
- Did you have the option to bring someone to the session with you if you wanted?

Environment

- How did you find the waiting area?
- What changes to the waiting room would have improved your experience?
- How did you find the room the treatment was in?
- What changes to the treatment room would have improved your experience?

Structure

- How did you find the length of the sessions (2hrs/45 minutes)?
- How did you find the number of sessions (6)?
- Were you given breaks? How did you find the length of the breaks?
- How did you find the number of people in the group (6)?
- How did you find the pace of the treatment?

Therapeutic relationship

- Did you feel listened to by your practitioner?
- Did you feel they understood autism?
- Where you able to ask questions in the sessions? Where you able to ask for clarification if something did not make sense?
- Where you able to ask for help from the practitioner? Did you feel you got the help you needed?

Content/Materials

- Were the techniques explained in a way you understood?
- Was the agenda of the session clear at the beginning?
- How could we improve interaction in the sessions?
- How well did the information in the materials/booklets/worksheets support your learning and understanding?
- What other information/materials could have supported your learning and understanding?
- Do you feel the treatment/group helped you better understand anxiety/depression and ways to manage it?

Do you have any last feedback, comments, or suggestions?