**Survey-Services Evaluation -Balint groups During COVID-19 in the North West of Ireland**

**I have read and agreed to certain terms and conditions** 🞏

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| **Demographic information:** **1. Gender** Male 🞏 Female 🞏**2. Description**  GP trainee 🞏 Psychiatry trainee 🞏 Facilitator 🞏 3. Do you have previous experience attending Balint groups? Yes 🞏 No 🞏4. **Thinking about your experience of attending the service online Balint groups so far, how helpful have you found the groups:** 0=not helpful at all, 10=extremely helpful) |
|  | ***0-2*** | ***2-4*** | ***4-6***  | ***6-8*** | ***8-10*** |
| **Q1. Improving your morale, wellbeing or job satisfaction** |  |  |  |  |  |
| **Q2. Improving your confidence in raising concerns and issues relating to your work** |  |  |  |  |  |
| **Q3. Improving your communication with patients and other professionals** |  |  |  |  |  |
| **Q4.** **Opening your mind to other possibilities in terms of diagnosis, formulation and management, such as by using your subjective experience** |  |  |  |  |  |
| **Q5. Rrenewing your interest and understanding of your patients, especially those who may be perceived as ‘difficult’** |  |  |  |  |  |
| **Q6.** **Providing a cathartic space for stresses and frustrations to be expressed associated with your work** |  |  |  |  |  |
| **Q7.** **Helping you to tolerate more difficult feelings such as uncertainty, anger and despair associated with your work** |  |  |  |  |  |
| **Q8. Becoming aware of your unconscious thoughts or feelings in relation to your patients** |  |  |  |  |  |
| **Q9.** **Reaching a deeper level of understanding of your feelings in relation to your patients** |  |  |  |  |  |
| **Q10.** **Providing an opportunity for you to reflect on interpersonal aspects of your work in a safe and supportive setting** |  |  |  |  |  |
| **Q 11. What was your experience of the Balint Groups moving online?** |
| **Q 12. What was your emotional experience of the transition to the online platform?** |
| **Q 13. From your experience what are the advantages of facilitating online Ballint groups?** |
| **Q 14. From your experience what are the dis-advantages of facilitating online Ballint groups?** |
| **Q 15. Any other comments on your experience?**  |